

HEALTH MATTERS



NEWS AND HEALTH CARE INFORMATION FROM SAMUEL DIXON FAMILY HEALTH CENTERS, INC.
Spring 2008

Samuel Dixon Family Health Centers, Inc. proudly serves patients throughout the Santa Clarita Valley at three health centers: Val Verde (661-257-4008), Canyon Country (661-424-1220) and Newhall (661-291-1777). Visit us online at www.sdfhc.org.

Elks Roast Raises \$65,000

The 10th annual Elks Roast raised \$65,000 in proceeds for Samuel Dixon Family Health Centers, Inc. Wayne Crawford was this year's roastee at the January event. SDFHC thanks the Elks for choosing the health centers as the beneficiary of this event. A special thanks to the Elks Lodge Roast Committee: Mike

Areas of need include dermatology, cardiology, orthopedics and pediatrics. Through the program, each specialist agrees to provide consultation and/or treatment for three patients a year. SDFHC staff will coordinate with a designated individual from the physician's office for scheduling and providing all supporting documents.

SDFHC thanks the following physician specialists for volunteering their time and services for this program: Vinod Assomull; Sit Bencharit; Philip Chatham; Wendy Clough; Anant Desai; Surisham Dhillon; Jerry Garrett; Nilesh Hingard; Sherwin Hua; Thomas Joseph; Allen Karz; Floyd Katske; John Kaufman; Raj Kaushal; James Kayvanfar; David Krieger; Mark Liker; James MacAbee; M. Merati; Michael Quon; Mark Sender; Ranbir Singh; and Frank Yusuf.



Mike Fisher, event chair; Cheryl Laymon, SDFHC executive director; Wayne Crawford, roastee; Santa Clarita Mayor Bob Kellar, master of ceremonies; and Ed Bolden, president, SDFHC Board of Directors.

Fisher, chair; Ed Bolden; Jeanna Crawford; Judy Delaney; Gail Dewhurst; Bob Kellar; Cheryl Laymon; Adele Macpherson; Linda Pederson and Donna Schmidt. Thanks also to our auction item donors for this year: AMGEN Tour; Side Car Restaurant, Ventura; Elks Bar B Q Committee; Glen Tavern Inn, Santa Paula; La Costa Resort & Spa; Trains Unlimited Tours; and Wing Master Aeronautics.

Second Opinion Specialist (SOS) Program Launches

Spearheaded by board member Gene Dorio, MD, the Second Opinion Specialist (SOS) program, a volunteer program utilizing physician specialists who will provide consultations for low-income, uninsured patients, was introduced in March. Twenty-three area physicians have agreed to participate in this program.

Health Fair Scheduled for May 3 in Newhall

SDFHC will participate in the Santa Clarita Community Center Health Fair, scheduled for Saturday, May 3 from 10 a.m. to 3 p.m. The fair will include screenings for cholesterol, glucose, vision, hearing and blood pressure. The event is free to all in the community. The Community Center is located at 22421 Market Street in Newhall; for more information, call (661) 286-4006.

Rubber Ducky Regatta Scheduled for Oct. 18 at Castaic Lake

Mark your calendars for the 6th Annual Rubber Ducky Regatta, set for Saturday, Oct. 18, 2008, at Castaic Lake. This will be a day of family fun, culminating in a race of rubber dummies for a chance to win great prizes. The event will take place from 10 a.m. to 3 p.m. Last year's event raised \$65,000 that went directly toward patient care and we expect a very successful event this year as well.

A Focus on Our Staff: Spotlight on Ruben Hernandez, MD

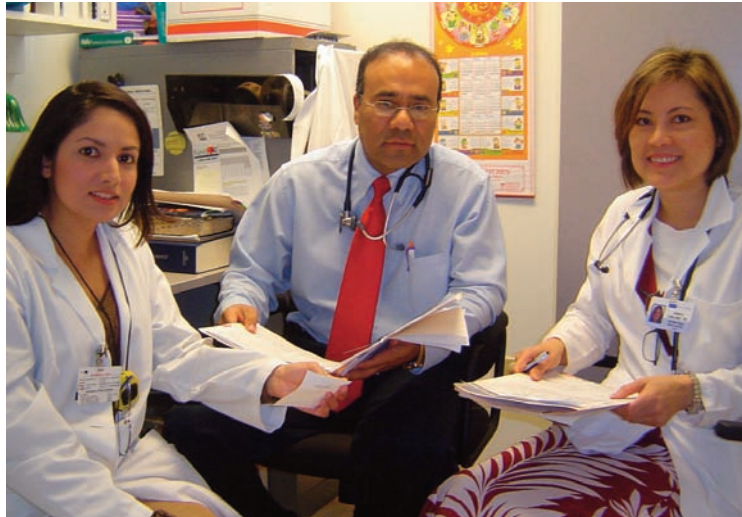
Since Ruben Hernandez, MD, joined Samuel Dixon Family Health Centers, Inc. in 2005 as medical director, he has noted some positive changes in the organization.

“We’re better equipped now to offer more to our patients,” he said. High-tech equipment such as an ultrasound machine, coposcope (for gynecological imaging)

and spirometry testing for chronic lung diseases are allowing SDFHC staff to give better quality care to patients, Dr. Hernandez noted.

What does he enjoy most about his work with SDFHC? “The patients—that’s why we’re here,” he said. “They have a need. Most lack resources, and they are grateful for the littlest thing you do for them.”

In the future, Dr. Hernandez hopes to see continued



At the Val Verde Health Center, Ruben Hernandez, MD, consults with medical student Melissa Puig (left) and Apinya Harland, RN, both from UCLA.

growth and more patients having access to health care. One of the biggest challenges he faces is the fact that patients without health insurance are limited in the types of treatment they want to explore. “If they cannot afford medications, they try to go with whatever treatment is cheapest,” he said.

