

A Message

from Kerry



I hope that everyone who attended the "Family Reunion" on July 11th had a great time connecting with colleagues from across the Network. The Family Reunion is always a time to reflect on our past achievements and to set a course for what is ahead for Family HealthCare Network in the new fiscal year.

Thank you for your active participation during the morning session. The morning was a great opportunity to hear your feedback on how, together, as a team we can set a course to achieve our strategic objectives and goals for this new fiscal year.

There was truly a sense of pride and community in the room that morning. Pride for the work that all of you commit to daily and a sense of community for our shared role in changing the course of the lives of our patients and the communities we serve.

Like many of you, I am looking forward to this next fiscal year and all that is possible when we work together as a team.

The best is yet to come.

Sincerely,

Kerry Hydash
President and CEO



ON THE MOVE

Capital Update News

Visalia School Avenue Opens Full Time



The Visalia School Avenue health center opened full time on July 14, 2014. All staff were transitioned from the Visalia Bridge Health Center and were ready to see their first patients at 7:00am. On the first full day, the site provided 381 visits. Congratulations to everyone!

The Visalia School Avenue Health Center will celebrate its Grand Opening and Ribbon Cutting on July 24, 2014 from 11:00am to 1:00pm. The top floor will be closed the morning of the special event.



Porterville Renovation Phase II: Preparation To Begin

The Porterville Renovation Team is implementing strategies to initiate Phase II in the next couple of weeks. Although Phase II will limit the reception area

space, two reception areas inside of the Porterville Health Center will be used including the new upstairs reception area and a new location downstairs. The Porterville Training Annex will also be converted into an overflow area for the families of patients to wait more comfortably. MA staff will be utilizing IPADs to support registration efforts and Community Health Staff will navigate patients to and from the Annex and throughout the health center during Phase II. Phase II is anticipated to take three months to complete.

Visalia Bridge Renovation

The Bridge Health Center is set to begin renovation in late July 2014. The facility will



receive new flooring and paint and classroom space along with the reception desk area will be expanded. The renovated health center will offer general primary care services and become the new home of A.T. Still University Medical Education Program and Dental Residency Program as well as the Lutheran Medical School Dental Residency Program. In addition, the renovated Bridge Health Center will house several Community Health Department team members.



Visalia Oak Renovation

The renovation of the Visalia Oak Health Center is set to begin in late September

2014. A team will be composed to help with the roll out of the renovation. More information to come!

Family HealthCare Network Sponsoring Three Rivers Community Mixer

Family HealthCare Network is hosting a community networking mixer on Wednesday, July 30, 2014 from 6:00pm to 7:30pm. Community members and the Three Rivers business community have been invited to meet our staff, providers, and leadership. The mixer will take place at Three Rivers Art Center.



FHCN Kicking Off National Community Health Center Week Aug 8th Through Aug 17th

Family HealthCare Network has a full schedule of events set for National Health Center Week this year. The Network will kick off its events on August 8th at 7:00pm with Health Center Night at the Rawhide Baseball Park. All proceeds for the evening will go to Relay for Life. We hope staff will come out and support

Health Center Night and Relay for Life. It should be a fun night for staff and their families. Tickets are available at the Visalia Rawhide Ballpark Ticket Office on the night of the game. If you have any questions about tickets, you can call 732-4433. Staff members that show their badge will receive \$2.00 of the ticket price.

For National Community Health Center Events, please see below.

