

A Message

from Kerry



We all know that our health is the most important asset we have. Although we invest so much into the well-being of our patients, we don't always do what we should to maintain -or improve- our own health.

This year, we want to do more to support your efforts at personal health by partnering with Viverae to launch a new FHCN Employee Wellness Program. Viverae is a best-in-class provider of health management services that will help us by providing exciting challenges and the latest health and fitness content.

This program will offer you new ways to improve or maintain your health. We all know the importance of healthy eating, weight management, and physical activity, but life can be busy and full of varied priorities. Our hope is that this program will provide the tools and resources to help you succeed with your health goals.

Reducing health risks and improving quality of life is a commitment that FHCN supports. We strongly encourage you to participate in our FHCN Employee Wellness Program. Be on the lookout for more communication and next steps about the FHCN Employee Wellness Program from the Human Resources Department.

Sincerely,

Kerry L. Hydash
President & CEO

ON THE MOVE

Capital Update News

Tulare Health Center Moves Forward

In a unanimous vote, FHCN was approved to begin renovation for a new health center in the city of Tulare during the City's monthly Planning Commission meeting held on January 26th. The Tulare planning commissioners agreed that the decision to approve the project was a "no brainer," and the audience and community members were overwhelmingly positive about FHCN's move into the west side of Tulare. Renovation is set to begin within the next month and the new health center is slated to open this summer.

Planning Underway for Visalia Oak Renovation

Visalia Oak renovation plans are currently being reviewed to determine the phasing of the renovation. The renovation will include the integration of team rooms and will increase exam room space to 57 from its current 40 exam rooms. The renovation is anticipated to begin in March of 2015.



SAVE THE DATE
JOIN US FOR OUR ANNUAL PICNIC

SUNDAY
APRIL 12, 2015
11:30AM - 3:30PM

This year's picnic will include an FHCN talent show!

Adventure Park
5600 W. Cypress Avenue
Visalia, CA 93277

If you would like to participate in the talent show, please email sadeleon@fhcn.org no later than **Monday, March 2nd with your entry.** Your submission should include the following:

- The type of talent you or your group will perform.
- If you are using music, please provide the song title, lyrics, and length of the song.
- Indicate if your performance will require special equipment.

FHCN CELEBRATES AMERICAN HEART MONTH

Celebrating American Heart Month
Celebrando el Mes del Corazón en Estados Unidos



This February, join Family HealthCare Network in recognizing American Heart Month by committing to a heart-health lifestyle. Heart disease is the leading cause of death in the United States and affects people of all ages and backgrounds. By making healthy diet and exercise choices, you can help prevent heart disease for you and your family. Heart-healthy habits are one of the most precious gifts you can give your children. Speak with your health provider to identify your risk factors and create your own prevention plan. Together, we can put an end to heart disease.

Este mes de febrero, únase a Family HealthCare Network en el reconocimiento del Mes Americano del Corazón comprometiéndose a seguir un estilo de vida saludable para el corazón. La enfermedad cardíaca es la principal causa de muerte en los Estados Unidos y afecta a personas de todas las edades y orígenes. Al tomar decisiones respecto a una dieta saludable y ejercicio, usted puede ayudar a evitar la enfermedad cardíaca en usted y su familia. Los hábitos saludables para el corazón son uno de los regalos más preciados que les puede obsequiar a sus hijos. Hable con su proveedor de atención de salud para identificar sus factores de riesgo y para crear su propio plan de prevención. Juntos, podemos poner fin a la enfermedad cardíaca.



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CAMPAIGN FOR AMERICA'S HEALTH CENTERS

Advocacy Update

On February 6th, FHCN presented the 13,200 signatures we've collected on the Access is the Answer petition to

Congressman Kevin McCarthy's Field Representative. The five books in the photo are just one set of the signatures we've collected. In total, there are just under 2,000 pages of petitions! We are providing each of our elected officials a set of the five books when we meet to encourage them to continue to fund health centers. Thank you for all of your efforts in collecting these valuable signatures and please continue to collect as many signatures as possible!



