

A message from Kerry

This month marks the end of my first full year as President and CEO of Family HealthCare Network and I want to thank all of you for making it such a memorable and welcoming transition. I couldn't think of a more appropriate way to celebrate than with all of the staff at our Family HealthCare Network Company Picnic this past weekend. Thanks to everyone who joined us. It was great to see all of you and your families enjoy a fantastic day and to kick off the last quarter of our fiscal year together. I had the opportunity to speak to so many of you and reflect on this past year with all of the progress FHCN has made together as a TEAM. Whether it was our work on developing plans to address changes in the health care marketplace, expanding access by opening the new Terra Bella and School Avenue health centers or implementing a new practice management system and a new electronic health record system, we would not have been successful without your efforts and commitment. We also have improved patient care quality measures, improved patient and employee satisfaction, copay collections and wait times, and implemented key components of the patient-centered health home. All of these milestones were accomplished because of combined efforts and commitment network wide.



Sincerely,

Kerry Hydash
President & CEO

Hundreds Attend Family HealthCare Network Annual Company Picnic

Family HealthCare Network held its annual company picnic on Sunday, April 13, at Mooney Grove Park in Visalia, CA. Staff members and their families enjoyed a beautiful day at the park that included great company, delicious food and activities for the entire family.



Thanks to Rafael Rivas, Robert Olias, Jose Lopez, Sergio Urbano, Sarah de Leon, Becca Gunsolos and Mayra Baca for coordinating the event.

A special thank you goes to Malorie Serrano and the AmeriCorp team members who adopted and cleaned up park arbors earlier this year. Their volunteer efforts resulted in everyone having a free entrance into the park.

[Click here for more photos!](#)

ON THE MOVE

Capital Update News

Visalia School Avenue Enters Final Month Of Completion

The School Avenue health center project is moving into its last month of construction. Final inspections are expected during the week of May 5th.



[Click here for more photos!](#)

Porterville Renovations Soon To Enter Phase 2

The Porterville Renovation project is moving into its last month of renovation and set to complete Phase 1 of the three phases by mid-May 2014.

MANAGED CARE NEWS

FHCN Now Accepting Insurance Plans At Visalia Pharmacy



Family HealthCare Network (FHCN) has announced that they will now accept prescriptions from insurance plans at their pharmacy located inside of the FHCN Visalia Oak Health Center at 400 E. Oak Avenue in downtown Visalia.

The following insurance plans will now be accepted by the pharmacy:

- AETNA and AETNA, Medicare Part D
- Anthem Blue Cross
- Anthem Blue Cross (LaSalle) Medi-Cal
- Health Net Commercial
- Health Net Medi-Cal
- MEDCO, Medicare Part D
- ScriptCare

The Visalia Oak Pharmacy is open from 8:00am to 8:00pm Monday-Friday and Saturdays from 8:00am to 5:00pm

COVERED CA

Enrollment News

Family HealthCare Network Hits Milestone Enrollment Numbers Enrolling Nearly 6,000 In Health Care Exchange In Inaugural Enrollment Period.

Family HealthCare Network Community Health Department Staff and Community HealthCorp/AmeriCorp members reached milestone enrollment numbers and surpassed its annual goal in six months. In the

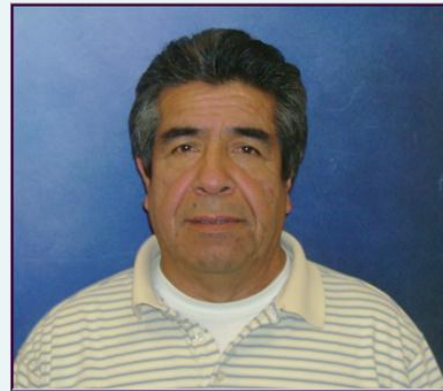


first enrollment period from October 1, 2013 to March 31, 2013, the team enrolled 5,980 individuals into new Medi-Cal or Covered CA. Our annual goal was 4,000. The team also educated over 47,000 individuals through outreach, in-reach and educational sessions in the same time period, surpassing our annual goal by 7,000. A job well done!!

