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Community Care NOW

No. 1 Spring 05

Huntington Beach Community Clinic • Community Care Dental Center • West County Counseling Center

Welcome to the first edition of Community Care NOW!



Welcome to our first edition! We are excited to be sharing with you the many happenings here at Community Care Health Centers (CCHC), home of

the Huntington Beach Community Clinic, Community Care Dental Center, and West County Counseling Center.

We have begun holding open house sessions for the community. We invite you to join us for an hour and let us introduce you to the many fine services available and how CCHC is working to meet the health care needs of those who are uninsured and cannot afford care. Call us at 714-842-2829 #283 and we will happily work with your schedule.

Our Duck-A-Thon fundraiser held at the beautiful Huntington Beach pier was a smashing success! Ducks were everywhere and thousands of people joined us for the races, enjoying the sunshine and family time of the festival.

Thanks to all of our community and corporate supporters. This is a major event which contributes well over \$100,000 each year to our mission. We are grateful for your partnership.

On another note, we say goodbye to the head and heart of the Duck-A-Thon, Pat Davis, who is joining her family in Kentucky.

Organizer and support group leader, Pat was instrumental in starting the Duck-A-Thon thirteen years ago and has worked tirelessly to build it into the premier support group and fundraiser in this area.

Pat has been threaded into this community for her lifetime by way of her involvement in many local charities and community efforts. She will be sorely missed by everyone. We wish her and her family the best.

Pat, thank you for all you have done to build and promote the Duck-A-Thon and CCHC, you are unforgettable!

Jackie Cherewick, CEO



A young patient with a gift bag from NCL volunteers

National Charity League Supports At-Risk Kids

The Pacific Coast Chapter of the National Charity League (NCL) has awarded \$5,000 to the Health Club.

This is NCL's largest grant in five years of support for the successful Health Club program, which helps children at-risk of serious medical, social or psychological problems.

NCL's gift will specifically fund participation in the scheme for children over five. *Continued on page 2...*



INSIDE THIS ISSUE: All the action from the 2005 Duck-A-Thon

CCHC wins major State grant for teen services

In March 2005 CCHC was selected by the Department of Health Services to receive a Community Challenge Grant worth \$100,000.

The challenge: encouraging young people in target areas to delay starting a family, through increasing youth development and opportunities.

This funding will benefit programs run by CCHC and collaborative partners Ocean View High School District, Huntington Beach Union High School District, Oak View Family Resource Center, and the Orange County Adolescent Family Life Program.



Oak View Family Resource Center

Programs will aim to foster an increased sense of ability and purpose in students, provide appropriate health education and links to health services, and encourage stronger parent-teen relationships.

CCHC Clinical Services Director Marti Whitford is enthusiastic about the possibilities this creates for teen services.

“The DHS money is a great boost, allowing us to recruit more health promotion specialists, equip them with more resources and to develop closer tracking of referrals between the schools and our clinics.”

“This award recognizes the tremendous achievements of CCHC's school outreach programs so far and the capacity we have already begun building to deal with the health needs of teens.”

A Big Thank You!

Dependent as we are on money from foundation grants, fund-raising events and the support of caring individuals and organizations in our community, we are conscious that we have so many people to thank: -

Our donors, staff, volunteers, our directors and our advisory board members all do an amazing job and make CCHC a tower of support for 20,000 patients in need.

For the summer edition of **Community Care NOW**, we are planning a donor recognition special, to coincide with the unveiling of our latest donor wall here at the clinic.

In the meantime, thank you all.

National Charity League... *continued from page 1*

The National Charity League is an organization for mothers and daughters to share in community service and leadership. Laura Syzdek, VP Philanthropy for the Huntington Beach-based chapter presented a check to CCHC's Nikki Kruger at the group's April meeting.

In addition to their generous financial assistance, the caring NCL mothers and daughters have also donated their time and talents to CCHC, making gift bags for the young Health Club patients. These were used to reward the children for health-changing behavior such as eating less fast food or exercising more.