National Health Center Week 2014 Schedule Of Community Events

Friday, August 8th

Kick off for National Health Center Week at Rawhide Ball Park 7:00pm-10:00pm

- All staff invited to attend-Special give-a-ways will be distributed

Saturday, August 9th

Walk with a Doc at Riverway Sports Park 8:00am-9:00am

- Mary Garcia, FNP presentation on National Health Center Week

Monday, August 11th

Nutrition & Rethink Your Drink Day

Waiting Room Presentations at Woodlake, Goshen, Cutler/Orosi, Hanford & Terra Bella Sites 10:00am - 1:00pm

- MyPlate & ReThink Your Drink Lobby Presentation & Tasting
- Informational booth on Nutrition

Woodlake Mayor Rudy Mendoza to tour our Woodlake Site

Tuesday, August 12th

Celebrating Public Housing Day

Mini Health Fair at Porterville Family Apartments 5:00pm-7:00pm

- Informational booths, health screenings, dental screenings & children's activities

Kid's Coloring Contest at Springville, Three Rivers, Ivanhoe, Farmersville, Woodlake, Terra Bella Sites 9:00am - 11:00am

Wednesday, August 13th

Celebrating Health Care for the Homeless Day

Mini Health Fair at Visalia Rescue Mission 8:30am-10:30am

- Health Screenings, Dental Screenings, Enrollment Services

Waiting Room Presentation at Cutler/Orosi Site 10:00am - 1:00pm

- Presentation on Diabetes

Thursday, August 14th

Celebrating National Farmworker Health Day

Presentation of video at all sites

Waiting Room Presentation at Visalia Oak & School Site 10:00am - 1:00pm

- Pesticide Safety and Heat Stress Presentations by Proteus Staff
- Informational Booth on Related Topics

Cuadrilla 12:00pm - 1:00pm

- Presentation NHCW/Farmworker Health Day and health screenings

Hanford Farmers Market 3:00pm - 9:00pm

- Informational Booth on FHCN Services & Covered CA

Ventanilla de Salud-Fresno 10:00am - 1:00pm

- Health Fair & Guest Speaker (Farmworker Health Day)
 - Health Screenings

Friday, August 15th

Reach Out and Read Day

Providers, Staff & AmeriCorps read to children

- Woodlake, Cutler/Orosi, Terra Bella, Ivanhoe, Goshen, Oak & School sites

Sunday, August 17th

Celebrating National Immunization Awareness Month

Back to School Health Fair at Ledbetter Park in Cutler 10am-1pm

Health Screenings, Live Music, School Supply Give-A-Way

FAMILY HEALTH CARE
NETWORK

Health Center Night

at the Ballpark!

Come celebrate **National Health Center Week** with us!

*Post-Game
Fireworks!*

Friday, August 8th
7:00pm Game
Rawhide Ballpark

How to Attend:

Show your FHCN ID at the Rawhide Ballpark Ticket Office, and receive a \$2 discount on your ticket to the game. First-come, first-serve seating!



Questions? Rawhide Ticket Office: 732-4433

Parking is free. Kids under 2 are free.

No outside food or beverages.

Ballpark Address: 300 N. Giddings St./Visalia



FHCN Network Star Needed To Throw The First Pitch At The Visalia Rawhide Health Center Night Aug 8!

We are looking for a star employee to represent FHCN to throw out the first pitch at the game at Health Center Night. We are asking employees to nominate a coworker that is attending the game that will be willing to throw the first pitch if selected. Nominations should answer these questions, "Why do you feel your co-worker should represent the Network at Health Center Night and how they are making a difference in the lives of our patients/communities FHCN serves?" We are asking for 500 words or less. Please send your nominations via email to jbray@fhcn.org no later than July 31st. The winner will be announced on August 1st.

MANAGED CARE NEWS

Medi-Cal Chiropractic Coverage

Medi-Cal is again paying for chiropractic, with a limit of two office visits per month, per patient. It had been 5 years since Medi-Cal had last paid for chiropractic. Those interested in learning more about the chiropractic services now offered through Medi-Cal, can contact Dr. John Reifenberg by email at jreifenberg@fhcn.org or by phone at ext 4515.



