

GVHC Today

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In this special edition of GVHC TODAY, we celebrate National Health Centers Week! Sharing with you some great stories about what GVHC does in support of the patients and communities we serve. This year National Health Centers Week 2012 is celebrated August 5-11th.

Teen Runs for Obesity Prevention

A GVHC patient joins the Teens Run Modesto group to compete in the Modesto Marathon and loses 70 lbs with the help of two of our GVHC providers!



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Teen Advisors

Read here to learn about what the teens at Riverbank High School do to engage their fellow students about important health topics.



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Patient Family Group

Did you know that there are six Patient Family Advisor groups across Golden Valley? These groups give the patients a voice in their health care needs.



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Preventative Health: Podiatry

In the last two years GVHC Care teams have performed more foot screenings to help prevent complications in our Diabetic Patients. Great Job!



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Homeless Outreach

GVHC continues to provide services to the Homeless population. Read here to learn about the program.



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Health Care Reform Forums

During National Health Centers Week GVHC hosts two forums (for Businesses and the Community) on what the Affordable Care Act may mean for you.



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Celebrating National Health Centers Week

By Lisa Baladad

Every year during the second week in August, community health centers across the nation raise awareness about providing access to affordable, high quality, cost effective health care to medically vulnerable and underserved people. Community Health Centers are strong partnerships of people, governments and communities who work together to meet the unique and diverse health conditions of the community. Health centers are run from the bottom up, by a patient-majority governing board who guides how limited resources can be effectively directed to meet the health care needs of the community.

What is a Community Health Center?

Community health centers are a unique type of medical provider. As a requirement of their funding, community health centers must comply with a broad range of requirements designed to provide high-quality, affordable health care to underserved communities including:

- Serve all those who seek care, regardless of their ability to pay

- Be community governed – 51% of each health center board must be patients
- Offer multiple services, including primary medical, dental, and mental health services
- Provide supportive services, including translation, transportation, health education, case management and insurance enrollment
- Commit to improving the health status of underserved populations

Community health centers provide health care services through funds from federal, state, and local grants for the uninsured, reasonable sliding scale fees from patients, and small private donations.

Would you like to visit your local Golden Valley Health Center? Please contact Lisa Baladad at 385-5463 to schedule a tour.



Above: GVHC staff at the Patterson location. Left: the new Senior Health & Wellness Center in Merced.



Teen Runs for Health

By Nikki Boudreau

After years of being bullied about her weight and even being discouraged by a former doctor about any hopes of slimming down, 14-year-old Davis High freshman Allyssa Flemming (*pictured below*) decided to join Teens Run Modesto and train for the 2011 Modesto Marathon. GVHC Doctor Danielle Myers is part of Teens Run Modesto's parent organization Shadow Chase Running Club which founded the Modesto Marathon. Golden Valley Health Centers has sponsored the marathon since it started three years ago and Dr. Myers, herself a marathon runner, volunteers at the event. The proceeds from the event fund free marathon training that Teens Run Modesto provides to at-risk youth. Teens who commit to running regularly and participating in community service are also given free high quality sneakers and can earn college scholarships.



Allyssa before.

Over the six months Allyssa spent training for the Modesto Marathon, she ran four days a week and gradually increased her time and distance. She also cut junk food, like chips and soda, out of her diet. Allyssa had already lost 40 pounds when she started seeing Dr. Irene Baluyut and went on to shed more than 70 pounds during her training with Teens Run Modesto. Allyssa completed the marathon in four hours and 39 minutes and is currently running 10 miles a day with the goal of beating her time next year. On top of all this training Allyssa maintains a 4.0 GPA and one day wants to be a nutritionist and physical trainer.



Allyssa today.

According to Dr. Myers, running groups create a safe environment by teaching runners how to avoid injuries and providing social support. "Having someone to run with helps because it makes you accountable, you have someone waiting for you," explains Dr. Myers. For teens in particular she says it teaches them to be "committed, organized, and dedicated" and that although the "physical benefits are huge, the mental benefits are even better."