Assemblyman Harman films report at CCHC

67th District Assemblyman Tom Harman visited Community Care Health Centers in April to film a short documentary for his Tom Harman Report, aired on Time Warner Cable.

Assemblyman Harman's report focused on the problem of access to healthcare for the uninsured and some of the misconceptions about the uninsured population. He expressed support for initiatives to strengthen the 'safety net' within the district, and highlighted the central role of community health services like CCHC in providing sustainable local solutions to the national healthcare crisis.

Program Focus: Health Club

All too often, those who are most vulnerable and in need of the greatest help, receive the least, through no fault of their own.

Everything CCHC does strives to redress this imbalance, and no single program perhaps better embodies this spirit than the Health Club.

Around 30% of our patients are children, and so each year, our dedicated pediatrics specialists provide thousands of CHDP screenings and other visits.

They know all too well that some of these children need more than a prescription to fix their problems.

The providers decided to form a working group across the spectrum of specialties available at CCHC: pediatricians, medical assistants, counselors, a social worker, nutritionist, and psychologist.

Any child identified as being at risk of serious physical, mental or social problems would be referred to the new 'Health Club'.

The team meets weekly to discuss each new patient's specific needs. A 'care plan' is created and the child's progress monitored.

For example, if a child attending a routine screening is found to be significantly under weight, this may serve as a warning sign that the family is in

a difficult living situation.

In this instance, the care plan might involve advice to the mother from the nutritionist on how to eat well on a tight budget, and help from the social worker resolving their housing or other issues.

The program is so successful because it tackles the underlying causes of a child's problems, to help them live a happy and healthy life.

Whole families benefit, and not just from advice on healthy diet and exercise or linkages to social services.

If a child is at risk of diabetes, their parents are likely to be at risk too. People who need help most no longer remain invisible.

The bridges built between families and support networks through the Health Club team endure beyond the period of the child's care plan.

If difficulties arise again, they know they have somewhere to turn and will not simply struggle alone.

The Health Club is a fantastic example of how a little

care and attention can go a long way. A simple concept, but one that really can change lives. Problems can't always be solved overnight, but the Health Club at least gives families a fighting chance.

Health Club Facts

Began: October 2003

Current patients: 143

Children helped to date: over 430

Supported by Children & Families Commission of Orange County (under 5s) and National Charity League (ages 6-18)

Team:

Dr Patricia Riba (pictured)

Dr Albert Chang

Dr Leanne Tamm

Gabriella Menendez

Janice O'Neal

Jennifer Nelson



Everyone's Invited! CCHC to open its doors for a regular series of talks and tours



Events are slated for every second and fourth Thursday of the month at 8am. After a brief introduction, you'll be taken on a tour of the facilities, where you'll meet healthcare providers, hear inspirational stories, and get a true sense of daily life at CCHC. Events will last no longer than 1 hour.

If you are interested in attending an event, or to arrange a personal tour, call 714-842-2829 x283 or email nkruger@hbclinic.org

Prenatal team welcomes moms-to-be

Although CCHC is busier than ever, the prenatal service has capacity to welcome mothers-to-be who need a medical home.

Our professional, caring team offers the complete package of medical care and emotional support needed to guide a woman through her pregnancy and to help her deliver a strong, healthy baby.



CCHC welcomes a new patient

- Pregnancy testing
- Nutrition and health education
- Pre-natal check-ups
- Breast-feeding and infant care
- Prenatal classes
- Counseling services available
- Parenting classes
- Delivery services at local hospital

We welcome fathers to check-ups and parenting classes too.

Once baby arrives, we can provide application assistance for low/no-cost insurance programs like Medi-Cal or Healthy Families.

Community discusses health barriers

Russell Vergara (Fund Development) & Sandra Guerra (Outreach) recently hosted a series of focus groups for community members and stakeholder organizations around HB & Westminster.

Research centered on the barriers people face to accessing healthcare. The sessions were well attended and raised a wealth of interesting comment, which will help CCHC target its services.

Why we need to share our passion for our community's health...

