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**Your January 2014 Issue of FHCN Health Source Newsletter Is Here!**

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*January 15, 2014*

## **A message from Kerry**

Happy New Year!

I want to begin by saying thank you to all of the employees, staff and volunteers of Family HealthCare Network that made 2013 such a success. As we launch this new year, we hope you will enjoy the new employee newsletter. Our goal is to offer you information about all of the great work that our employees and volunteers are participating in and making such a difference in every one of the communities that we serve.

Sincerely,

Kerry Hydash  
President & CEO



## ON THE MOVE

Capital Update News

### Terra Bella Health Center Opens!

Family HealthCare Network opened its 13th health center on December 30th. Staff members from various departments including Operations, Clinical/Dental, Facilities and IS worked up to the minute to open the site. Community members were lined outside the door opening day and were very grateful for the health center in their community. The new 4,200 square foot facility continues to build on our patient centered health home model and includes six exam rooms and three dental operatories. The health center will offer a variety of health care services including family medicine, pediatrics, dental and will phase in behavioral health, nutrition and health education. A community health representative will also be available for outreach and enrollment support. Transportation is also set to offer services door to door.



The Grand Opening & Ribbon Cutting was also held on January 10th and attended by State and local dignitaries, community partners and community members and FHCN staff.

### Other Capital Update News:

The School Street Health Center continues to build up as the construction has moved into fully framing the building. Construction is on course and set for construction completion in May 2014.

A Porterville Renovation Team is in place and will be meeting weekly to discuss the planning and the implementation of the renovation of the Porterville Health Center set to begin mid- February 2014.

**NEWS WORTHY**  
FHCN IN THE NEWS

**Family HealthCare Network deemed a top ten Certified Enrollment Entity for State**

Family HealthCare Network has been named a top ten Certified Enrollment Entity for Covered CA for the State of California. Currently, FHCN has 21 Certified Enrollment Counselors that have been helping consumers through education outreach and in-reach, screening and enrollment. Since July 1, 2013 - December 31, 2013, the community health department team have educated 33,921 consumers and completed 1,866 applications.

It is still not too late to enroll or refer our patients and consumers. They have until March 31, 2014!

**Family HealthCare Network Goes Live with New Website...New Look**

Family HealthCare Network launched a new and fresher look to its website on January 10, 2014. If you haven't had an opportunity to view it, please go to [www.fhcn.org](http://www.fhcn.org).

**Recent Press Releases**

- 1/14/2014 **[Health Officials Say Clinics Are More Efficient, Cost-Effective Than Hospitals](#)**
- 1/3/2014 **[FHCN Opens 13th Site](#)**
- 12/21/2013 **[Family HealthCare Network Distributes Gift](#)**



**COVERED  
CALIFORNIA**

## Baskets

12/15/2013 Family HealthCare  
Network Expansion  
Construction Continues

12/10/2013 Farmersville Health Center  
Receives Top Rating

### NETWORK FUN COMMITTEE UPCOMING EVENTS

The FHCN Fun Committee has several events and activities in store for the new year. Here are the events for January and February 2014.



#### January

Tailgate & Team Spirit Day, January 31, 2014

#### February

Volleyball Tournament, February 23, 2014

## Welcome New Employees

### New Hires at FHCN

<b>NAME</b>	<b>POSITION TITLE</b>	<b>LOCATION</b>	<b>DATE OF HIRE</b>
Liliana Lopez	Medical Assistant	Terra Bella	12/19/2013
Jasmine Rodriguez	Navigation Center Representative	Annex	12/30/2013
Priscila Vasquez-Hernandez	Dental Patient Rep I	Goshen	1/6/2014
Karina Altamirano	Medical Assistant	Hanford	1/2/2014
Valeria Cuevas	Medical Assistant	Visalia Oak	1/3/2014
Juan Navarro	Pharmacy Clerk	Visalia Oak	12/30/2013
Vanessa Valdez	Navigation Center Representative	Annex	1/3/2014
Mynorismael Morales	Dental Patient Rep I	Visalia Bridge	1/2/2014
Jennifer Ortega	Medical Assistant	Ivanhoe	1/6/2014
Guadalupe Perez	Transportation-Housekeeping	Terra Bella	1/6/2014
Nancy Cuevas	Dispensary Clerk	Ivanhoe	12/30/2013
Rene Salazar	Navigation Center Representative	Annex	12/30/2013

## EMPLOYEE OF THE MONTH

January 2014

Blanca Schmitz



Join us in Congratulating

Blanca Schmitz  
Operations Project Director-IS Corporate

"Blanca is incredibly dedicated to Family HealthCare Network and the patients we serve. Blanca is one of those employees that you just observe and wonder how did I get so lucky to have her on our team. She has been outstanding in her role as Projects Director and essential to the success of our new electronic health record system. Blanca is an outstanding team member and always acknowledges the contribution of her co-workers. I can always trust that Blanca is going to accomplish her tasks on time and with a very high level of understanding of her projects. I cannot think of anyone who deserves this acknowledgment more than Blanca!"

