

A Message

from Kerry



During this time of year, we are reminded that serving our communities in need remains at the heart of our mission. By focusing on the human needs of our patients and communities, your work, both inside and outside of our health centers, is what sets apart our service approach.

This year, 125 local families will enjoy a brighter holiday season thanks to your generosity and support of the Anita Fund. On Friday, the patients you nominated gathered at our health centers to receive blankets, food, and toys. Thank you to everyone who helped make this event possible and thank you to our staff who give from their paycheck each month to support this FHCN tradition.

In December we also celebrated employees who have reached new milestones during the annual 2014 Tenure Awards. Ranging from five to 35 years of service, we recognize and thank these employees for their commitment to our mission and the individual roles they have played to provide the highest level of care for our patients.

As 2014 comes to a close, I want to wish you and your family a very

happy and healthy holiday season. Thank you for your help in making this yet another successful year in providing quality health care to everyone in the communities we serve.

Sincerely,

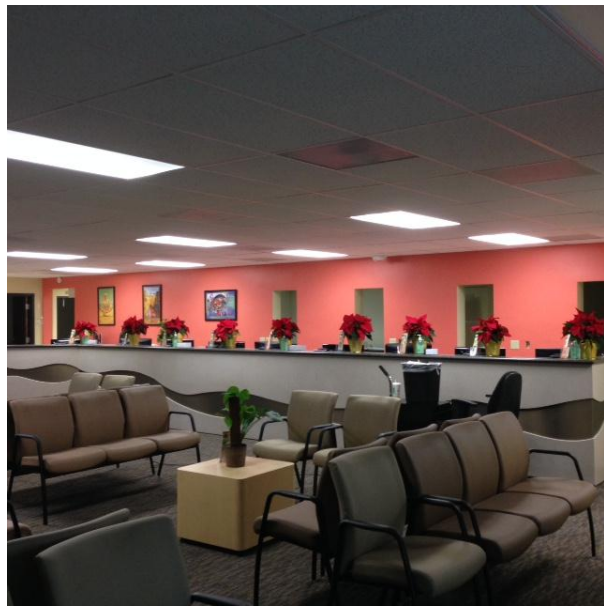
Kerry L. Hydash
President & CEO

ON THE MOVE

Capital Update News

Porterville Phase II Coming to a Close

Today, FHCN's Porterville Health Center officially opened its main lobby to the public after nearly four months of being closed. Phase II should be officially complete on December 22nd, when an additional 11 exam rooms will also be opened and ready for operational use. This has been a very intense process for the Porterville team and they should all be commended for their flexibility and team work during Phase I and especially during Phase II. [Click here](#) to view more photos of the renovation and the new reception area.



Visalia Oak Renovation Team Begins Planning Process

A Visalia Oak Renovation Team has been composed and has met to discuss the planning for the Visalia Oak renovation, which is slated to begin in late February of 2015. The multi-disciplinary team includes: Anjali Mahoney, Medical Director; Adam Marks, Clinical Director; Pargat Mahal, Director of Pharmacy; Julie Blakely, Director of Materials Management; Robert Olias, Facilities Manager; James Hart, IS Technician Supervisor; Monica Alcocer, Dispensary Manager; Malorie Barragan, Community Health Manager; and

Diana Rogers, Chronic Care Manager.

FHCN Gives Back

FHCN Donates to Self-Help Enterprises

On November 21st, FHCN donated \$5,000 to Self-Help Enterprises in aid of the organization's local drought relief efforts. With thousands of residents without water to drink, cook, clean, or shower, FHCN's donation will support SHE's efforts to provide immediate relief to residents who have been adversely affected by the drought - especially as we enter the holiday season and families gather together in homes to celebrate.



Kerry Hydash presents the donation to Self-Help Enterprises' CEO Tom Collishaw



Annual Anita Fund Donations

On Friday, December 12th, FHCN hosted the annual Anita Fund holiday distribution, providing 125 needy families with holiday gift baskets. The gift baskets included a \$25 gift card, a blanket, gifts for their children and a food basket with non-

perishable food items provided through an ongoing partnership with FoodLink for Tulare County and Community Food Bank. A big thank you to

everyone who helped make this event possible and to all our staff who submitted patient nominations this year!

