

## A message from Kerry

As you will notice the name of our employee newsletter has been updated to "Team One". As a Patient-Centered Health Home, our model is built on the foundation of a team and it was only appropriate to highlight what makes Family HealthCare Network unique. As an organization, we have the same goals and objectives and we cannot achieve these without working as one team. Each of you are critical and are a piece of the giant puzzle needed to achieve our goals and objectives whether these are our daily goals or annual goals. Our hope is that the newsletter serves as just one mechanism to continue fluid updates and communication so we can continue to celebrate our programs, our health centers, our patients and most of all, you!



Sincerely,

Kerry Hydash  
President & CEO

## DID YOU KNOW?

### FHCN's Premiums For Medical Insurance Provide More For Less!

The results of a recent survey conducted by the Kaiser Family Foundation and the Health Research and Educational Trust show that as medical benefit expenses

have gone up for employers, the amount employees pay has also gone up. Workers now pay an average of \$921 annually toward premiums for single health plan coverage and \$4,129 for family plans. However, FHCN's premiums for medical insurance annually equate to only \$300 for individuals and \$1,200 for families, which is well below market. The health plan also has, and continues, to cover the essential benefits that the ACA has mandated others to include in their offerings to employees. We hope that the rich benefit plan helps to provide peace of mind to you and your family.

## ON THE MOVE

Capital Update News

### Visalia School Avenue Health Center On Track

The Visalia School Avenue health center continues to be on track to open this summer. Construction is set to be completed the end of May 2014. The 34,000 square foot expansion will have 51 exam rooms and 12 dental operatories.



[Click here for more photos!](#)

### Porterville Renovation Set To Begin February 17th

The Porterville Renovation is set to begin Phase 1 of 3 on February 17<sup>th</sup>. Phase 1 will end in mid May 2014. Thank you to the Porterville Renovation Team that has been meeting weekly with the construction team and working together to outline the renovation plan.

Cameron Anderson  
Julie Blakely  
Henry Cisneros  
Brooke Foster  
James Hart  
Jay Kelley  
Gordon Lee  
Liberty Lomeli  
Pargat Mahal  
Cathy Marquez

Robert Olias  
Jaqueline Perez  
Candelaria Santoyo  
Bea Serrato  
Norma Verduzco  
Rosa Zavala

The team also wants to thank the Porterville staff for their flexibility with movement of work space during this renovation.

## EMPLOYEE OF THE MONTH

February 2014

**Michelle Esperanza**

Join us in Congratulating

Michelle Esperanza  
Medical Assistant-Terra Bella



"Michelle is an exemplary employee who always goes above and beyond. Patient care is her priority and she ensures that patients are taken care of on a timely manner. Michelle is always looking for additional duties and responsibilities to take on. She ensures that the facility is properly stocked with supplies. Michelle also ensures that the provider schedule is scrubbed to make sure everything is ready and available prior to the patient visit. Michelle ensures that the site is well organized and promptly takes care of issues that need to be addressed. Michelle goes above and beyond to assist her coworkers and patients. She has been a mentor for many of our new and existing Medical Assistants. Michelle leads by example and is a role model to her peers. She displays good customer service skills. Michelle has been recognized at our meetings and by her peers. She always puts patients first."

**NEWS WORTHY**  
ORGANIZATIONAL RECOGNITION

## **Cutler-Orosi Health Center Receives Community Service Award**



Congratulations to Family HealthCare Network's Cutler/Orosi health center for receiving the Community Service Award from the Cutler/Orosi Chamber of Commerce. The health center was selected because of its efforts to address community health and wellness through community programs. Board member, Michael Botello and Kerry Hydash, President and CEO accepted the award on behalf of the organization on January 23rd during its Annual Installation of Officers Dinner.

[Click here for more photos!](#)

## **Linda Duran Selected "Woman Of The Year" In Cutler-Orosi**

Congratulations to Linda Duran, community health representative for the Cutler/Orosi health center for her selection as "Woman of the Year" by the Cutler/Orosi Chamber of Commerce. Duran received her award with her family during the Chamber's Annual Installation of Officers ceremony held on January 23rd. She was selected for her numerous efforts to support underserved community members and her efforts to improve the health access in the community. Congratulations, Linda!

