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March 13, 2015

A Message

from Kerry



March 30th is National Doctors' Day. At Family HealthCare Network, we take this opportunity to celebrate our entire provider team. We join health centers and hospitals across the nation in celebrating the contribution of providers who serve our country by caring for its' patients.

From our physicians, dentists, physician assistants, nurse practitioners, nurse midwives, pharmacists, registered dietitians, psychologists and social workers, our diverse team of providers at FHCN performs the day-to-day work that improves the health and lives of our patients. Taking care of the ill or injured is only part of their job; working with family members and friends to manage expectations and hopes is another difficult part of their daily responsibilities.

Whatever their individual role, their commitment to serving the unique populations we serve, and their dedication to caring for the underserved, are what drives our mission. As a Patient-Centered Medical Home, our providers are key in creating relationships with our patients - treating each

one individually with dignity and respect. Please join me in thanking our providers for the very important role they play in our FHCN team and for the impact their work has in our communities.

Sincerely,

Kerry L. Hydash
President & CEO

ON THE MOVE

Capital Update News

Tulare Health Center Preparing for Renovation of Site

FHCN's construction management team is making preparations for the implementation of the demolition and renovation of the new site in Tulare. Renovations are set to begin this month.

Porterville Health Center Phase III Ending in April

The third phase of the Porterville Health Center renovation is on track for completion in April 2015.

2012-2014 ANNUAL REPORT



FHCN Releases Two-Year Annual Report

Hot off the presses this month, FHCN released its latest Annual Report which includes organizational data, recognitions, and accomplishments from the last two years. We are proud of all that we have accomplished as a team in the last two years and we hope you enjoy reading about the growth of our mission in the communities we serve. [Click here](#) to read the full Annual Report.

FHCN ANNUAL PICNIC SET



SAVE THE DATE
JOIN US FOR OUR ANNUAL PICNIC

SUNDAY
APRIL 12, 2015
11:30AM - 3:30PM

This year's picnic will include an FHCN talent show!

Adventure Park
5600 W. Cypress Avenue
Visalia, CA 93277

To RSVP, please email sadeleon@fhcn.org and indicate the number of attendees in your party by Friday, April 3, 2015.

The picnic is open to FHCN staff and their immediate household.

Food, soft drinks, unlimited batting cages, bumper boats, miniature golf, family race track and speed track, laser tag, non-ticketed video games, air hockey, and bowling games are included!

This year's picnic will include an FHCN Staff talent show! As we have not received many submissions for the talent show, the deadline to sign up was extended to March 16, 2015. Please be sure to email sadeleon@fhcn.org with your submission if you are interested!

**FHCN CELEBRATES COLORECTAL CANCER
AWARENESS MONTH**

Celebrating Colorectal Cancer Awareness Month
Celebrando el Mes de Concientización de Cáncer Colorrectal



Colorectal Cancer Get Screened

- This is the #2 cause of cancer death in the U.S.
- It affects men and women equally.
- 75% of people diagnosed have no family history.
- It mostly affects people over 50, but can occur at any age.

You can reduce your risk by getting screened!

Family HealthCare Network encourages you to speak with your health provider about screening and creating your own prevention plan.



877.960.3426 | fhen.org

Cáncer del Colon Prevéngalo y Protéjase

- Esta es la causa #2 de muerte por cáncer en los Estados Unidos.
- Afecta por igual a hombres y mujeres.
- 75% de las personas diagnosticadas no tienen historia familiar de este cáncer.
- Generalmente afecta a personas mayores de 50 años, pero puede ocurrir a cualquier edad.

¡Puede reducir su riesgo fácilmente mediante exámenes médicos!

Family HealthCare Network le anima a hablar con su proveedor de salud acerca de la detección y la creación de su propio plan de prevención.



a californihealthcenter

Your Health. Our Mission. | Su Salud. Nuestra Misión.

CAMPAIGN FOR AMERICA'S HEALTH CENTERS

Advocacy Update

This month, FHCN presented the 14,461 signatures we've collected for the Access is the Answer campaign to both Congressman David Valadao (CA-21), and Congressman Devin Nunes' (CA-22) Deputy Chief of Staff Caitlin Shannon and Field Representative Rudy Mendoza. The books in each photo are just one set of the signatures we've collected. In total, there are just over 2,000 pages of petitions! We are providing each of our elected officials a set of the nine books when we meet to encourage them to continue to fund health centers. Thank you for all of your efforts in collecting these valuable signatures and please continue to collect as many signatures as possible!