BENEFITS SPOTLIGHT

NEWS FROM HR



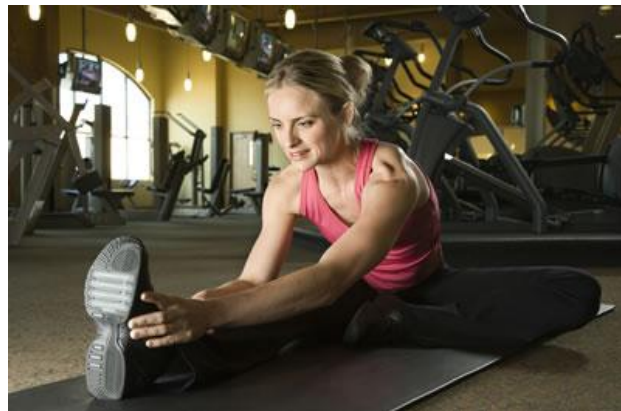
In a recent survey conducted by the Society for Human Resource Management (SHRM), only 34% of the over 400 employers who participated, offered fitness membership deals. Family HealthCare Network (FHCN) is among that 34% and offers discounts to The Lifestyle Center and In-Shape. FHCN employees can save between \$8 - \$46 on an In-Shape membership and do not have to pay an enrollment fee! FHCN employees can save \$5 per month on a membership to The Lifestyle Center and get a discount on their

enrollment fee. Enrollment information can be found on the T drive. Please contact Human Resources for assistance.

WELLNESS TIP

Make Stretching A Part Of Your Daily Routine

The human body is always active while performing tasks at work. A few minutes of stretching every day can help relieve stress, relax tense muscles and re-energize your day. Did you know that regular stretching is just as important as regular exercise? If you're like most people, you probably neglect this aspect of your fitness routine, even though stretching has major benefits. Hopefully these reasons will inspire you to make it part of your schedule!



Here are some of the main benefits of stretching:

For Your Body

- Helps improve flexibility (increases your range of motion)
- Assists in correct posture by lengthening tight muscles that pull

areas of the body away from their intended position (because of so much time at our computers, many of us have tight chest muscles which pulls the shoulders and head forward, leaving us with a hunched shoulder look)

- Potential to decrease injury by preparing muscles for work before activity
- Increases blood and nutrient supply to muscles, thereby possibly reducing muscle soreness

For Your Mind

- Even a short amount of time (10-15 minutes) of stretching can calm the mind, provide a mental break, and give your body a chance to recharge.

EMPLOYEE OF THE MONTH

July 2014

Angie Peña



Join us in Congratulating

Angie Peña
Provider Scheduling Coordinator
Porterville Annex

Angie demonstrates high acumen with policies and procedures. She improves patient access by providing instruction to the team. Angie undertook responsibilities as an eCW "SuperUser." She definitely lived up to the title by embracing innovation and mastering technical concepts. Angie made herself available to staff by being an effective collaborator and liaison of corporate objectives and by co-developing Ramp Up tools to train and assess staff performance. Angie is indispensable as an MVP of all key Navigation Center duties. We can count on Angie to support patient access and continuity of care in all areas of productivity. Her positive attitude and initiative to learn new practices is inspirational. Angie's commitment to excellence is evident in the way she demonstrates a genuine concern for the success and professional development of others. She is a champion for efficiency and accountability, which optimizes quality of care for our community of patients. Angie has a very positive attitude and her work ethic exemplifies corporate core

values. She is a standing member on our department's "morale committee." No matter what challenges we have had transitioning to the new eCW system, she has remained forward thinking and optimistic. Angie has been pivotal at promoting a progressive transition to the new eCW system and at growing our team's proficiency with new technical processes.

NEWS WORTHY

ORGANIZATIONAL RECOGNITION

Big Thanks To Dr. Hirwe

Thanks to Dr. Eva Hirwe who continues to support the Walk with the Doc Program. She has been a great support for the program. We hope to see many more providers joining her and the FHCN team at the Walk with the Doc events in Visalia. The Walk with the Doc Program is held at the Riverway Sports Park in Visalia every second Saturday of the month at 8:00 am. Please come and support a healthier Visalia!