EMPLOYEE OF THE MONTH

April 2014

Pete Castillo



Join us in Congratulating

Pete Castillo
Transportation & Housekeeping-Woodlake

"Pete is a shining star within our organization. His commitment to excellence and passion for service to our patients is more than evident. He is known throughout the Woodlake clinic for his work ethic, dedication, positive attitude, and willingness to help others. As our transportation driver, Pete has a very big task, many patients in Woodlake and the surrounding communities would not have access to our services without him. He regularly goes above and beyond in ensuring that transportation is a seamless routine for our patients and they are never left waiting or made to feel inconvenienced by our transportation schedule. Moreover, Pete is regularly participating in creative ways to assist our patients with transportation issues that may arise with specialty referrals or if they have a need for services that cannot be fulfilled within the Woodlake catchment area. Pete defines the true spirit of our Transportation Department and is a partner in healing services to the community. Yet Pete's role on our team does not stop with transportation. He is instrumental in the upkeep and regular maintenance of the Woodlake Health Center. He goes out of his way to make sure that our facilities are kept to an extremely high standard of cleanliness and presentation and that everything is functioning properly and effectively. He is the ideal team member and, in fact, I've received feedback from the Woodlake team regarding nominating Pete for employee of the month and the following are some things his teammates had to say:

"Pete is Awesome!!!! He impressed me the first week he came to work at our clinic. He's such a busy bee and has the Best smile in the West!!!"

"Pete is always willing to help even on his own time, let's vote for Pedro our transportation guy !!!!!"

"He is always very helpful and always has a smile. When we had the power outage

he was still cleaning out trash cans, cleaning the glass doors and making sure that we all had the items that we needed at that moment. He is always opening the doors for others and making our days more cheerful. Plus, he does a great job in getting our patients to their appointments and back home."

"It is a collective honor to nominate Pete Castillo for employee of the month. We feel that he truly lives the FHCN Mission."

NEWS WORTHY

ORGANIZATIONAL RECOGNITION

Dante Rosh Honored For Advocacy In Community Health

The National Association of Community Health Centers (NACHC) has honored Dante Rosh, Director of Administrative Services, with the Elizabeth K. Cooke Advocacy MVP Award. The award recognizes the dedication and energetic efforts by advocates to generate public and political support for the strength and expansion of America's Health

Centers. Dante was presented the MVP award at the 39th Annual NACHC Policy and Issues Forum in Washington, D.C., an event attended by more than 2,000 health center leaders from around the country. Congratulations Dante!



Health Centers Collect Over 80,000 "Access Is The Answer" Petition Signatures

CAMPAIGN FOR AMERICA'S HEALTH CENTERS

March proved to be a very successful month for the "Access Is The Answer" campaign aimed to support the fixing of the Health Centers funding cliff and ensure ongoing access to affordable, quality primary health care to 22 million Health Center patients and many more who still lack access to care. 80,000 signatures were collected nationwide by community health centers. We had a goal of collecting 500 signatures and we surpassed that by collecting **915** signatures.

WELCOME NEW EMPLOYEES

New Hires at FHCN

NAME	POSITION TITLE	LOCATION	DATE OF HIRE
Angelina McCuen	Office Assistant	Corporate	3/17/2014
Melanie Thomas, PA-C	Physician Assistant	Visalia Oak	3/17/2014
Laura Langston	Billing Clerk	Corporate	3/18/2014
Sukhpreet Kaur, NP	Nurse Practitioner	Goshen	3/24/2014
Nancy Robinson, NP	Nurse Practitioner	Ivanhoe	3/24/2014
Mary-Crus Diaz	Dental Assistant II	Goshen	3/28/2014
Tykesha Neal	Medical Assistant	Hanford	3/28/2014
Delia Viscarra	Health Educator I	Visalia Oak	3/28/2014
Jessica Cisneros	Navigation Center Representative	Annex	3/31/2014
Micaela Luzania	Medical Assistant	Visalia Oak	4/3/2014
Bianca Jimenez	Dental Assistant I	Hanford	4/4/2014
Alma Mendoza	Dental Patient Rep I	Woodlake	4/4/2014
Kelly Jarvis, PA-C	Physician Assistant	Goshen	4/7/2014
Scott Tuttle, Rph	Pharmacist	Porterville	4/7/2014