FHCN Chief Business Development Officer Marisol de la Vega Cardoso (left), Congressman David Valadao (center), and FHCN President & CEO Kerry Hydash (right).



FHCN Chief Business Development Officer Marisol de la Vega Cardoso (left), Congressman Devin Nunes' Deputy Chief of Staff Caitlin Shannon and Field Representative Rudy Mendoza (center), and FHCN President & CEO Kerry Hydash (right).

BENEFITS SPOTLIGHT

NEWS FROM HR

FHCN Launches New Wellness Program

While 62% of employers today offer wellness programs to their employees, only 36% offer rewards or bonuses for completing the program. FHCN is among the elite 36% of employers. Employees will be rewarded by keeping their decreased monthly health benefit premiums at their current rates by signing up for FHCN's Wellness Program and completing certain program requirements. Those that do not meet the requirements will receive an increase of \$40 to their monthly premiums. Don't worry because there will be plenty of opportunity to sign up and complete the requirements; our hope is that everyone signs up for this exciting new program. Look out for emails containing more details about the program and important deadlines.



WELLNESS TIP

Play Games to Boost Brainpower

Remember those games you used to play as a kid that helped you learn? Chances are, you had so much fun playing them that you didn't realize you were learning.



As an adult, you can still use games to boost your brainpower. You may not be trying to build your vocabulary or build up math skills anymore, but you can still use games to keep your memory sharp, improve your ability to concentrate, flex your brain muscles, and keep your mind agile and healthy. The best part? They're fun!

Flex your mind's muscles with different games

When it comes to boosting your brainpower with games, there isn't any one type that's the best to try. There are great board games, puzzles, riddles, and even video games that can help you get that brainpower flowing and sharpen math and word skills, and help boost logical thinking.

The important thing is to play something that you find fun and challenging. Exercising your brain is as important for your health as exercising your body, and it may keep your brain sharp and protect you from memory problems later in life.

Play number puzzles like Sudoku

Number puzzles can give you a great mental workout. Games like Sudoku help you to use skills like problem solving, memory, and strategy. Doctors think that challenging yourself mentally, for example, by learning how to play Sudoku or pushing yourself to get better at increasingly harder levels of Sudoku, can be good for your brain because it activates parts of the brain that aren't normally used in everyday activity. Number games are available in print form as well as on mobile devices and computers, and even video game consoles.

Do crossword puzzles or play word games

Whether you play a traditional board game like Scrabble or Boggle, do a crossword puzzle in your local newspaper, or play an online word game, games that have you play with letters, words, and ideas can improve memory, concentration, and problem-solving.

Play video games

Yes, you read that right. You can even play video games to boost your brainpower. Some video games may actually be good for your brain. Games that require you to concentrate, remember, and think up strategy can help sharpen mental skills.

EMPLOYEE OF THE MONTH

March 2015

Please join us in congratulating

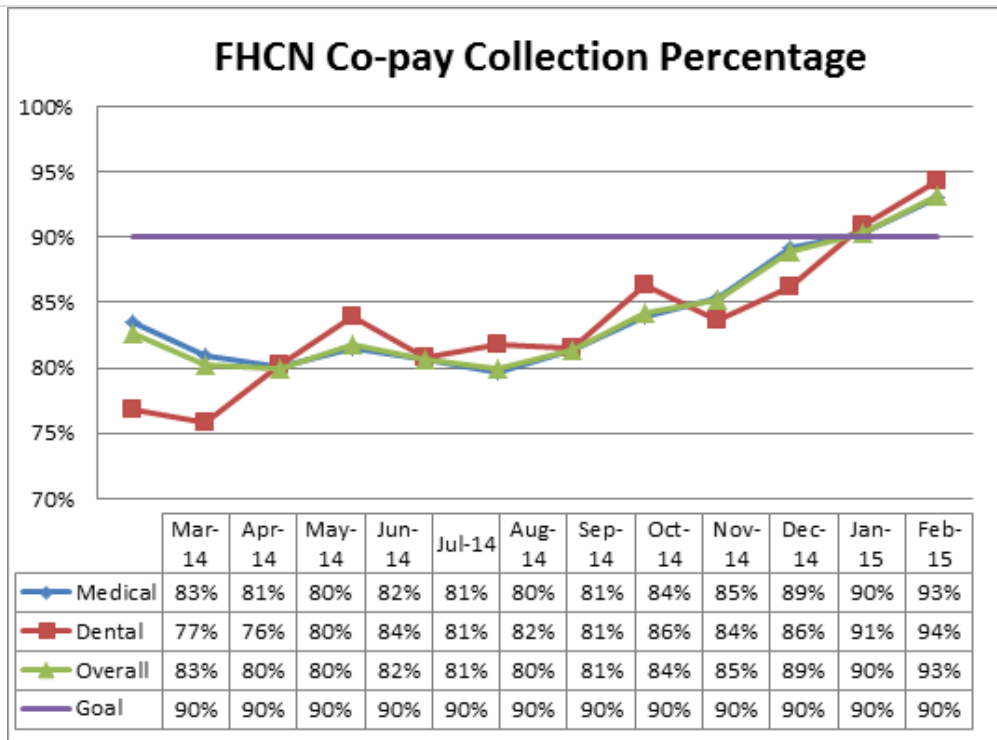
Matthew Sonier
Interface Analyst
Visalia Corporate