FHCN Chief Business Development Officer Marisol de la Vega Cardoso (left), Field Representative for Congressman Kevin McCarthy Keenan Hochschild (center), and FHCN President & CEO Kerry Hydash (right).

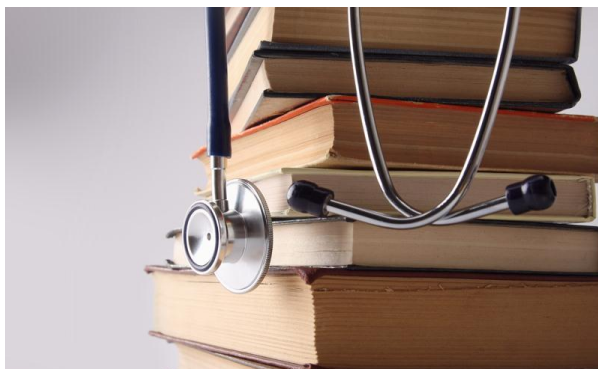
[Click here to fill out the Access is the Answer petition!](#)

SCHOLARSHIP OPPORTUNITIES

FHCN Anita de la Vega Scholarship Fund Now Accepting Applications

The FHCN Anita de la Vega Scholarship Fund is now accepting applications from FHCN employees for a \$600 scholarship opportunity.

Students must be pursuing a degree in health or community health and meet all other eligibility criteria outlined in the application.



All applications and documents must be received by **March 16, 2015**. The Anita de la Vega Scholarship Fund Committee will make its final selection of recipients by April 6, 2015. The employee application can be found [here](#) on the FHCN website. The Fund also offers scholarships for high school seniors and students attending junior college, so please share the application if you know a deserving student.

FHCN established the Anita de la Vega Scholarship Fund in 2009 in honor of Anita de la Vega, a founding clinician of the Network who dedicated her life to underserved populations in Tulare County. All scholarship funds are raised from employee and community donations. For more information, please contact Marya Vela at 737-4700.

2015 Migrant Health Scholarship Application

The National Center for Farmworker Health, Inc. has announced that applications for the 2015 Migrant Health Scholarship Program are now available. As a staff member of a Community Health Center, you are eligible to apply for a \$1,200 scholarship which will enable recipients to further their education and pursue a career in the migrant health field. Applicants must be clinical, administrative, or support staff members. [Click here](#) to complete the application.

If you are interested in applying, please send your completed application to Dante Rosh, Director of Administrative Services through interoffice mail by COB Monday, **March 9, 2015**. As a signature by the President & CEO is required, all applications will be sent to Kerry Hydash for her consideration. Applications that are approved and signed will then be forwarded on to NCFH.

COVERED CALIFORNIA

Open Enrollment Extended

The 2015 Covered CA open enrollment period has just been extended and will remain open through Friday, February 20th. Our Community Health Reps are offering extended hours this week in an effort to educate patients about the importance of securing insurance coverage during the extended enrollment period. [Click here](#) for a full schedule by site. You can contact



the Community Health team at extension #3232 or by calling the enrollment help line at (559) 741-4366.

BENEFITS SPOTLIGHT

NEWS FROM HR

Provider Recruitment Bonus

Do you want to make an extra \$2,500 to \$5,000? FHCN is among the 41% of employers who offer referral and recruitment bonus programs. We will pay employees who qualify as a "recruiter," \$2,500 for recruiting mid-level and behavioral health providers, and \$5,000 for recruiting physicians, dentists, and doctoral level provider staff. Check out the [Provider Opportunities](#) tab of our website for a list of positions that are currently open. Certain criteria must be met in order for you to qualify for a bonus, so be sure to check out the Recruitment Bonus Program Policy for more information.



