

CommunityCare Now

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Quarterly News Magazine of Community Care Health Centers

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To provide high quality, affordable & accessible health care services to people in need.

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Appointments:

Huntington Beach Community Clinic
(714) 847-4222

Community Care Dental Center (Huntington Beach)
(714) 843-0892

Clinica Medica De Ella (Santa Ana)
(714) 973-9218

Clinic For Women (Santa Ana)
(714) 285-9811

El Modena Health Center (Orange)
(714) 532-6222

Primeros Pasos First Steps Pediatric Center (Santa Ana)
COMING SOON

Open Houses build strong support from key Central OC leaders



Above: Open Houses are designed to connect community members with CCHC in all of its locations in the county.

Key leaders in Central Orange County give strong support for CCHC's new clinics in Orange and Santa Ana. CCHC's efforts to connect with members of the Santa Ana City Council resulted in substantive linkage to key city-level organizations and community networks.

On September 6 and 20, CCHC held separate meetings with key city personnel from Santa Ana and Orange. Santa Ana's Jill Arthur, Executive Director of the City Manager's External Affairs Office and Deputy Police Chief Anthony Harrelson attended on behalf of the Mayor and Council, and resulted in a follow-up site visit by Scott Kutner, District Manager for Santa Ana's Community Development Agency. CCHC met with Mayor Mark A. Murphy in person on September 20 for a clinic tour.

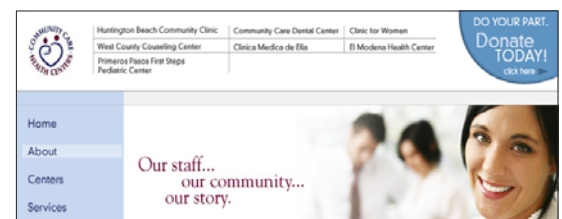
CCHC's Open House program is an ongoing clinic tour and community education tool hosted monthly at CCHC clinic sites countywide. For more information on CCHC's Open House program, please contact Kim Mayer, Individual Giving Officer at (714) 375-2272.

New & improved CCHC website goes live; enhances patient access

With little fanfare, CCHC launched its new website on September 18 as part of its goal to better communicate to its patients and supporters. The new site, www.cchcoc.org, is the result of a year-long process of planning and fine-tuning. And all the effort behind it shows.

"This site is more representative of our clinic practice," says Selina C. Hudgins, Director of Development & Public Affairs. "It does a very good job of communicating the care we provide and the commitment we have to health education. I invite the public to read the patient stories to get a better feel of the wholeness of the patient care that we deliver."

The site is more than a tool for education. Soon the site will also allow any patient to schedule an appointment. Also in development is the



Above: The new look of CCHC online. Visit www.cchcoc.org for more details.

capability to allow any visitor -- a major philanthropist or former and current patients -- to donate conveniently and securely online.

"This site is a significant technology investment," says Gia Tran, Director of IT. "It demonstrates our commitment to using technology solutions in health care in ways that are practical and mindful of patient care."

Executive Summary

CCHC's Top News &
Highlights of the Quarter

Health Care Practice: Quaterly Update

by Eva Elser, RN, Clinic Manager, Huntington Beach Community Clinic

Each Fall, in preparation for the upcoming school year, CCHC holds "School Physical Extravaganzas." Three days in late August and one day in the first week of September were dedicated to providing school physical exams and immunizations for incoming school age children. Approximately 250 children received full physical exams, vision and hearing testing and laboratory work. Many of these children received their first extensive physical exam and problems such as heart murmurs, endocrine problems and impaired vision and hearing were detected. Over 115 children received vaccines and clearances were issued for school entry and participation in extra-curricular sports programs. These 4 school physical extravaganza days were truly a combined effort of medical professionals and the community: 8 physicians, countless nurses and medical assistants, volunteers from *Huntington Beach National Charity League*, *University of California-Irvine*, *Ocean View* and *Mater Dei High Schools* and *Merck Pharmaceuticals* gave so much of their time and spirit to assure that the children in our community received the best possible start of their new school year.

Message from the CEO



Jacqueline Cherewick, MBA
President & CEO

As we establish clinic presence in Central OC, the next deliberate step is to build and nurture community relationships. By this I mean beyond outreach or health education to more patients, and more than cultivating support from new partners and community leaders. Community relationship building is all of these and more, both at the individual and corporate level.

For health care to be comprehensive -- in order that it be about high quality of life and beyond physical health -- an attention to community relationships must drive clinic practice. This type of relationship pays genuine attention to the human detail: the immediate health problems and the underlying living condition of clients. It seeks to connect, rather than to simply acquaint.

The amount of time we pay attention to each other's human detail seems to grow less and less, such that we increasingly yearn for a deeper, more authentic connection to our world and each other.

We at CCHC recognize this and strive through our programs to do more. We strive to strengthen our community relationships with all our partners, the families we heal and neighborhoods we serve. After all, this is what makes CCHC unique from other clinics.

May we thrive in great health, together.

HealthWatch



by Dr. Miles Masatsugu, Medical Director
Community Care Health Centers

The holidays can bring chaos to your health. But it doesn't have to be this way; below are three simple tips to keeping healthy this holiday season and year-round.

