

A Message

from Kerry



As we come to a close of our fiscal year, Family HealthCare Network (FHCN) hits another milestone this month with the addition of its fourteenth community health center. The capital development project at School Avenue in Visalia has been under planning, development, and construction for over the past two years, and opened today for patient services. The new state of the art health center will provide an additional 34,600 square feet of new health center space and offer 51 exam rooms, 12 dental operatories and eight team rooms. Modeled after our newest health centers, it will support our patient-centered health home team-based care model. Our staff will offer a breadth of services including family practice, obstetrics and gynecology, pediatrics, dental, behavioral health, nutrition, health education, community health, outreach and enrollment support. The health center also features a training room for various patient education classes. I want to thank all of the staff that have dedicated their time to making this opening day a reality. So many of our departments have come together and have demonstrated such team work.

Congratulations to all of the current staff moving into this new health center and our newest staff members that will call Visalia School Avenue Health Center their new home.

Sincerely,

Kerry Hydash
President and CEO



ON THE MOVE

Capital Update News

Visalia Avenue Health Center Is Open For Business!

Family HealthCare Network opened the doors of the Visalia School Avenue Health Center this morning for patient appointments. The health center will be operating under temporary hours, which will be Monday, Wednesday, and Friday from 8am-12pm and Tuesday and Thursday from 1pm-5pm until full-time licensing is received. For more information about scheduling, please contact the Navigation Center.



Thank you to the Visalia School Avenue Health Center move-in team for their commitment to making this a smooth transition into this new health center.

Maria Cervantes (top photo) was our first medical patient with Dr. Bencomo. Felician Barajas (bottom photo) was our first dental patient with Dr. Simonsen.

[Click here for more photos!](#)



Porterville OB Reception and Pharmacy Under Construction

Porterville Health Center continues its renovation with the completion of Phase I this month. Phase I will close with the completion of an OB reception area upstairs and the renovation

of the pharmacy. Phase II of the construction will begin the first week of July. Thanks to the Porterville staff for their flexibility during this time. Through the construction of Phase I, the staff have provided continued access to patients in need of services and met their budget since the project began. Congratulations and thank you.

MANAGED CARE NEWS

Medi-Cal Vision Coverage

Medi-Cal benefits provide annual vision exams and prescription eyewear for children and adults. As many of you have requested, please find attached a list of local Medi-Cal Optometrists.



Optometry services through Medi-Cal do not require a formal referral.

- Patients can call and schedule appointments with the provider of their choice at their convenience.
- Health Net and Anthem Blue Cross Medi-Cal Managed Care patients also qualify for vision benefits.

More information regarding Medi-Cal Vision Coverage is provided at the following link:

<http://www.dhcs.ca.gov/individuals/Pages/VisionCareFAQs.aspx>



GETTING CREATIVE

Innovative Ideas For Fitness: Creative Walking

Thanks to all of you who submitted your ideas for Creative Walking this month. We had a drawing for two gift certificates. Congrats to our two winners:

"Since I started working here I've been walking more. I feel a little proud of myself! I park my car over in the parking lot East of the Oak site and when

I bring my lunch I'll go eat my lunch in the car or I take it with me and walk down Main Street & do some window shopping or make a stop the bank when needed. I have actually calculated that I can make it from the Oak site to Starbucks or Subway (which are on the same block) in less than 10 mins. So I usually take up 30 mins. for my lunch and the other 30 mins for a nice walk! I usually come back on Oak Street, there is more shade and I love the older buildings I get to see!"

-Carla Murillo- Patient Navigator- Oak

"We have the centralized mailboxes in our subdivision. In the past, I would just drive my car up to the boxes and reach through the car window to retrieve my mail. Didn't even have to get out of the car. Now I'm going home first, getting my 2 dogs, and walking back to the boxes and picking up the mail. This also gives me incentive to make the stroll the little longer as Sam and Bodie are so anxious to break out of the yard and chase squirrels! Good for me and the dogs - not so much for the squirrel population."

-Karen O-Connor- Registered Dental Hygienist- Porterville

EMPLOYEE OF THE MONTH

June 2014

Patty Martinez



Join us in Congratulating

Patty Martinez
Health Educator I-Porterville

Patty has been with FHCN for 23 years and is still giving her best to provide excellent care to our patients. As a health educator, Patty makes sure to provide every patient she sees with thorough education that will help the patient be healthier. Since the opening of the Terra Bella Health Center, Patty has played a vital role in coordinating team huddles and ensuring that none of the patients are missed in receiving all the appropriate services. Patty has played a vital role and has acted as role model for the new Patient Navigators. She focused on using patient demographics to identify preventative care and educational opportunities to help patients. Patty has acted as a Health Educator and Patient Navigator at the same time and has worked hard in promoting and enhancing direct communication with patients, through creating individual Care Plans. With the creation of these Care Plans, Patty has helped chronically ill patients meet health goals and improve their quality of life. Her work has contributed in enhancing continuity of care amongst providers. Patty looks for new ways to serve our patients and is not afraid to ask providers and other staff for best practices so that she can better serve our patients. On her personal time Patty took nutrition classes to learn about basic nutrition which has helped her to better serve the patients in Terra Bella. Patty goes above and beyond her duties to provide the best quality of care to our patients.