Porterville Staff Support Relay For Life

The staff members from Porterville Health Center, Pharmacy, Dental, Annex and the Resource Center will be participating in Relay for Life. Teams are currently being composed for the event taking place on October 4-5, 2014. If you are interested in participating please contact Gordon Lee or

Frances Molina.

WELCOME NEW EMPLOYEES

New Hires at FHCN

NAME	POSITION TITLE	LOCATION	DATE OF HIRE
Cynthia Ayala	Medical Assistant	Porterville	6/5/14
MyKayla Azevedo	Medical Assistant	Visalia Bridge	6/9/14
Jessie Demelo	Health Center Supervisor	Goshen	6/9/14
Jennine Contreras	Health Center Supervisor	Hanford	6/16/14
Maricela Rivera	Referral Representative	Annex	6/20/14
Alexa Contreras	Referral Representative	Annex	6/20/14
Jasmine Vasquez	Referral Representative	Annex	6/20/14
Daniel Unzicker, DDS	Staff Dentist	Visalia School Ave.	6/23/14
Kelly Gonzalez	Billing Clerk	Corporate	6/26/14
Felicia Soria	Medical Assistant - Back Office	Goshen	6/26/14
Taylor Jordan	Medical Assistant - Back Office	Goshen	6/26/14
Carmen Valencia	Medical Assistant - Front Office	Ivanhoe	6/26/14
Jaclyn Perez	Medical Assistant - Back Office	Visalia Oak	6/26/14
Linda Gomez	Dental Assistant I	Visalia Bridge	6/27/14
Maureen Leak	Health Center Manager	Porterville	6/30/14
Amberly Cancino	Community Health Coordinator	Corporate	6/30/14
Kelly Larkin, DDS	Staff Dentist	Cutler-Orosi	6/30/14
Monica Mercado	Community Health Coordinator	Corporate	6/30/14
Grace Martinez	Dental Assistant II	Woodlake	7/3/14
Joshua Estes	PC Support Specialist	Annex	7/3/14
Guadalupe Lopez	Billing Clerk	Corporate	7/3/14
Angelica Luengas	Medical Assistant - Back Office	Goshen	7/7/14

COMMUNITY HEALTH SPOTLIGHT

NEWS IN COMMUNITY HEALTH

Captain MyPlate Pays A Visit To Dinuba Farmers Market

Captain MyPlate partnered up with his AmeriCorp friends at Family HealthCare Network and educated the 3,000 residents attending the new Farmer's Market.

The Dinuba Farmers Market is the result of a collaboration between Family HealthCare Network, Kaweah Delta, Tulare County HHSA, City of Dinuba, and many other local agencies. It's a fun night for the whole family with free food, music, informational booths, craft vendors, and the newest addition of a Certified Farmer's

Market! Come out and buy from some of the valley's best farmers! Cash and EBT are accepted! The Dinuba Farmers Market will run every Friday from 5:00pm to 9:00pm through the end of July at 289 S L Street in Downtown Dinuba (Next to Platinum Cinema).





Ventanilla De Salud Educates On Heat Illness

June was Heat Illness prevention month at the Ventanilla de Salud. During the month Community Health Representatives Rosie Martinez and Maria Vera Calderon provided educational sessions on how to prevent heat

illnesses and the importance of resting and having access to fresh drinking water and shade. VDS also had the participation of Proteus Community Educator, Guillermo Gonzalez, who shared his knowledge on occupational health.

blue  of california
foundation

Blue Shield of California Foundation is an Independent Licensee of the Blue Shield Association

FHCN's Enrollment Successes Highlighted In Blue Shield's Quarterly Update

Family HealthCare Network was recently highlighted in Blue Shield's Quarterly update that featured Community Health Center enrollment successes and challenges that occurred during the first phase of coverage expansion. FHCN's highlight can be found on page 11 of the update.