"Matt is an extraordinary staff member who keeps on top of daily responsibilities. He responds to requests promptly and follows up with any reported eCW issue until resolved. When assigned an interface issue with radiology reports Matt researched the root cause and identified several items contributing to the problem. He lead the project with our radiology vendor to get the issues resolved and assured that the radiology reports filed correctly and promptly into eCW. Matt went above and beyond of what was originally requested of him. Matt also played a critical role in the setup of the eCW patient portal. He ensured that the approved communication notification messages to patients were set up and that providers were built for patients to request appointments. He ensures that the daily connection is active to send and receive messages."

NEWS WORTHY

ORGANIZATIONAL RECOGNITION



Co-Pay Collections on the Rise

We exceeded our Co-Payment Collections Goal in February with 93% of minimum payments collected Network-wide. This is our highest Network-wide collection percentage ever. Co-pays have continually been on the rise -January landed at 90%. Incredible job, team!

- Medical collected 93% of minimum payments - an increase from 90% in January 2015.
- Dental collected 94% of minimum payments - an increase from 91% in January 2015.
- Network wide, collections for Private Pay were 95% - an increase from the 94% last month.
- Collections of Commercial Insurance were 90% network wide - an increase from 84% last month.

Congratulations to Porterville Medical, Visalia Bridge Medical, Woodlake Medical, Three Rivers, Cutler-Orosi Medical, Visalia Oak, Goshen Medical, Visalia School Medical, Farmersville, Visalia Bridge Dental, Woodlake Dental, Cutler-Orosi Dental, Goshen Dental, Hanford Dental, Porterville Dental, School Dental, and Terra Bella Dental as they achieved the 90% goal for the month! Every Dental Site met our GOAL!

Quality Goals - iPad Raffle Winners

Please help us congratulate Juan Sabogal-Tamayo, MD, and Adalila Rivas, Navigator Health Coach, 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



Juan Sabogal-Tamayo, MD
Cutler-Orosi Health Center



Adalila Rivas, NHC
Farmersville Health Center

(Stage 1 and Stage 2) and Quality Measures. To recognize these efforts, the monthly iPad raffle was established 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!

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
Brenda Montes	Navigation Center Representative	Porterville Annex	2/4/15
Aracely Rojo	Referral Representative	Visalia Bridge	2/6/15
Diana Cendejas Rosales	Central Stores Clerk	Visalia Oak	2/6/15
Juan-Carlos Acosta	Medical Assistant	Visalia School	2/9/15
Sotera Gomez	Medical Assistant	Visalia School Ave	2/9/15
Victoria Salazar	Human Resources Clerk	Corporate	2/9/15

David Wilkinson	IS Tech I	Visalia Bridge	2/9/15
Maria Aragon	Medical Assistant	Visalia School Ave	2/12/15
Michelle Garcia	Referral Representative	Visalia Bridge	2/13/15
Rachel Johnson	Medical Assistant	Visalia Oak	2/13/15
Erika Nunez	Medical Assistant	Visalia Oak	2/13/15
Michelle Campos	Medical Assistant	Porterville	2/16/15
Jessica Contreras	Referral Representative	Visalia Bridge	2/16/15
Rebecca Jimenez	Community Health Representative	Cutler-Orosi	2/16/15
Megan McFarlane	Medical Assistant	Porterville	2/16/15
Ramona Castro	Medical Assistant	Porterville	2/18/15
Olufunlola Agbi	Quality Improvement Analyst	Corporate	3/2/15
Adreana Palomera	Referral Representative	Visalia Bridge	3/2/15
Cintia Gonzalez	Medical Assistant	Hanford	3/2/15
Nancy Haywood	Pharmacy Clerk	Visalia Oak	3/2/15