[Click here for more photos!](#)

## **Chuah Cha Accepted To A.T. Stills University**

Congratulations to Chuah Cha, community health representative who has been accepted to A.T. Stills University Medical School. He will begin his studies in the fall of 2014 in Mesa, Arizona and return to FHCN in 12-months to continue his 2nd-4th year studies at A.T. Stills University Medical School California Campus back at FHCN. Cha has been with FHCN since September 2013. He is from Porterville, California and is a graduate of UCLA. Congratulations to Chuah!

## **Ventanilla de Salud Program Recognized**

Family HealthCare Network's Ventanillas de Salud program located in the Fresno

Mexican Consulate was recognized for their contribution to education on financial literacy, specifically for their contribution and support of the Oportunidades Tour 2013. The Ventanillas de Salud program offers health education and community education and referrals to Mexican immigrants visiting the Fresno Mexican Consulate and their Consulado Sobre Ruedas (Consulate on Wheels) program. Last year, the program provided outreach and health education to 39,382 individuals throughout the Central Valley. 21,213 received information and health program application assistance for public health insurance programs in the U.S. and insurance programs in their native Mexico to insure their families back home.

## **Making A Difference In The Community Through Early Literacy Interventions: Porterville Pediatricians "Improving Early Literacy Intervention" Project Successfully Completed!**

The Porterville Pediatricians successfully completed the QI project "Improving Early Literacy Intervention" of the Reach Out and Read Program last December 2013.

Based on their study, only 30-40% of parents in our patient population read a book to their kids at least once a week.

The Reach Out And Read program's, or ROR's, primary goal is to promote early literacy among the target population which includes patients from 6 months to 5 years of age coming in for Well Child visits. During the visit, an age-appropriate book is given to the parent to read aloud to the patient. Parents are then counseled to **READ ALOUD to their kids daily** and are provided other information and tips regarding normal literacy milestones. Giving out a book to the patient during the actual visit also helps in assessing their development because you get to see how they react and what they do with the book. Lastly, parents are referred to a literacy program like the Porterville Adult School, if needed. Other sites currently participating in the Reach Out And Read Program include Visalia Oak, Visalia Bridge and Woodlake. All FHCN sites are also on their way to having reading corners for children to sit and read in the reception area. AmeriCorps members are working with ROR leads to read to children in reception areas.

## **FHCN Has A Record Month For Enrollment**

Community health representatives have been busy helping patients and consumers with their applications into Covered CA and Medi-Cal. In January 2013, the team completed 761 applications for Covered CA or Medi-Cal. On average there are 3 additional family members applying on each of these applications. These are all new applicants for these programs. Continue to refer individuals to community health representatives at extension 3232. The deadline for enrollment is March 31, 2014!

## Welcome New Employees

New Hires at FHCN

NAME	POSITION TITLE	LOCATION	DATE OF HIRE
Nicholas Onofre	Medical Assistant	Woodlake	1/16/2014
Salvador Frausto Jr.	Transportation/Housekeeping	Farmersville	1/16/2014
Natalie Rodriguez	Medical Assistant	Hanford	1/17/2014
Saray Espino	Dental Patient Representative I	Cutler/Orosi	1/17/2014
Ana Martinez, MSW	Behavioral Health-MSW	Porterville	1/20/2014
Ian Primavera	PA-C	Cutler/Orosi	1/20/2013
Roberto Muro	Billing Clerk	Corporate	1/20/2014
Yin Phung	PA-C	Visalia Oak	1/20/2014
Dolores Morgan	Certified Coder	Corporate	1/22/2014
Maria Flores	Community Health Representative	Woodlake	1/24/2014
Sandy Garca	Medical Assistant	Woodlake	1/27/2014
Wanda Letson	Scanning Clerk	Corporate	1/27/2014
Maria G. Cipres	Dental Patient Representative I	Terra Bella	2/3/2014

## COMMUNITY HEALTH SPOTLIGHT

MAKING A DIFFERENCE

### Woodlake Community Garden Gearing Up For New Season Of Growth



February has arrived and it is time to start tilling and adding amenities to our soil in order to have a beautiful garden this spring. A lot of work is needed in order for the garden to have a successful harvest of fruits and veggies. In the next few weeks the garden committee will be adding new apple trees to its fruit lineup. In addition, we will be adding wood

chips to help keep the soil moist longer. We can't wait to see what the garden will look like in March!