- 1). Share your workout time with visiting relatives. No matter if you have different fitness levels, engage them in activities that keep you active together. The American Heart Association recommends 30 minutes or more of exercise most days of the week.
- 2). Remind family that the point of holiday gatherings is to celebrate, not to eat. Use the holidays to create quality family time. Create healthy holiday habits, such as taking a walk around the neighborhood after dinner to look at holiday lights, or a morning jog or bike ride.
- 3). Don't starve yourself the day of the Thanksgiving or Christmas party so you can fill up on food that evening. If you eat normally throughout the day, and in 5 small portions, you're much less likely to overeat.

Kids looking for Santa in El Modena

by Tina Bloomer, RNP, El Modena Health Center

El Modena Health Center's 4th Annual Holiday Celebration for Kids at El Modena is just around the corner. For the past 3 years we have had the opportunity to bring excitement and smiles to our kids. Our first year we were able to make 50 kids happy by collecting presents from loving generous people. This number soon grew to 150 kids last year. This year we are planning to collect as many presents as we can for the kids.

We will start collecting names after our annual Halloween party for kids on October 31. Our patients are already asking if they can put their children's name on the wish list now. For some of our children the gift they receive from the clinic is their only present under the Christmas tree. If you are interested in being part of this cherished event by making a monetary contribution or donating unwrapped toys, please contact Selina C. Hudgins at (714) 375-2272 or email her at shudgins@cchcoc.org.

DateBook Announcements, Upcoming Events & Deadlines

■ For more information: (714) 842-2829 x283 or kmayer@cchcoc.org

Nurturing Your Baby: Learn how to successfully breastfeed from a certified breastfeeding consultant and public health nurse. Every other Tuesday starting August 29th-December 31st / 1:00pm-2:30pm Huntington Beach Community Clinic.

Teen Clinic: Confidential health education services exclusively for teens. Every Thursday starting October 5th-December 31st / 2:00pm-6:00pm Clinica Medica de Ella.

Open House: Meet the CEO and learn how we offer healing hands with caring hearts in Santa Ana. Wednesday, October 18th / 12:00pm-1:00pm Huntington Beach Community Clinic. Light lunch.

Open House: Meet the CEO and learn how we offer healing hands with caring hearts in Orange. October 24th / 8:00am-9:00am El Modena Health Center.

Gift of Health Society Breakfast: Bring your friends to enjoy a free, fun breakfast designed with holiday cheer and moving local entertainment. -- Come one, come all! The more the merrier!!! November 15th / 8:00am-9:00am Meadowlark Golf Club, Huntington Beach.

Annual Donor Recognition Celebration: By invitation only – celebrate with those who have given the Gift of Health in 2006. January 4th 2007/ 5:00pm-7:00pm Huntington Beach Community Clinic.

Giving & Health Care

The following are major philanthropic supporters that awarded CCHC a grant between July 1- September 30, 2006. We highlight them for their generosity to CCHC and Orange County's health care safety net.

Allergan Foundation

Blue Shield of California

City of Huntington Beach

Health Care Foundation
of Orange County

Therese Plunkett
Foundation



Building a Legacy in Orange County Health Care

Including the CCHC clinic network in your will is a flexible way to achieve your charitable and financial goals. Your bequest may reduce your estate taxes and provide you with many benefits.

- Your assets remain in your control over your lifetime.
- You may specify that your bequest be directed to a specific CCHC clinic, medical practice, or program.
- You may modify your bequest at anytime should circumstances change.

For additional info on making a bequest, please contact our Development & Public Affairs department at (714) 375-2272, or email Selina C. Hudgins, Director at shudgins@hbclinic.org. If you have already included CCHC in your estate plan, please notify us for your membership in our Planned Giving Society.



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Shop at Ralphs and support CCHC

Do you need a simple and convenient way to support Community Care Health Centers (CCHC) all year long? We have just the plan for you.


All you need to do is follow 4 simple steps, and you're ready to go.

- 1) Go to www.ralphs.com
- 2) Go to "Community Contribution"
- 3) Click the "Sign Up" button
- 4) Enter **CCHC's NPO#: 80342**, fill out your personal information and click "Submit".


The amount of the rebate to be paid to CCHC at the end of each 3-month period is determined by the following scale:

Up to \$200/month of the eligible purchases	1%
\$200 - \$350/month of the eligible purchases	2%*
\$350 - \$500/month of the eligible purchases	3%*
Over \$500/month of the eligible purchases	4%*

* Percent of amount over \$200, \$350, and \$500, respectively.



Community Contribution



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Giving more back to the community!
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The Ralphs Community Contribution Program was designed to make your fundraising the easiest in town by simply using your Ralphs Club Card.

ORGANIZATION	PARTICIPANT
<p style="font-size: small;">If you are an organization coordinator and would like to learn more about our program, please click below.</p> <p style="text-align: center; margin-top: 5px;">LEARN MORE</p>	<p style="font-size: small;">If you are a participant/member of an organization looking to sign-up with a qualified organization, please click below.</p> <p style="text-align: center; margin-top: 5px;">SIGN UP</p>