COMMUNITY HEALTH SPOTLIGHT

NEWS IN COMMUNITY HEALTH

One Billion Rising

Community health representative Joanna Felix and AmeriCorps member Krystal Jaime attended the One Billion Rising Event located at the Garden Street Plaza in Downtown Visalia on

February 13th. One Billion Rising is the largest mass action event to end violence against women in human history. Together, local organizations including ACT for Women and Girls, Family Services of Tulare County, and



Soroptimist International Visalia, collaborated for a march down Main Street. The march ended back at Garden Street Plaza for a final dance party. The FHCN team provided information on health services and Covered California enrollment to more than 100 community members.

Farmworker Appreciation Day

On February 13th, FHCN community health representatives Olga Sanchez and Madel Comonfort, along with AmeriCorps members Krystal Jaime and Diana Reynaga, participated in the Farmworker Appreciation Day presented by Proteus, Inc. The event took place at the Linnell Camp in Tulare County where the team provided health screenings for attendees and also offered information on FHCN services and Covered California enrollment.



Walk With a Doc

On February 14th, FHCN providers Norr Hashem, DO and Shellie Burdick, DO participated in February's Walk With a Doc at the program's new location of Blain Park in Visalia. Dr. Hashem and Dr. Burdick lead the group on a walk around the park and answered participants' health questions.



Olive Street Health Fair in Porterville

On February 26th, FHCN staff, community health representatives, and AmeriCorps members participated in the Olive Street School Health Fair in Porterville. The team provided more than 150 attendees with height, weight, blood pressure, hemoglobin, and glucose screenings, along with information on FHCN services and the Kinder Care dental program.



Woodlake Community Garden Prepares Spring Plantings

FHCN's Woodlake Community Garden is receiving a helping-hand with growing seedlings for its spring plantings. Pictured are FHCN AmeriCorps member Liz Padilla's sons watering seedlings that will soon be planted in the Woodlake Community Garden. Thank you for your help!



Porterville College Covered CA Workshop

ENROLL NOW
COVERED CALIFORNIA
INSCRÍBETE

During the month of February, FHCN collaborated with Porterville College to host a series of Covered California informational workshops for students and community members. During the course of the workshop, FHCN educated a total of 43 attendees. FHCN's certified enrollment counselors

continue to offer Covered California enrollment information at each of the organization's health centers, as well as at the Resource Center in Porterville.

COVERED CALIFORNIA

Enrollment Extended through April 30th

The 2015 Covered CA open enrollment period has been extended and is now offering a special enrollment opportunity through April 30, 2015. The opportunity allows eligible consumers who did not know or understand there was a tax penalty for being uninsured in 2015 to apply for health coverage. Those applying must attest that they did not realize there was a tax penalty. FHCN's certified enrollment counselors will continue to offer enrollment services through April 30th. You can contact the Community Health team at extension #3232 or by calling the enrollment help line at (559) 741-4366.



CELEBRATING MARCH AS NATIONAL NUTRITION MONTH



eat right. Academy of Nutrition and Dietetics

national nutrition month[®] 2015

BITE INTO **A HEALTHY LIFESTYLE**

Here's a tip...
Download our free Eat Right Nutrition handouts now available at www.eatright.org/nnm.

FHCN PARTNERS WITH WALK WITH A DOC

You're invited to...
JUSTWALK
a WALK with a
DOC program

Time: **8-9 a.m.**

Location: Blain Park, 3101 S. Court St., Visalia, CA 93277

Date: Second Saturday of every month through December 2015

January 10th

May 9th

September 12th

February 14th

June 13th

October 10th

March 14th

July 11th

November 14th

April 11th

August 8th

December 12th

Who can attend: Everyone

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.



Take a **STEP** toward
better **HEALTH**



walkwithadoc.org
For more information: 559-624-2416

1 American Heart Association, americanheart.org

If you are interested in participating in an upcoming event, please contact Community Health Manager Malorie Barragan at mbarragan@fhcn.org.

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