For safe and effective running, Dr. Myers suggests training with a partner, investing in good quality shoes, increasing time and distance slowly, and stopping to take a break if you experience any pain. More information about the running programs for adults and teens can be found at www.shadowchase.org and www.teensrunmodesto.org.



Allyssa Pictured in the bottom left hand corner at the marathon.

Riverbank's Teen Advisory Council

By Angelica Carranza

The grand opening of Riverbank School Based Health Center in May 2011 revitalized opportunities and GVHC's continued efforts in developing partnerships with residents, schools, agencies and youth within the Riverbank community. The new spacious center and increased services had been long awaited by the community, especially for many of the youth who worked hard to establish the first health center in Stanislaus County to be located on a high school campus. Youth began the movement to have a school based health center on campus and they continue to have a voice in our services, program development and outreach services.

Last school year, 10 students from Riverbank High School joined Golden Valley Health Centers Teen Advisory Council (TAC) to develop efforts to increase outreach to youth within our communities. The team of 10 participated in TAC meetings every other Wednesday from 3:00 to 5:00 in the afternoons for 10 months. During these meetings students learned about various health topics including issues faced by LGBT youth, reproductive health issues, teen pregnancy issues and planned their first Annual Teen Pregnancy Prevention Campaign, which took place in May.

The Teen Pregnancy Prevention Campaign included various activities focused on teen pregnancy during the whole month of May. Campaign activities began with advisors providing teen pregnancy facts and Riverbank School Based Health Center services every Friday during morning announcements. The culmination of the campaign took place at Riverbank High School with a lunch time event where Teen Advisors engaged their high school peers through an informational booth, activities, games, and music. Most of the teen advisors contributed 15 or more hours to the Teen Advisory Council. All 10 teen advisors were awarded a \$300.00 stipend by Golden Valley Health Center in appreciation for their work and contributions to improving health awareness among adolescents.

Many advisors are looking forward to continuing with TAC next school year and already have ideas for their activities. These include providing classroom presentations alongside GVHC Health Educators as part of the HIV/STI education that they currently provide for various Riverbank School District Schools.



Pictured: Teen Advisory Members: Jeanette Murillo, Yaquelin Tovar, and Selena Zuniga with GVHC AmeriCorps Member Maria Garnica.

Patient Family Advisors

By Rayna Ruiz

Since last October, GVHC has worked very hard to establish six Patient Family Advisor (PFA) groups across six Golden Valley Health Center sites. Staff members met with 47 different patients and currently has 13 engaged advisors. It's very important that patients have a say in their health care and GVHC wants to be responsive to their needs by allowing them an opportunity to share their voice. These Patient Family Advisors serve as volunteers. They may be GVHC patients, family members or caretakers of patients.

North Merced is one of these six sites. They have been extremely productive - meeting every second Saturday of the month since March. GVHC is very excited about the work being done at this site because it is the only PFA group that is regularly attended by both the Front Office Supervisor as well as the Back Office Supervisor!

So far this year GVHC staff has covered several topics at North Merced including: vision services, dental services, hypertension, and patient satisfaction. Having Belinda Akins, (a Patient Care Coordinator) and Carlos Gomez, LVN (a Back Office Supervisor) at these meetings helps make the meetings more productive because patient questions can be immediately answered. Other staff at North Merced have been very instrumental in our recruitment and referral efforts, particularly Raquel Ortega (Health Educator).

It must be said, the great collaboration and promotion by the North Merced staff has been key to a successful Patient Family Advisory group!



Pictured above: the North Merced Patient Family Advisory Group.

Expanded Roles for Preventative Care

By Dr. John Abordo

Golden Valley Health Centers (GVHC) puts a lot of emphasis on preventive health education. Health educators and medical assistants play an integral role in patient education with respect to diabetic foot care and prevention. In the past 2 1/2 years, more and more foot screens have been performed by both health educators and medical assistants in both large and small clinic settings. This expanded role for the medical assistants has led to a higher rate of diabetic patient education and the prevention of complications like foot ulcerations and infections.