If you are interested in donating to the Anita Fund, you can contribute by payroll deductions. Your contribution can be as little as \$1.00 per pay-period, or any other amount that you would like to contribute and your contribution may be tax deductible. [Click here](#) for the Anita Fund payroll deduction form.

Community Service Award Recipient Honored

Community advocate, Elva Verna Serna Beltran was selected as the recipient of the 2014 Anita de la Vega Community Service Award. Beltran was selected for her impact in the community of Porterville and in surrounding areas through her long history of community service. Beltran was recognized during a recognition dinner with the Board of Directors, senior leadership team, and committee members on December 10th.



Elva Verna Serna Beltran (middle) accepts the Community Service Award with family members

FHCN's Board of Directors established the Anita de la Vega Community Service Award in 2010 in memory of Anita de la Vega, a provider of FHCN who served as a clinician and advocate of FHCN patients for 30 years. The award was established to recognize individuals in the community who have demonstrated a commitment to serving underserved communities in Tulare County.

WALK WITH A DOC

WWAD Returns in 2015

FHCN will once again again participate in the 2015 Walk With a Doc Program! Headed by the Healthy Visalia Committee, the program is aimed at maintaining a healthy lifestyle and educating on the



importance of walking on a regular basis. Joined by our providers, along with other local health professionals, participants walk a lap around the park. Beginning January 10, 2015, Walk With A Doc will take place every second Saturday of the month at Blain Park in Visalia. Dates include: January 10th, February 14th, March 14th, April 11th, May 9th, June 13th, July 11th, August 8th, September 12th, October 10th, November 14th and December 12th. If you are interested in participating, please contact Community Health Manager, Malorie Barragan at mbarragan@fhcn.org.

QUALITY IMPROVEMENT

FHCN Recognized by HHS for Health Center Quality Improvement

On December 9th, HHS Secretary Burwell announced the release of over \$36 million in ACA money to reward Health Centers with achievement in chronic disease management, preventive care and HER use to report quality data. FHCN was among 1,113 health centers in all 50 states recognized. The organization was recognized as a Clinical Quality Improver. Organizations received this award if they demonstrated at least a 10 percent improvement in clinical quality measures between 2012 and 2013, showing significant improvement in the health of the patients served. Congratulations to the FHCN team for all of their work in continuous quality improvement.

COVERED CA

Open Enrollment Now in Progress!

The 2015 Covered CA open enrollment period is now in progress and will remain open until February 15, 2015. Our Community Health Reps are busy reaching out to patients and staff in an effort to educate them about the importance of securing insurance coverage during the open enrollment period. You can contact the Community Health team at extension #3232 or by calling the new enrollment help line (559) 741-4366.



TRANSPORTATION

Two New Vans Added to FHCN Fleet

In December, two new vans were officially added to the FHCN transportation pool. The additional

vans now offer door-to-door services for the first time in Visalia and a second van in Porterville now provides transportation for patients from Poplar, Woodville, and the Woodville Labor Camp. Beginning this month, FHCN transportation will no longer offer fixed routes. Instead, all patients will have access to door-to-door services, from their home, directly to the nearest health center.

BENEFITS SPOTLIGHT

NEWS FROM HR

Retirement Benefits at FHCN

We know the thought of saving for retirement can be overwhelming, so we have put certain processes into place to make saving for retirement a bit easier for our employees:

- We offer automatic enrollment into our 403(b) retirement plan, something that only 40% of other employers do.
- We offer automatic escalation of salary deferral amounts for our 403(b) retirement plan, something that only 19% of other employers do.
- We offer retirement preparation advice through the quarterly retirement planning newsletters from The Standard and annual presentations from Ed Wong, something that only 43% of other employers do.

We make an effort to ensure our employees have the tools they need to help them prepare for their retirement!