NEWS WORTHY

ORGANIZATIONAL
RECOGNITION

11 California Students Graduate From A.T. Still University; 6 With Honors



Family HealthCare Network serves as the California campus for A.T. Still University, School of Osteopathic Medicine (SOMA) in Mesa, Arizona. On Friday, June 6, a graduation was held for 99 students nation-wide, 11 of which were from the California Campus at FHCN. Of the 11 graduates, 6 graduated with honors, which was the most out of any campus. Our very own Dr. Isaac Navarro (pictured), Member of ATSU Board of Trustees, had the honors of addressing the graduating class.

Family HealthCare Network would like to congratulate all graduates and we are all proud of you for your accomplishments!

[Click here for more photos!](#)



Malorie Serrano Honored At Luncheon Celebrating Latinas In Community Health

The Business & Achievement Luncheon, honoring Latinas in Community Health, was held on Thursday, June 12, in Visalia. Among the 12 honorees was Malorie Serrano, Community Health Coordinator for Family HealthCare Network (FHCN). Malorie was recognized for her leadership role within FHCN and her impact on the various communities she serves.

Promotora Accepted Into Graduate Program At California State University, Los Angeles

Diane is a Promotora (volunteer community educator) for FHCN and she completed her undergraduate studies back in 2011. Graduating with honors, Diane sought out a volunteer program to fulfill criteria in the AMCAS application. That's where she found Family HealthCare Network and became a Promotora to get involved as a volunteer to help with nutrition and exercise programs in Goshen, Tipton, Tulare and Cutler-Orosi.



Diane is one of twenty students to get accepted into the graduate program where she will be studying nutritional science with an emphasis on community nutrition. Diane is very excited and we are all proud of her accomplishments!

WELCOME NEW EMPLOYEES

New Hires at FHCN

NAME	POSITION TITLE	LOCATION	DATE OF HIRE
Fatima Mendez	Navigation Center Representative	Annex	5/5/2014
Veronica Herrera	Medical Assistant	Visalia Oak	5/12/2014
Robin DeMeyer	Health Center Manager	Woodlake	5/12/2014
Soledad Belmontes	Medical Assistant	Visalia	5/15/2014
Lindsay Nelson	Dental Assistant I	Goshen	5/15/2014
Blanca Benevides	Medical Assistant	Woodlake	5/19/2014

COMMUNITY HEALTH SPOTLIGHT

NEWS IN COMMUNITY HEALTH

Health Fair Well Attended In Goshen

The Goshen Health Fair, held at Goshen Elementary School on May 15th, had a great turnout from the community and included free health screenings, health education resources, nutrition education, dental assessments, and digital retinopathy screenings. StepUp provided a free dinner to all that attended the event.

[Click here for more photos!](#)





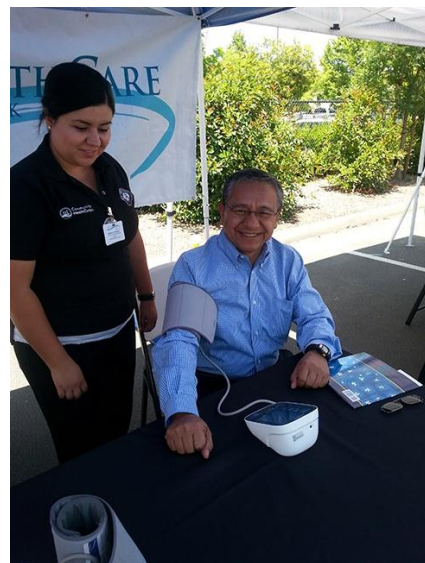
Health Fair Season Continues In Hanford

FHCN's health fairs are a great benefit to the communities we serve and Hanford's Annual Health Fair was no exception. Many gathered at Hanford Civic Auditorium on May 17th to receive free health

screenings and health education resources. Dental assessments, nutrition education, and digital retinopathy screenings were also available.

Health Fair At The Fresno Mexican Consulate

On May 31st, a health fair was held at the Fresno Mexican Consulate, home of FHCN's Ventanilla de Salud Resource Center. Free health screenings and dental assessments were available along with information about programs that Family HealthCare Network offers. Despite the hot weather that day, the fair was well attended and many took advantage of our services.





FHCN Connecting With Paramount Employees

On May 17th and May 31st, Family HealthCare Network attended Paramount's employee events at the Island Water Park in Fresno. The FHCN Community Health Team connected with 150 people and provided 50

hemoglobin/glucose screenings.

Leadership Visalia Event at COS

FHCN was present at the Leadership Visalia Event that was held on May 17, 2014 at the College of the Sequoias campus. Those who attended were given information on services provided by Family HealthCare Network.