## CLASS IS IN SESSION!

Did you know that our patients have access to free classes to support their goals to prevent or control chronic disease. Here are the classes offered this next month from FHCN.

Call or visit Family HealthCare Network to register or request a complete schedule.



### Date Time

1/9 3:30pm-

### Class

Parenting Classes

### Location

FHCN Porterville Annex  
Building

	5:00pm	(Spanish)	1107 W. Poplar Ave. Porterville
1/16	3:30pm- 5:00pm	Parenting Classes (Spanish)	FHCN Porterville Annex Building 1107 W. Poplar Ave. Porterville
1/20- 2/10	5:00pm- 7:00pm	Stress Management Classes (Spanish)	FHCN Porterville Annex Building 1107 W. Poplar Ave. Porterville
1/21- 2/11	5:00pm- 7:00pm	Stress Management Classes (English)	FHCN Porterville Annex Building 1107 W. Poplar Ave. Porterville
1/23	3:30pm- 5:00pm	Parenting Classes (Spanish)	FHCN Porterville Annex Building 1107 W. Poplar Ave. Porterville

# Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured vegetable is **dry beans**



## Health and Learning Success Go Hand-in-Hand

Eating a variety of foods from each food group can give your child the nutrition needed to be healthy. Being healthy can help your child succeed in the classroom. According to MyPyramid, dry beans are a part of two food groups. They are part of the meat and beans group because they are a good way to get protein. They are also part of the vegetables group because they have lots of vitamins and fiber. Mix dry beans into your family's diet for variety and a healthy dose of nutrition. *Harvest of the Month* can show you how to eat healthier and be active.

### Produce Tips

- Look for these varieties of dry beans: garbanzo (chickpeas), blackeye peas (cowpeas), lentils, navy, lima, pinto, kidney, and black beans.
- Choose loose, dry beans that have similar size and color.
- Pick low sodium frozen or canned beans.
- Store dry beans in an airtight container in a cool, dry, and dark place.
- Keep a small supply of canned or frozen beans on hand for last minute additions to soups, casseroles, and quesadillas.

### Healthy Serving Ideas

- Dry beans are usually cooked by boiling. You can also use canned and frozen beans.
- Add lima or kidney beans to salads.
  - Mix lentils into your favorite casseroles instead of meat.
  - Add navy beans to soups for protein.
  - Sprinkle black beans on top of pizza for added flavor and fiber.
  - Make a tasty dip or hummus using your favorite beans.

## CHICKPEA DIP WITH FRESH VEGETABLES

Makes 4 servings.  
2 tablespoons per serving.  
Cook time: 15 minutes

### Ingredients:

- 1 (15-ounce) can chickpeas (known as garbanzo beans), drained and rinsed
- 3 cloves garlic
- ¼ cup plain lowfat yogurt
- 1 tablespoon lemon juice
- 1 teaspoon olive oil
- ¼ teaspoon salt
- ¼ teaspoon paprika
- ½ teaspoon ground black pepper
- 1 medium carrot, sliced
- 2 medium celery stalks, sliced
- ½ cup snap peas

1. Place the first eight ingredients into a blender container and blend until smooth.
2. Serve immediately using carrots, celery, and snap peas for dipping.

Nutrition information per serving:  
Calories 211, Carbohydrate 34 g, Dietary Fiber 8 g, Protein 11 g, Total Fat 4 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 336 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

### Let's Get Physical!

- **At home:** Run in place with your kids during TV commercials.
- **At work:** Choose the parking spot that is the farthest away from the door. Every extra step counts!
- **At school:** Encourage your child to jump rope and hula hoop during recess.
- **With the family:** Stretch before bedtime. It may help all of you relax and sleep better.

For more ideas, visit:  
[www.bam.gov](http://www.bam.gov)

### Nutrition Facts

Serving Size: ½ cup cooked garbanzo beans (82g)	
Calories 134	Calories from Fat 18
% Daily Value	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 6mg	0%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	25%
Sugars 4g	
Protein 7g	
Vitamin A 0%	Calcium 4%
Vitamin C 2%	Iron 13%

### How Much Do I Need?

- A ½ cup of dry beans is about one cupped handful. This makes about 1½ cups of cooked beans.
- A ½ cup of most cooked beans is an excellent source of fiber and folate.
- Dry beans are also a good source of plant protein, iron, and potassium.
- Protein is the part of the food that we eat that makes the bones, muscles, hair, and skin in our bodies.

The amount of fruits and vegetables you need each day depends on your age, gender, and physical activity level. The chart below will help you find out how much you need. Set a good example by letting your family see you eat a variety of fruits and vegetables.

### Recommended Daily Amounts of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.

### What's in Season?

Dry beans are in season all year long and can be found in many colors, sizes, and varieties. They can also be found canned and frozen.

Try these other good or excellent sources of plant protein: nuts, peanut butter, peas, sunflower seeds, and soybeans (as edamame or tofu).



Family HealthCare  
Network  
877.960.3426

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