Non-Provider Referral Bonus

In addition to our already established provider recruitment bonus program, we are implementing a temporary referral bonus program for non-provider positions as well. Staff can earn \$500 if they refer non-provider candidates for employment and the candidate gets hired! [Click here](#) for more information on how the program works and what you need to do to earn \$500. The program will stay open until further notice. Check out our website for a list of our [open positions](#) and good luck!

WELLNESS TIP

Get Some Sleep

America is chronically sleep deprived and Dr. Charles Czeisler wants to do something about it. According to Czeisler, head of the Division of Sleep Medicine at Harvard Medical School, sleep is the third pillar of health, along with exercise, and eating well.



But the public hasn't yet gotten the message that adequate sleep is essential to good health.

"We are at the same place that the impact of smoking was on health 50 years ago," he said, "when finally there was enough evidence that the surgeon general issued a report indicating that smoking was hazardous to people's health."

As happened with smoking, Czeisler believes we need a public-awareness campaign to educate people about the proven dangers of short-changing their sleep. Among them:

- **Increased risk of heart disease, high blood pressure, diabetes, metabolic syndrome, and some cancers-** "The evidence suggests that functions of sleep touch nearly every system in the body," said Michael Grandner, an instructor in psychiatry and a member of the Center for Sleep at the University of Pennsylvania. Studies have shown that short sleep can raise blood pressure and impair how people regulate blood sugar.
- **Immune health-** People who sleep less than seven hours per night are about three times more likely to develop cold symptoms, researchers have found. A lack of sleep could also make vaccines less effective.
- **Maintaining a healthy weight-** Obesity has been linked to lack of sleep, and when you diet while exhausted, your body burns muscle, not the fat you want to lose. This link between obesity and health appears highest among young adults, Grandner said. Lack of sleep can also alter hormone levels associated with appetite.
- **Mental health -** Many people with mental health and mood disorders also have insomnia. Adding insomnia therapy to depression treatment doubles the chance of recovery, according to a new report from Ryerson University in Toronto. "For good mental

health, sleep is important," said Colleen Carney, director of the sleep and depression lab and associate professor at Ryerson.

- **Longevity**- One 2010 study showed that men who slept fewer than six hours per night were more likely to die prematurely.

So be sure to get a good night's rest on a regular basis so you can stay healthy!

EMPLOYEE OF THE MONTH

Please join us in congratulating

January 2015

Francisco Estrada
IS Tech II
Visalia Bridge



"Francisco is a self-driven employee who completes his work and is open to additional tasks without hesitation. He continually strives to keep all computer equipment operational 100% of the time in order to support all of our organization's operational goals. Francisco is consistently acknowledged by staff as a customer service superstar and strives to provide exceptional technical expertise in many areas. He always offers to assist his co-workers in completing their work and is a resource for training new employees on a regular basis."

February 2015

Robin Shepherd
Medical Assistant
Visalia School Avenue



"Robin has established herself as a super star, team player, and mentor. She is always reaching out to her team members to

ensure we all get the job done correctly and offers her support. Robin has the passion and dedication to deliver excellent service to all of our patients. She takes initiative on new work flows in the back office and is always looking for ways to improve our processes. Robin is always willing to help out other sites when needed. She demonstrates a can do attitude when it comes to patient care and customer service. In December, Robin worked at the Visalia School Avenue, Porterville, and Terra Bella Health Centers with multiple providers. She worked up 464 patients during the month and met all of her back office measures at 100%, exceeding expectations in all areas. It is a real pleasure to have Robin on the MA team!"

NEWS WORTHY

ORGANIZATIONAL RECOGNITION

Quality Goals - iPad Raffle Winners

Please help us congratulate Rebecca Flax, PA-C, and Natasha Galindo, MA as the winners of this month's iPad raffle! FHCN teams have been working hard to accomplish established objectives on all the evaluated Meaningful Use (Stage 1 and Stage 2) and Quality Measures. To recognize these efforts, the monthly iPad raffle was established across Care Teams (Providers and MA/DAs) that have scored above the expected goals. Keep up the incredible teamwork as we strive to accomplish our goals!