A 2010 Central California Alliance for Health (CCAH) data report for lower extremity amputation rate showed that GVHC's overall lower extremity amputation rate amongst its CCAH members is 18%, compared with CCAH's at 39%, a State rate of 31% and a Fresno County rate of 46%.

At GVHC, we provide a unique opportunity in making sure that prevention and the delivery of preventive services are part of the continuum of care.



Above: Dr. John Abordo (Doctor of Podiatric Medicine) instructing a nursing student.

GVHC Homeless Program

By Juan Villa & Hannah Garza

Imagine you have lost everything to your name. Your only possession is a backpack containing an extra set of clothes. No one knows your name, but everyone seems to look down on you. As you finish your breakfast at a local shelter, a gentleman next to you notices your heavy cough. He states, "It appears you are in pain my friend and are really sick. You may want see a doctor." Your only response is, "I don't have insurance, and I don't want to go to the hospital because I don't have any money. I was left with nothing when I lost my job and my home."

Many of us may not be able to relate to the above scenario, but it is very much of a reality to some of our Golden Valley patients. Many patients are simply seeking a clinic willing to provide them with health care basics in a respectful environment. This is where Golden Valley Health Centers excels.

Golden Valley's homeless program began over ten years ago when doctors, nurses and staff decided to take on the effort of aiding the homeless population of Merced and Stanislaus County. They began providing physical exams and general care to people in shelters, motels, and to those living under bridges throughout both counties. These efforts helped uncover our homeless population's dire need for medical services.

Golden Valley Health Centers was determined to continue providing medical services to the homeless. In the effort of increasing services, they were able to find funding through the Federal Health Care Act for the Homeless Grant. The grant was awarded, and in 2001 allowed GVHC to open their first clinic focused on the specific needs of the homeless. Located in Modesto, The Corner of Hope continues to provide medical services and case management services—a new branch designed to assist patients in the reduction of homelessness.

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GVHC ACA Forum August 7th

2011 2012 2013 2014

How will Health Care Reform affect me and my Family?

You and your family are invited to come and learn about the Affordable Care Act (Health Care Reform). Don't pass up this opportunity to learn how the law affects you and your family!

When: Tuesday, August 7th
Time: 6:00 p.m. to 8:00 p.m.
Where: Golden Valley Health Centers, Senior Health & Wellness Center 2nd Floor
 857 W. Childs Ave., Merced, CA




For More Information or to Reserve your Dinner, call: Griselda Villa (209) 385-5490 or email: gvilla@gvhc.org

Dinner, Interpretation & child care will be provided.

¿De que forma nos afectara a mi y a mi familia la Reforma de la Salud?

Le invitamos a usted y a su familia a que vengan y aprendan sobre la Reforma de la Salud. No deje pasar esta gran oportunidad de aprender como esta ley lo beneficia a usted y a su familia!

Cuando: Martes 7 de agosto del 2012
Hora: 6:00 p.m. – 8:00 p.m.
Donde: Golden Valley Health Centers Senior Health & Wellness Center En el 2nd Piso del nuevo edificio 857 W. Childs Ave., Merced, CA



Para más información o para reservar su cena, llame a Griselda Villa al (209) 385-5490 o por correo electrónico: gvilla@gvhc.org

Se proveerá cena, interpretación y cuidado de niños.

GVHC Homeless Program *cont'd*

In addition to Stanislaus County's Corner of Hope, GVHC opened the Medical Outreach Mobile (MOM) to provide healthcare services to the homeless in Merced County. The Medical Outreach Mobile unit is stationed at the Housing Department Emergency Shelter to serve the homeless every Tuesday afternoon. Golden Valley Health Centers' Homeless program is something very special. It embodies every piece of our mission and provides a critical type of care to a vulnerable population.

GVHC is proud of the work that has been accomplished; helping those truly in the need!



A patient waiting outside the GVHC mobile clinic at Merced Housing Department's Emergency Shelter.

GVHC TODAY Staff

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Please contact Amanda Day at

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