## **NEOP Classes Begin**

Families from the Burton School District were among the first to participate in our Nutrition Education Outreach Program (NEOP) classes, which is a three session series including presentations on MyPlate, Rethink Your Drink and bailootherapia. AmeriCorps members provided fun activities for children while also promoting healthy eating habits and physical activity.

[Click here for more photos!](#)

## **"Camp Zap" Teaching Positive Choices To Youth**

Community Health Representative Veronica Sanchez and AmeriCorps members volunteered at Camp Zap in Lemon Cove, CA. The camp is designed for youth to have the opportunity to interact with other children and promote the importance of staying in school and making positive choices. At Camp Zap they experience camping, horseback riding, hiking, face painting and playing games such as horseshoes and volleyball.

[Click here for more photos!](#)

## **FHCN Partners With Project Homeless**

FHCN participated in this year's Project Homeless Connect Event in Visalia, CA hosted by the Visalia Rescue Mission on January 30, 2014. We were able to provide hemoglobin, glucose, and blood pressure screenings to over 50 participants and hand out information on our services and programs to many more.

[Click here for more photos!](#)

## **FHCN Americorps Assisting Tulare Residents Through VITA Program**

For the last 5 years FHCN AmeriCorps Members have been partnering with CSET & Other Community Volunteers to assist Tulare County Residents with tax preparation services **FREE of Charge** through the Volunteer Income Tax Assistance Program (VITA). The program certifies all of its volunteers in tax preparation using the IRS software and training materials. All 12 of our AmeriCorps Members will be participating in this great cause and are ready to assist you! Last year the VITA program was able to bring back over \$3,000,000 in tax returns to Tulare County Residents.



# HAVE YOU SEEN US?

## MEDIA EXPOSURE FOR FAMILY HEALTHCARE NETWORK

If you watch television, listen to the radio, or read the newspaper on a regular basis, chances are you will see Family HealthCare Network's message of providing quality health care to everyone in the communities we serve. The "Your Health. Our Mission." campaign has been in effect since last summer, but if you would like to know exactly where we are advertising, here is the breakdown:

### Print (Newspapers)

STATION	DAYS	NUMBER OF PLACEMENTS
Visalia Times Delta	Thursday	4x/Month
Porterville Recorder	Tuesday	4x/Month
Foothills Sun-Gazette	Wednesday	4x/Month
Hanford Sentinel	Saturdays	4x/Month
Fresno Bee	Weekend Editions	4x/Month
Kaweah Commonwealth	Friday	4x/Month
Dinuba Sentinel	Tuesday	4x/Month
The Valley Voice	Thursday	2x/Month

### Radio

STATION	DAYS	TIMES	NUMBER OF SPOTS
La Campesina 90.5 FM	All Week	6:00 AM - 12:00 AM	25x/Month
La Buena	Monday - Friday	6:00 PM - 8:00 PM	18x/Month
La Preciosa 92.9 FM	Monday - Friday	6:00 AM - 10:00 PM	50x/Month
B95 94.9 FM	Monday - Friday	6:00 AM - 10:00 PM	50x/Month
KTIP 1450 AM	Monday - Friday Saturday	6:00 AM - 7:00 AM 2:00 PM - 3:00 PM	5x/Week 1x/Week

### Television



STATION	DAYS	TIMES	NUMBER OF SPOTS
KMPH FOX 26	Monday - Friday	6:00 AM - 9:00 AM	16x/Month
	Monday - Friday	10:00 PM - 11:00 PM	1x/Month
KFRE CW 59	Monday - Friday	6:00 PM - 8:00 PM	18x/Month
THIS Network	Monday - Sunday	All Day Rotating	20x/Month
ESTRELLA 59.2	All Week	All Day Rotating	50x/Month
KSEE 24 NBC	All Week	5:00 AM - 10:00 AM 4:00 PM - 7:30 PM	31x/Month
KGPE 47 CBS	All Week	5:00 AM - 10:00 AM 4:00 PM - 7:30 PM	31x/Month
COMCAST - 6 Networks	All Week	9:00 AM - 7:00 PM	1,100x/Month (All 6 Networks)
UNIVISION 21	Monday - Friday	5:00 AM - 12:00 AM	28x/Month
UNIMAS 61	Monday - Friday	3:00 PM - 9:00 PM	21x/Month

## DELIVERING HEALTHY ALTERNATIVES TO OUR VENDING MACHINES

Thanks to those of you who participated in our survey about our vending machines. Over 90% of you who participated are interested in improving your health this year by making health, exercise or eating behavior changes.