CAMPAIGN FOR AMERICA'S HEALTH CENTERS

Advocacy Update

Don't forget to print copies of the Access is the Answer petition and take them home to collect signatures from your friends and family. So far, we have collected 8,248 signatures on the petition; this is great progress, but we need to continue to collect as many signatures as possible! Please send all signatures you collect through inter office mail to the attention of the Office Assistants.



[Click here to fill out the petition!](#)

WELLNESS TIP

Wellness & Thankfulness

This is the perfect time of year to be thankful for our health. How often do we take the time to think about what is working with our bodies, our

health, and our diet? What do you love about your body? What are you thankful for concerning your health? What nutritional habits are you proud of? What steps have you taken toward improvement?



Below are some quotes from your Human Resources department:

"Because I have continued to be active later in my life, I am able to do almost anything I could do 10 years ago."

"I recently have been cooking more meals at home rather than eating out as I have a personal goal to eat healthier and to spend less money on food. It has turned out to be a lot of fun and I can already feel the difference in my overall health and in my spending."

"I have accumulated knowledge through my experiences and see that when my mom told us, *drink all your milk and eat your veggies*, she did it for a good reason. I now drink all my soy milk and eat all my veggies. I am counting my blessings for having such a loving, caring mom and I am thankful for my FHCN family & friends!"

"Nearly every day I find myself consciously assessing my eating, sleeping and recreational habits and making incremental adjustments."

"I am so thankful to be alive in this day and age, I honestly can't imagine what my life would have been like 100 years ago without the technological and medical advances which improve the quality of my life."

As you approach this season, consider taking a pause, taking a look at your health, and truly connecting with what you are incredibly grateful for when it comes to your health! Happy Holidays!

EMPLOYEE OF THE MONTH

December 2014

Magdalena (Maggie) Bedolla

Join us in Congratulating

Maggie Bedolla
Navigation Center Representative
Porterville Annex

"When Maggie is not on the queue, she is mentoring new hires, confirming appointments with patients, working PBX and assisting with other critical tasks in the Navigation Center. She consistently takes initiative to stay informed and follows instructions. Maggie provides excellent customer service on the phone while demonstrating a sense of urgency to patients with her consistent focus. In the past year, Maggie has had less than 1% booking errors and has met her numbers on the queue. In September 2014, she exceeded the quota by 94 calls. Maggie constructively provides input on departmental processes and provides ideas to solve problems."



NEWS WORTHY

ORGANIZATIONAL RECOGNITION



2014 Tenure Awards

In December, FHCN celebrated tenured employees during the annual 2014 Tenure Awards ceremonies. Seventy-five employees were recognized for their service of 5, 10, 15, 20, 25, 30 or 35 years. Each employee was honored during a luncheon along with their supervisor and a guest. Congratulations to all the tenured FHCN employees and keep up the great work!

Congratulations to Isabel Olmos!

A big congratulations goes out to Community Health Rep, Isabel Olmos, for being recognized by the Porterville Chamber of Commerce as this year's Volunteer of the Year. Isabel was recognized at the Porterville Chamber's Annual Awards banquet on November 15th.





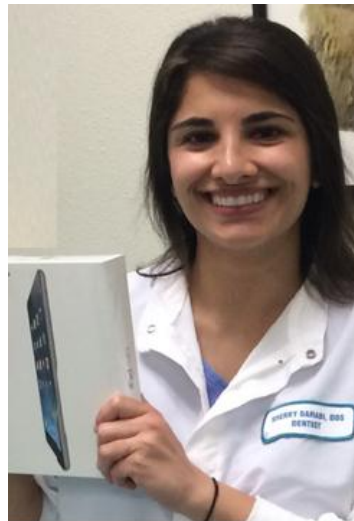
Great Job, FHCN Longshots!

With a 7-3 overall record, the FHCN Longshots recently finished the Visalia City Basketball League tied for first place. They finished out the season by winning their last 5 consecutive games. Team members included: Gary

Saeteurn, Medical Assistant; Norr Hashem, DO; Daryl Sanchez, Financial Analyst; Tim Sarver, Financial Analyst; Corey Woolf, PA-C; James Castillo, Billing Clerk; Rian Zuniga, PA-C; Benjamin Bradley, PA-C; and Chad Vawter, CFO. Way to go, team!