COMMUNITY HEALTH SPOTLIGHT

HEALTH FAIR SEASON UNDERWAY

15th Annual Ivanhoe Health Fair A Success



Family HealthCare Network sponsored its 15th Annual Health and Safety Fair in conjunction with StepUp in Ivanhoe on Friday evening, April 4, from 4:00 p.m. to 7:00 p.m. The event took place at Ivanhoe Elementary and included free health screenings, digital retinal vouchers, health education and nutrition resources, and dental assessments.

Other local agencies were also invited to attend the event and provided information to the community about various services and programs including energy assistance and health plan options. Entertainment for the event included folkloric dancers, raffles, and activities for children. A hamburger dinner was also provided to all who attended.

Overall, 450 people attended the event and 407 took advantage of the health screenings given by our providers.

[Click here for more photos!](#)

FHCN Health Fair Scheduled for April 25th in Woodlake

Family HealthCare Network will be sponsoring its 15th annual Woodlake Health & Safety Fair in Woodlake on Friday, April 25, 2014 from 4:00 p.m. to 8:00 p.m. at Woodlake Miller Brown Park. Everyone in the community is invited to attend.

The Health Fair will include free health screenings, health education resources, nutrition education, dental assessments and digital retinal vouchers.

Various local agencies will also be in attendance at the event and will be providing information for the community about various services, programs and health plan options. There will also be raffles, activities for children and free food at the event. A family four pack to Disneyland will be raffled and presented by Radio Campesina at the close of the event.

Family HealthCare Network will also be having information on Covered California Catastrophic Enrollment. Certified Enrollment Counselors will be present and available to answer any questions.

The 15th Annual Health & Safety Fair will be co-sponsored by Health Net and Anthem Blue Cross in partnership with StepUp, the City of Woodlake, Woodlake Police Department, Woodlake Fire Department, Sunset Waste, Woodlake Unified School District, Woodlake Lions Club and Woodlake Family Resource Center.

Community HealthCorp/Americorp: Meet Our New Superhero!

Community HealthCorp/AmeriCorp members have been working on special projects this year including promoting nutrition and physical activity by teaching a curriculum called Captain MyPlate to children in Tulare County. To engage the children in the curriculum, Community HealthCorp/AmeriCorp member, Marco Ramos turned into his alter ego, Captain MyPlate. He made a special visit to the Goshen site last Friday and educated our medical staff on the five food groups.



FHCN Partnering With "Walk With A Doc" Program

Members of Family HealthCare Network's Community Health Team along with FHCN physicians Eva Hirwe, MD and Kea Parker, MD from the Visalia Oak Health Center teamed up with various health organizations in Visalia to kick off the "Walk With A Doc" program held at Riverway Sports Park on April 12.



Those who participated joined our providers along with other local health professionals by walking a lap around the park. The program is aimed at maintaining a healthy lifestyle and educating of the importance of walking on a regular basis.

The "Walk With A Doc" program takes place every second Saturday of the month at Visalia Riverway Park. The next "Walk With A Doc" event will be May 10.

[Click here for more photos!](#)

Network Fun Committee Events In The Works

MAY

The Network Fun Committee has a canned food drive and Quirky Bingo event planned. More details will be announced soon so be sure watch your email for details!

June

The FHCN Soccer Tournament will take place in June. The date and location will be announced soon.



CLASS IS IN SESSION!

Classes Offered at Family HealthCare Network

Class Schedule 2014

The following classes are offered by Family HealthCare Network to everyone. To find out how to enroll, please call 1-877-960-3426 or visit any one of our health centers. For a list of health centers, visit www.fhcn.org.