Seniors Receive Care In Earlimart and Woodlake

On May 15, FHCN offered free blood pressure and glucose screenings at the Earlimart Senior Center. Sixteen seniors received screenings.

Seniors from the Woodlake Senior Center were also provided free screenings on May 20th. Family HealthCare Network gave 30 screenings.



FHCN Named In The Enrollment Top 5

Family HealthCare Network has now been recognized as one of the top 5 entities in the state of California for enrollment into Medi-Cal and Covered CA. This is a huge accomplishment and we are very proud of our Community Health team that has made it happen.



NETWORK FUN COMMITTEE EVENTS

NFC EVENTS IN JUNE & JULY

Get your site team together for a day of fun! The FHCN NFC will host a soccer tournament on Sunday, June 22, at the Porterville Sports Complex located at 2107 W. Scranton in Porterville. The tournament will start at 11:00am and will end by 4:00pm.



The FHCN NFC has announced that Friday, July 11, will be Sports Jersey Day. More details will be released soon!

NUTRITION NOTE

Harvest of the Month



Network for a Healthy California

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



Health and Learning Success Go Hand-in-Hand

California farmers' markets offer a colorful variety of fresh fruits and vegetables at low prices. Eating fruits and vegetables every day can give your family the nutrients they need to grow strong and build healthy bodies and minds. *Harvest of the Month* can help your family learn how to eat healthy and be physically active every day.

Produce Tips

- Choose cantaloupes with a sweet, fragrant smell and soft dent on stem. They should feel heavy for their size.
- Select honeydews, casabas, and watermelons that feel heavy for size and sound hollow when tapped on rind.
- Avoid melons with shriveled, punctured, or cracked rinds.
- Store ripe, whole melons on the counter or in the refrigerator for up to two days.
- Refrigerate cut melons in sealed container. Use within three days.

Healthy Serving Ideas

- Slice and eat melons as a snack or side dish at meals.
- Serve sliced or chopped melons with lowfat yogurt or cottage cheese.
- Scoop fruit into melon balls.
- Freeze melon balls and enjoy as cold snacks on hot days.
- Blend lowfat yogurt, chopped melon, frozen strawberries, and a banana. Pour into cups and serve.

WATERMELON SALSA

Makes 8 servings. $\frac{1}{2}$ cup per serving. Prep time: 15 minutes

Ingredients:

- 3 cups seeded and chopped watermelon
 - $\frac{1}{2}$ medium onion, chopped
 - $\frac{1}{2}$ red bell pepper, chopped
 - 1 tablespoon seeded and chopped jalapeno pepper
 - 2 tablespoons chopped fresh cilantro
 - 2 tablespoons lime juice
 - 1 teaspoon vegetable oil
1. In a medium bowl, mix all ingredients.
 2. Serve immediately or cover and refrigerate for up to 1 hour to allow flavors to blend.

Nutrition information per serving:
Calories 28, Carbohydrate 6 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 2 mg
Adapted from: *Southwest Recipes: Building Healthy Traditions*, Network for a Healthy California, 2008.

Let's Get Physical!

- Walk, skate, or ride bikes to local farmers' markets. Bring your own bags to carry your groceries.
- Take a dip — visit a local community pool and go for a swim.
- Be sun-safe. Wear sunscreen and a hat when outdoors.
- Stay hydrated on warm days by drinking lots of water.

For more ideas, visit: www.cachampionsforchange.net

Nutrition Facts

Serving Size: $\frac{1}{2}$ cup cantaloupe, cubed (80g)	
Calories 27	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 13mg	1%
Total Carbohydrate 7g	2%
Dietary Fiber 1g	3%
Sugars 6g	
Protein 1g	
Vitamin A 54%	Calcium 1%
Vitamin C 49%	Iron 1%

How Much Do I Need?

- A $\frac{1}{2}$ cup of cantaloupe, casaba, or honeydew melon provides an excellent source* of vitamin C.
- A $\frac{1}{2}$ cup of cantaloupe also provides an excellent source* of vitamin A.
- Melons are a good source* of carotenoids, which are antioxidants that may lower your risk for some diseases by keeping your body safe from free radicals. Free radicals can damage cells.
- Other good sources of carotenoids are apricots, carrots, kale, peas, pink grapefruit, pumpkin, spinach, and tomatoes.

The amount of fruits and vegetables that each person needs depends on age, gender, and physical activity level. Find out how much each person in your family needs. Then, make a plan to add a variety of colorful fruits and vegetables to meals and snacks to help your family reach their goals.

*Excellent sources provide at least 20% Daily Value (DV). Good sources provide 10-19% DV.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2 $\frac{1}{2}$ - 5 cups per day	4 $\frac{1}{2}$ - 6 $\frac{1}{2}$ cups per day
Females	2 $\frac{1}{2}$ - 5 cups per day	3 $\frac{1}{2}$ - 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 2011.



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Family HealthCare Network | 305 E. Center Ave. | Visalia | CA | 93291