Quality Goals - iPad Raffle Winners

Please help us congratulate Sherry Darabi, DDS, and Ana Solano, MA, as the winners of this month's iPad raffle! FHCN teams have been working hard to accomplish established objectives on all the evaluated Meaningful Use (Stage 1 and Stage 2) and Quality Measures. To recognize these efforts, the monthly iPad raffle has been reestablished across Care Teams (Providers and MA/DAs) that have scored above the expected goals. Keep up the incredible teamwork as we strive to accomplish our goals!



Sherry Darabi, DDS
Cutler-Orosi Health Center



Kiersti Lujano, MA
Visalia Oak Health Center

Remember that you can review the Meaningful Use and Clinical Quality Measures performance on the dashboard at:

- [Meaningful Use Dashboard](#)
- [CQMs Dashboard](#)

WELCOME NEW EMPLOYEES

New Hires at FHCN

NAME	POSITION TITLE	LOCATION	DATE OF HIRE
Vanessa Anguiano	Medical Assistant	Visalia Bridge	11/5/14
Crystal Covarrubias	Medical Assistant	Hanford	11/5/14
Denise Gonzalez	Medical Assistant	Farmersville	11/7/14
David Pena	Housekeeping	Visalia Bridge	11/7/14
Esmeralda Rea	Navigation Center Representative	Porterville Annex	11/7/14
Minerva Ruvalcaba	Medical Assistant	Visalia School Ave	11/7/14
Monica Soltero	Medical Assistant	Porterville	11/7/14
Jennifer Tuano	Dispensary Clerk	Visalia Bridge	11/7/14
Cinthia Aquino	Medical Assistant	Visalia Bridge	11/10/14
William Duran	Transportation - Housekeeping	Visalia School	11/10/14
Violette Kaliny, PA-C	Physician Assistant	Visalia Oak	11/10/14
Marisa Ruiz	Medical Assistant	Visalia School Ave	11/10/14
Alice Flores	Medical Assistant	Visalia School Ave	11/12/14
Annette Hernandez- Flores	Medical Assistant	Visalia School Ave	11/17/14
Olga Pena	Medical Assistant	Porterville	11/17/14
Ignacio Candido	Transportation- Housekeeping	Porterville	11/21/14
Sylvia Cano	Dental Patient Representative I	Woodlake	11/21/14
Abigail Garcia-Loza	Medical Assistant	Porterville	11/21/14
Aqsa Sabir, MD	Pediatrician	Visalia School Ave	11/21/14
Linda Diaz	Medical Assistant	Visalia Bridge	11/24/14

COMMUNITY HEALTH SPOTLIGHT

NEWS IN COMMUNITY HEALTH

2014 Farmworkers Women's Conference

The 2014 Farmworker Women's Health Conference was held on November 11th at the Tulare County Fair Grounds. More than 1,000 farm working women from Tulare County attended the event where women in

agriculture were recognized for their hard work. Information on health and safety, farmworker rights, and environmental issues were also offered. Our community health team was on site informing the community about the FHCN services they can benefit from.



Annual Cutler-Orosi Diabetes Walk

On November 15th, Cutler-Orosi held its Annual Diabetes walk. FHCN staff, local agencies, and members of the Cutler-Orosi School District joined the walk. FHCN provided diabetes education, free health screenings, and



hosted a Covered CA informational booth. Local community members started at the Ledbetter Park and escorted those who joined the walk with signs on their cars all the way to El Monte Way Middle School.

NDS Mini Health Fair

On November 21st, our community health team hosted a mini-health fair at NDS Manufacturing in Lindsay. The team provided NDS staff with health screenings, information on FHCN services, Covered CA, and a Rethink Your Drink booth to promote alternatives to unhealthy beverages. It was a great event and the NDS staff were wonderful to work with!