Rebecca Flax, PA-C
Visalia School Health Center



Natasha Galindo, MA
Visalia School Health Center

Remember that you can review the Meaningful Use and Clinical Quality Measures performance on the dashboard at:

- [Meaningful Use Dashboard](#)
- [CQMs Dashboard](#)

FHCN's Partnership with KCAO Continues to Impact the Local Community

For the past three years, FHCN has collaborated with the Kings Community Action Organization (KCAO), providing free dental screenings for children ages 0-5 who are enrolled in Head Start programs in Kings County. In 2014, the team served more than 300 children through this partnership. The FHCN Hanford dental staff have also provided valuable information to the community about the importance of proper oral hygiene. Since the beginning of this partnership, our dental department has noticed an increase in the number of families coming to FHCN for preventive dental care. Way to go, team! Keep up the great work.

WELCOME NEW EMPLOYEES

New Hires at FHCN

NAME	POSITION TITLE	LOCATION	DATE OF HIRE
Gerardo Muniz, PA-C	Physician Assistant	Visalia Oak	1/12/15
Charles Shelley	Medical Assistant	Visalia School	1/12/15
Sara Taylor, WHNP	Nurse Practitioner	Visalia School	1/12/15
Marcela Urias	Navigation Center Representative	Porterville Annex	1/14/15
Alejandro Angulo	IS Tech I	Porterville Annex	1/16/15
Nicolas Burt	Medical Assistant	Visalia School	1/23/15
Kayla Garcia	Dental Patient Representative	Visalia Bridge	1/19/15
Stephanie Valdez	Pharmacy Technician	Visalia Oak	1/23/15
Adaobi Onochie, FNP	Nurse Practitioner	Visalia Oak	1/26/15
Stella Tam, DMD	Staff Dentist	Woodlake	1/26/15
Patricia Salinas	Health Center Supervisor	Visalia Bridge	1/27/15

COMMUNITY HEALTH SPOTLIGHT

NEWS IN COMMUNITY HEALTH

Visalia Walk With a Doc

On January 10th, FHCN provider Rebecca Flax PA-C, community health representative Nora Baca, and AmeriCorps volunteer Kathy Martinez kicked off the first 2015 Walk With a Doc at the program's new location of Blain Park in Visalia. Rebecca spoke on the topic of hypertension and lead the group on an invigorating walk.



FHCN provider Rebecca Flax, PA-C (left) and community health representative Nora Baca (right), lead the group in January's WWAD event.

Fresno Mexican Consulate Consulado Sobre Ruedas in Porterville

FHCN participated in the Consulado Sobre Ruedas event on January 16th held in Porterville at Proteus, Inc. Community health representative Oscar Cisneros, along with AmeriCorps members Thalia Ibarra and Edwin Gomez, provided hemoglobin and glucose screenings. Community health staff also set up informational booths on FHCN services and Ventanilla de Salud.



AmeriCorps members provide hemoglobin and glucose screenings.

Mini Health Fairs in Partnership with The Corporation for Better Housing

On January 20th, FHCN partnered with The Corporation for Better Housing to host three "Mini Health Fairs" in Woodlake, Ivanhoe, and Porterville. At each event, community health staff and AmeriCorps volunteers provided health screenings, information on FHCN programs and services, information on Covered CA, and education surrounding children's oral health.



Both children and adults gather to receive medical screenings from FHCN community health staff.

2015 Project Homeless Connect

On January 29th, FHCN partnered with several local organizations for the 2015 Project Homeless Connect. This is a one-day, one-stop event hosted in four different cities in Tulare & Kings Counties. FHCN staff and A.T. Still medical students provided both health and dental screenings for hundreds of attendees in Visalia, Tulare, Porterville, and Hanford. FHCN staff members also offered resources on health education and enrollment information. This unique event is designed to provide those in our community who are impacted by homelessness, or are at risk of becoming homeless, with information on



A.T. Still medical students joined FHCN to provide hemoglobin and glucose screenings.

the valuable services and housing available to become self-sufficient.