Based on your feedback and as part of our Wellness Campaign, over the next few weeks we will be removing all of the unhealthy products sold in the FHCN vending machines and replacing them with healthier choices such as Chex Mix, baked chips, Special K Bars, yogurt, and carrots with ranch, turkey salads and sandwiches. Various beverage options will also be available.

At this time we will not be adding vending machines to locations that don't already have them. As a health care provider, we feel it is important to encourage and



support a healthy lifestyle.

## Network Fun Committee Events

*"Enhancing Creativity & Promoting Fun"*

# February



### -Volleyball Tournament

Sunday, February 23, 2014

Time 1pm-4pm

Anthony Community Center

345 N. Jacob St Visalia, CA

Come out and join us,  
for a fun day of volleyball and great  
companionship.

# March



### Saint Patrick's Day Trivia &

**"All things green on Saint Patrick's Day"**

Test your Irish knowledge in  
our St. Patrick's Day Trivia!  
First two weeks of March.



March 17, 2014 - Wear Green!

# Harvest of the Month



Network for a Healthy California

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



## Health and Learning Success Go Hand-in-Hand

Encourage your child to eat school breakfast. Students who eat school breakfast tend to eat more fruits and vegetables than students who do not. School breakfast programs can increase your child's learning and decrease behavior problems in the classroom. With *Harvest of the Month*, your family can explore, taste, and learn about how to eat more fruits and vegetables and be active every day.

### Produce Tips

- Look for firm oranges that feel heavy for their size with bright, colorful skin.
- Avoid fruit with bruised, wrinkled, or discolored skin.
- Oranges with thin skin tend to be juicier than those with thick skin.
- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

### Healthy Serving Ideas

- Slice oranges for a quick, healthy snack.
- Freeze 100% orange juice in a paper cup with a popsicle stick or spoon.
- Instead of soda, make a fruit spritzer for your child. Mix 100% orange juice and sparkling water.
- Toss peeled orange segments into green salads for a citrus splash.
- Keep healthy recipes and cookbooks in the kitchen. Let your child pick a recipe and then cook it together.

For more ideas, visit:  
[www.cachampionsforchange.net](http://www.cachampionsforchange.net)

### BREAKFAST FRUIT CUP

Makes 4 servings.  $\frac{1}{2}$  cup per serving.  
Prep time: 5 minutes

#### Ingredients:

- 2 oranges, peeled, seeded, and sliced into bite size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- $\frac{1}{2}$  cup lowfat vanilla yogurt
- $\frac{1}{2}$  teaspoon ground cinnamon

1. In a small bowl, combine oranges, bananas, and raisins.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl.
4. Sprinkle with equal amounts of ground cinnamon before serving.

*Nutrition information per serving:*  
Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

Adapted from: *Everyday Healthy Meals*,  
Network for a Healthy California, 2007.

### Let's Get Physical!

- Help your child prepare for the FITNESSGRAM®. Ask your child's teacher how you can help.
- Go for a walk or jog in the morning to jump-start the brain.
- Start slowly — add 10 to 15 minutes of physical activity to your day and gradually work up to 60 minutes.
- Do yoga stretches after your walk or run in the evening.

To learn how to do yoga stretches, visit:  
[www.cdph.ca.gov/programs/cpns/ Documents/Network-ShapeofYoga.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf)

### Nutrition Facts

Serving Size: $\frac{1}{2}$ cup orange, sections (90g)	
Calories 42	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Sugars 8g	
Protein 1g	
Vitamin A 4%	Calcium 4%
Vitamin C 80%	Iron 1%

### How Much Do I Need?

- A  $\frac{1}{2}$  cup of orange segments is an excellent source of vitamin C.
- Eating oranges also gives you fiber and folate.
- Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

The amount of fruits and vegetables each person needs to eat every day depends on age, gender, and physical activity level. Look at the chart below to find out the recommended daily amount for each person in your family. Make a list of fruits and vegetables that you can add into your family's everyday meals and snacks. Remember that all forms count toward the daily amount — fresh, frozen, canned, dried, and 100% juice.

### 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](http://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](http://www.cachampionsforchange.net) for healthy tips. © California Department of Public Health 2010.



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