[Click here for complete update](#)

NUTRITION NOTE

Harvest of the Month

Network for a Healthy California

The Harvest of the Month featured vegetable is

peppers



Health and Learning Success Go Hand-in-Hand

Eating fruits and vegetables and being physically active are simple ways to make your family healthier. Healthy habits can help students concentrate and do better in school. Use *Harvest of the Month* to learn how to eat more fruits and vegetables and be more active.

Produce Tips

- Look for firm peppers that have thick, shiny, smooth skin and green stems.
- Choose sweet peppers with a solid color—green, yellow-orange, or red.
- Choose hot (or “chili”) peppers with a solid color—red, yellow, orange, green, purple, or brown.
- Store whole peppers in a sealed plastic bag in the refrigerator for up to one week. Wrap cut peppers in plastic and store in refrigerator for up to three days.
- **Helpful Hint:** Use rubber gloves when handling hot peppers. Be careful to never touch or rub your eyes.

Healthy Serving Ideas

- Slice raw sweet peppers and serve with lowfat dip for a snack.
- Top homemade pizza with sliced bell peppers—red, green, and yellow. Or, use chili peppers for a spicy kick!
- Use chopped hot peppers to make spicy salsa. (Hint: For less spice, remove seeds and inner membranes.)
- Add chopped sweet peppers to salads or stir into soups and pasta sauces.
- Try a new pepper variety each week.

VEGETABLE QUESADILLAS

Makes 4 servings. 1 quesadilla each.

Cook time: 15 minutes

Ingredients:

- nonstick cooking spray
- ½ cup chopped green bell pepper
- ½ cup frozen corn, thawed
- ½ cup sliced green onion
- ½ cup chopped tomato
- 2 tablespoons chopped cilantro
- 4 (6-inch) flour tortillas
- ½ cup shredded lowfat cheese

1. Coat medium skillet with nonstick cooking spray. Sauté bell pepper and corn over medium heat until softened, about 5 minutes.
2. Add green onion and tomato. Cook until heated, then stir in cilantro.
3. Heat tortillas in a separate skillet over high heat. Place equal amounts of cheese and sautéed vegetables on each tortilla. Fold in half and continue to cook until cheese is melted. Serve hot.

Nutrition information per serving:
Calories 134, Carbohydrate 20 g, Dietary Fiber 2 g, Protein 7 g, Total Fat 3 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 3 mg, Sodium 302 mg

Adapted from: *Healthy Latino Recipes Made With Love*, Network for a Healthy California, 2008.

For more recipes, visit:
www.cachampionsforchange.net

Let's Get Physical!

- **At home:** Do sit-ups and push-ups during TV commercials.
- **At work:** Go for a one-mile walk (about 25 minutes) during lunch.
- **With the family:** Visit a local or state park and go for a hike.

To find a park in your area, visit:
www.parks.ca.gov

Nutrition Facts

Serving Size: ½ cup chopped sweet green pepper (74g)	
Calories 15	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Sugars 2g	
Protein 1g	
Vitamin A 5%	Calcium 1%
Vitamin C 99%	Iron 1%

How Much Do I Need?

- A ½ cup of chopped peppers is about one small pepper.
- A ½ cup of sweet peppers (green, yellow, and red) is an excellent source of vitamin C.
- A ½ cup of sweet red peppers is also a good source of vitamin B₆, which helps your body build healthy blood cells.

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. Choose all forms of fruits and vegetables—fresh, frozen, canned, dried, and 100% juice. They all count towards your daily amount!

Recommended Daily Amounts 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.

What's in Season?

California grown peppers are in peak season in summer. They are usually available from May through November. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these other good sources of vitamin B₆: avocados, bananas, and potatoes.

For important nutrition information, visit www.cachampionsforchange.net. For food stamp information, call 877-847-3663. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. © California Department of Public Health 2009.



Family HealthCare
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