From a hotline for HB teens to a primary health, counseling and dental center serving 20,000 OC patients, the organization we now call Community Care Health Centers has grown almost beyond recognition.

When talking to people about the clinic, you find that most local residents have been, or know someone who has been a patient at some point in their lives.

However, many people remain unaware of the sheer scale and human value of what Community Care Health Centers is and does.

If they only knew, people would be amazed at the breadth and depth of care provided; the number and the diversity of our patients; the variety of ways in which we impact people's lives, from keeping kids' teeth healthy to supporting a patient through breast cancer treatment.

Once people do know, they are nothing short of inspired and feel a real connection to the importance of community health and to CCHC.

If you have never visited CCHC before, we would love for you to come and see first hand the work that we do.

If you're a long-standing supporter of CCHC and haven't visited in a while, we'd love to see you again too.

Take a moment also to think about the people you know - friends, co-workers, members of your clubs or societies.

Why not share your passion for community health, by inviting them along to a CCHC tour?

By raising interest in the critical need for affordable healthcare in Orange County, and awareness of the incredible contribution CCHC makes, we can help even more families in need.

HEALTH WATCH

Protect yourself in the sun

Medical Director Dr Miles Masatsugu



Spring is here and many of us will be spending more time in the sun. While being outside and engaging in physical activity is something we strongly encourage, it is important to be aware of the problems caused by sun exposure.

Ultraviolet rays (also known as UVA / UVB) can cause damage to your skin. Even tanning booths that claim to use "safe" UVA can cause the same damage.

Sun exposure can cause a variety of forms of skin cancer, and also causes premature wrinkling. Sunburns -even tans - signal damage.

To protect yourself from sun damage, follow these "safe sun" tips:

- **Avoid the sun**
The sun is strongest and does most harm between 10 am - 4 pm
- **Use sunscreen**
Sunscreen can decrease sun damage, but does not eliminate it. Use one with a sun protection factor of at least 15 (SPF 15) and reapply every hour or so, especially if you are sweating or swimming. And remember: just because it is cloudy doesn't mean you are not being exposed to the sun. 80% of UV rays get through cloud cover.
- **Wear protective clothing**
Clothes provide a better barrier to sun exposure than sunscreens. Wear a wide-brimmed hat, long-sleeved shirts, and pants made of a tightly woven material whenever possible.
- **Avoid tanning**
While many people feel healthier when they are tan, it is a sign of sun damage - your body's way of trying to protect you. The 'better' your tan, the more damage.
- **Examine your skin**
Once every month or look for new or changing moles. The ABCDE rules help you decide if a mole is worrying.
- **Ask your doctor**
If detected early, skin cancer is easily treated. If you are concerned about changes in your skin, particularly the following, you should visit your doctor:
 - A mole that fits the ABCDE rules
 - A mole that is itchy or bleeds
 - A scaly or crusty growth
 - Any sore that will not heal.

ABCDE CHECK FOR MOLES:

A is for asymmetry

A mole that is shaped differently on one side than the other

B is for border

Normal moles have a nice, smooth border. An abnormal mole has edges that are blurry or jagged

C is for color

Look out for moles with multiple colors or whose color is changing

D is for diameter

Abnormal moles are usually larger than ¼ inch across

E is elevation

Abnormal moles are often raised above the surface of the skin

Community Care Health Centers

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If you wish to be removed from our mailing list or would prefer to receive future editions of Community Care NOW electronically, please contact the editor at the number below.

Did you know?

Although located in Huntington Beach, with strong ties to the local community, only 50% of patients are from HB.

10% are from Westminster and 5% each are from Fountain Valley, Costa Mesa, Garden Grove and Santa Ana. The rest travel from across Orange County.

HB Pier



Be part of our newsletter!

This is just the first edition of what we hope will become a thriving forum for everyone who cares about CCHC and the health of our community.

We would like to invite contributions from staff, board members, patients and friends of the organization. Whether you have news about your health program, fundraiser or outreach, or you simply want to tell us what CCHC means to you or share your views on community health - *please write us!*

Contact us...

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