My Kitchen/My Health Classes in Cutler-Orosi

In January, FHCN community health representative Veronica Sanchez and AmeriCorps

members Lizbeth Padilla and Jorge Guizar, along with Zumba instructor Veronica Benavidez, provided Zumba classes at San Creek Apartments in Cutler/Orosi. The 16 women in attendance enjoyed the afternoon dancing to salsa, merengue, and hip-hop music. This fun and entertaining "exercise in disguise" motivates women and men to get up and move to stay healthy!



Zumba instructor Veronica Benavidez along with the class in Cutler-Orosi.

KINDER CARE CORNER

Tooth Decay is a Transmissible Disease

In the December 2014 newsletter we discussed Early Childhood Caries (ECC) and the

recommendation of scheduling a child's first dental visit by the age of one years-old. That is one excellent preventative measure. Another pertains to a caregiver's oral health. The bacteria that causes tooth decay is easily transferrable from caregiver to child. Children are not born with this bacteria.

- Are you sharing silverware or pre-tasting your child's food?



- Are you licking that dropped pacifier before returning it to your child?
- Are you simply kissing your child on the lips?

There are many ways to pass bacteria along to your child. One of the best means of prevention is to keep dental plaque off of your own teeth by brushing with fluoridated toothpaste and flossing daily. Visiting your dentist regularly is also an important factor.

These are just a few of the messages being promoted by our Kinder Care Dental Program. By participating in health fairs, speaking engagements, presentations, and distributing dental information in our local schools and Head Start programs, our Kinder Care team is advocating for everyone's oral health - infants to adults.

FHCN RECOGNIZES CHILDREN'S DENTAL HEALTH MONTH

Celebrating Children's Dental Health Month
Celebrando el Mes Nacional de la Salud Dental Infantil



February is National Children's Dental Health Month and Family HealthCare Network is helping raise awareness about the importance of oral health in your child's overall well being. Developing good oral habits at an early age sets the stage for a lifetime of healthy teeth and gums.

For a healthy smile:

- 1 Remember to brush your teeth for two minutes, two times per day.
- 2 Clean in-between your teeth daily.
- 3 And visit your dentist for regular check-ups.



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Febrero es el Mes Nacional de la Salud Dental Infantil y Family HealthCare Network está ayudando a crear conciencia acerca de la importancia de la salud dental en el bienestar general de su hijo. El desarrollar buenos hábitos dentales a una edad temprana crea el marco para toda una vida de dientes y encías saludables.

Para una sonrisa saludable:

- 1 Recuerde cepillar sus dientes durante dos minutos, dos veces al día.
- 2 Limpie diariamente entre los dientes.
- 3 Y consulte a su dentista para chequeos regulares.



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FHCN PARTNERS WITH WALK WITH A DOC

You're invited to...
JUSTWALK
 a WALK with a
 DOC program

Time: **8-9 a.m.**

Location: Blain Park, 3101 S. Court St., Visalia, CA 93277

Date: Second Saturday of every month through December 2015

January 10th

May 9th

September 12th

February 14th

June 13th

October 10th

March 14th

July 11th

November 14th

April 11th

August 8th

December 12th

Who can attend: Everyone

Walking for as little as 30 minutes a day can reduce your risk of coronary heart disease, improve your blood pressure and blood sugar levels, elevate your mood, and reduce your risk of osteoporosis, cancer and diabetes.



Take a **STEP** toward
 better **HEALTH**



walkwithadoc.org
 For more information: 559-624-2416

1 American Heart Association, americanheart.org



Thank you to the following providers who have signed up to participate in the 2015 WWAD program:

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