Visalia Kids' Festival

FHCN sponsored this year's Visalia Kids' Festival. Held at the Visalia Convention Center, the event was a huge success with more than 500 children and families



in attendance. Children had the opportunity to get on carnival rides, climb a rock wall, create arts and crafts, and attend educational sessions. Parents were thankful for the opportunity to learn about our new Visalia Bridge walk-in center with extended hours.

Turkey Basket Distribution

In partnership with the Visalia Emergency Aid, FHCN was able to distribute turkeys with all the fixings to Goshen and Ivanhoe families. On November 25th, 52 turkeys were distributed to families in need at the Goshen health center, and on November 26th, 65 turkeys were distributed to families in need at the Ivanhoe health center. Thank you to our FHCN team and promotoras, and way to spread the holiday cheer!



Visalia Candy Cane Lane Parade

On December 1st, FHCN once again sponsored Santa Claus during the Candy Cane Lane Parade in downtown Visalia. Community health team members, Refugio Meza and Joanna Felix, held the "Here Comes Santa" banner through the entire parade route.



Cutler-Orosi Baby Shower

In partnership with Self-Help Enterprises, FHCN hosted a baby shower for the Cutler-Orosi community on December 4th. Held at the Villa de Guadalupe Apartments, families who attended the shower enjoyed games and prizes, and one family received a new stroller.



Large Turn-out for Ivanhoe NEOP Classes

Congratulations to Community Health Rep, Lupe Chapa, on the success of the Nutrition Education and Obesity Prevention (NEOP) classes in Ivanhoe. The community is enjoying the MyPlate and Bailoterapia (dance therapy) classes. The group meets each Tuesday evening at Ivanhoe Elementary School. Keep up the great work!



KINDER CARE CORNER

A Child's First Dental Visit

Did you know that a child's first dental visit should be when his/her first tooth erupts or by the age of one? Early childhood caries is the number one chronic disease affecting young children - 5 times more common than asthma. The good news is tooth decay is highly preventable.

A child's first dental visit offers the opportunity to establish a dental home for the child, encouraging regular dental visits. By also providing oral health instruction and guidance to caregivers, the pathway to a future of good overall health, proper speaking ability, high self-esteem, and a healthy mouth without the pain of decay, is made possible. This strong start leads to a lifetime of beautiful smiles!





Everybody is invited to show off their holiday spirit and wear their most festive holiday sweater!

-The Dress Code and Appearance Standards policy is still in effect-

NUTRITION NOTE

Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **broccoli**



Health and Learning Success Go Hand-in-Hand

Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not. Eating the recommended amount every day can help your child stay healthy and learn better in school. *Harvest of the Month* helps your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

Healthy Serving Ideas

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat free vegetable dip.
- Add broccoli and other vegetables to soups, pastas, omelets, and casseroles.
- Take your child to the grocery store. Ask your child to help you pick out fruits and vegetables for meals and snacks.
- Pack dried fruit or pre-cut fruits or vegetables in your child's lunch.

Produce Tips

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Store broccoli in an open plastic bag in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

ZESTY ASIAN CHICKEN SALAD

Makes 4 servings. 1 cup per serving.
Prep time: 20 minutes

Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
- 3 green onions, sliced
- 1½ cups small broccoli florets
- 2 medium carrots, peeled and cut into strips
- 1 red bell pepper, cut into strips
- 2 cups shredded cabbage
- ½ cup fat free Asian or sesame seed salad dressing
- ¼ cup 100% orange juice
- ¼ cup chopped fresh cilantro

1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
3. Stir in cilantro. Serve chilled or at room temperature.

Nutrition information per serving:
Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg
Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

Let's Get Physical!

- Get at least 60 minutes of physical activity every day to help keep your heart healthy.
- Start a weekly walking routine with your child, neighbors, and child's friends.
- During TV commercials, have a push-up or sit-up contest with your child.

To track your physical activity, visit: www.mypyramidtracker.gov

Nutrition Facts

Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

How Much Do I Need?

- A ½ cup of broccoli is about the size of one cupped handful.
- A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- Pregnant women need folate in their diets to help prevent some forms of birth defects.
- Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver. Look for whole-grain breads and cereals fortified with folate (folic acid).

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

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 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2010.



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