Class	Location	Day	Time	Duration
Weight Management	Corporate	Wed	3:00pm-4:30pm	6 Weeks
Start Dates: April 16, June 4, July 23, September 10, October 29				
Stress Management - Spanish	Corporate	Mon	5:00pm-7:00pm	4 Weeks
Start Dates: April 21, July 7, October 6				
Stress Management - English	Corporate	Tues	5:00pm-7:00pm	4 Weeks
Start Dates: April 22, July 8, October 7				
Parenting Classes	Corporate	Mon	5:00pm-6:30pm	6 Weeks
Start Dates: April 21, June 9, July 21, September 8, October 13, November 17				



877.960.3426 | fhcn.org

NUTRITION NOTE

Harvest of the Month

Network for a Healthy California

The *Harvest of the Month* featured fruit is **strawberries**



Health and Learning Success Go Hand-in-Hand

Eating breakfast can improve your child's behavior and attitude. Children who eat breakfast feel better, have fewer absences from school, and do better in school. *Harvest of the Month* can give you ideas to help your family power up with breakfast, eat more fruits and vegetables, and be active every day.

Produce Tips

- Look for plump berries with a natural shine, rich red color, bright green caps, and a sweet smell.
- Store unwashed strawberries in the refrigerator for up to three days.
- Before serving, use cool water to gently wash strawberries with the green caps still attached.
- Look for no-sugar-added frozen strawberries.

Healthy Serving Ideas

- Slice strawberries into high fiber cereal and calcium-rich lowfat yogurt.
- Blend frozen strawberries with orange juice (or lowfat yogurt) and ice to make a quick and tasty smoothie.
- Add strawberries to a spinach salad.
- Microwave sliced strawberries with a small amount of 100% orange juice to make a topping for pancakes and waffles.
- Strawberries are a tasty snack any time of the day. Just wash them, remove the stem, and enjoy.
- Be a role model – eat breakfast with your child.

For more ideas, visit: www.cachampionsforchange.net

BERRY BANANA SPLIT

Makes 1 serving.
Prep time: 5 minutes

Ingredients:

- 1 small banana, peeled
- ½ cup lowfat vanilla yogurt
- 1 tablespoon lowfat granola
- ½ cup sliced strawberries (fresh or frozen)

1. Cut banana in half lengthwise.
2. Spoon yogurt into a bowl.
3. Place banana halves on both sides of yogurt.
4. Top yogurt with granola and berries. Serve.

Nutrition information per serving:
Calories 259, Carbohydrate 55 g, Dietary Fiber 5 g, Protein 8 g, Total Fat 2 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 6 mg, Sodium 98 mg

Adapted from: *Kids...Get Cookin!*, Network for a Healthy California, 2009.

Let's Get Physical!

- Add bicycling to your family's routine. Bike to school, work, church, and the farmers' market.
- Take a longer bike ride or hike with your family through a local or state park on the weekend.
- Have each member of your family choose an activity they would like the family to do together.

For more information, visit: www.californiabikecommute.com

Nutrition Facts

Serving Size: ½ cup strawberries, sliced (83g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	7%
Sugars 4g	
Protein 1g	
Vitamin A 0%	Calcium 1%
Vitamin C 81%	Iron 2%

How Much Do I Need?

- A ½ cup of sliced strawberries is about four large strawberries or one cupped handful.
- A ½ cup of strawberries is an excellent source of vitamin C – providing 81% of the recommended Daily Value.
- Vitamin C helps your body heal cuts and wounds. It also helps your body fight infections and sickness.
- We cannot make vitamin C in our bodies so we need to eat foods rich in vitamin C, like fruits and vegetables.
- Vitamin C is sensitive to air, heat, and water. Do not store fresh fruits and vegetables for long periods of time or over-cook them – or else they may lose some of their vitamin C.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Look at the chart below to find out how much each person in your family needs. Write it down and post in the kitchen. Add a variety of colorful fruits and vegetables to meals and snacks to help your family meet their goals.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	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 to learn more.



For CalFresh information, call 1-877-847-3063. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.



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