For uninsured patients in need of specialty care, Dr.

Hernandez is hopeful about the new Second Opinion Specialist (SOS) program, in which area physicians will voluntarily treat three SDFHC patients per year (see page 1 for more information on this program).

Community support will go a long way in ensuring SDFHC’s viability into the future.

“As the community better understands the work we are doing, we will get more support and continue to grow,” Dr. Hernandez said.

Unsung Heroes: SDFHC Volunteer Sacramento Juarez Keeps Val Verde Center Clean

For the past 11 years, Sacramento Juarez, a 53-year-old resident of Val Verde, has been coming to the Val Verde Health Center once a week to tend to the grounds. Every Friday he makes sure the trash barrels are taken out and picks up any stray rubbish and puts it in the bins. At least one other day per week, he also comes to the site to garden, trimming the grass and bushes.

For three years, Juarez has been a patient at Samuel Dixon Family Health Centers, Inc. He first came to the Val Verde Health Center when he had a back injury and no health insurance to pay for treatment. His wife and two children are also patients at the center.

Juarez said he feels very comfortable at the Val

Verde Health Center, and that he knows the staff and his provider very well. He and his family receive very good care at the center, he added.



Sacramento Juarez in front of the Val Verde Health Center, which he cleans and gardens each week.

Nora Rodriguez, health center supervisor at Val Verde, remembers many a time when Juarez has come to the center immediately when needed. “One time the trash can was too heavy and he came over right away to help,” she said. She also jokingly recalled an instance when a small garden snake got into the health center. She called Juarez immediately and he

came to the center within minutes, wearing gloves and carrying equipment with which to catch the snake. “He really does a lot for us and we appreciate him very much,” she said.

Reflections from Board President Ed Bolden

Maybe it's because of Ed Bolden's own upbringing in El Paso, Texas, that he cares so much about his community. He participated in the Boy Scouts, YMCA and sports activities as a child, with the support of coaches and other adults along the way. "I am a blessed kid," Bolden said. "In addition to my parents, people all over the community made sure I didn't have any needs."

So now, Bolden enjoys giving back to others. His term as president of the board of Samuel Dixon Family Health Centers, Inc. will end in July.

Chances are he will remain very active with SDFHC well into the future because helping those who need it is his passion.

Bolden started Andel Engineering in Santa Clarita in 1964 and has been a resident of Valencia since 1968. At any given time, he serves on two to three boards for such organizations as First Presbyterian Church, Westminster Gardens and Rotary International; he is also an active member of the Elks Club. "I have a need to participate in things I think are beneficial to this community," he said.

His involvement with SDFHC dates back to the 1970s, when he personally knew Samuel Dixon. In fact, he remembers helping to level a basketball court that Dixon had added to his church campus.



Ed Bolden reflecting on SDFHC's future in his office at Andel Engineering.

"Sam was a very excited go getter with a lot of energy," Bolden said. When Bolden attended the Canyon Country grand opening years later, his interest in SDFHC was renewed.

What he enjoys most about his involvement with the organization is that those in need receive help. "It's a known fact that we have people without access to health care," he said. "When I walk into one of the health centers and there is a room full of people there to get medical services, and they get them even if they don't have enough

money, I really get impressed."

One of his top priorities during his presidency was to recruit new board members who would represent the community and bring a rich cultural diversity to the organization. Toward this end, he added five new board members and feels he has successfully conveyed the need for members to bring energy, influence and monetary support to SDFHC.

Bolden predicts future growth for SDFHC. "Government at all levels will be looking for health centers like ours to service a need," he said. "Organizations like ours will be recognized as being logical, viable and efficient at solving a problem: providing health care to those who cannot get it elsewhere."

Val Verde Health Center Provides Prenatal Care

Prenatal patient Leonor Nava, 33, of Canyon Country, was referred to the Val Verde Health Center after positive results for pregnancy during an exam at the Canyon Country Health Center. She is pictured at right during her third visit to Val Verde. SDFHC helped Nava to get insurance; she said she likes the Val Verde Health Center: "The service is fast and the staff is very nice and helpful."

Health care providers at Val Verde Health Center now offer complete prenatal care for low-risk pregnancies. Services include a comprehensive medical exam; regular checking of blood pressure and



Leonor Nava has her blood pressure taken by medical assistant Cynthia Pantoja.

weight; regular checking of fundal height, fetal position and heart rate; cervical exam; and postpartum visits. We also screen for high-risk pregnancies and can refer patients to appropriate care when needed.

Patients can also enjoy seeing their babies in utero through our ultrasound machine. Four-dimensional ultrasounds,

which offer very clear images of the fetus in which their features and expressions can be seen, can be done starting at 28 weeks.

SDFHC also provides educational support and information, covering topics from nutrition during pregnancy to caring for your baby.



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Kudos Corner

Congratulations to Fariba Mason, NP-C, who



was voted Employee of the Quarter in January 2008.

Each quarter, staff members vote for who they think is most deserving

of this title. When nominating Fariba, her coworkers noted that patients love her and that she is truly dedicated to her work.

Congratulations to all SDFHC board members for receiving the 2008 President's Volunteer Service Awards!

Yes, I want to help SDFHC provide health care to our community.

All donations are tax deductible.

And no amount is too small.

Please check donation amount:

\$500 ___ \$ 250 ___ \$100 ___

\$50 ___ \$25 ___ Other \$ ___

Please make checks payable to:

*Samuel Dixon Family Health Centers, Inc.
25115 West Avenue Stanford, Suite A-104
Valencia, CA 91355*

Donations also can be made online.
Visit www.sdfhc.org, *Donations*, for details.

To make an in-kind donation or for information about volunteer opportunities, please contact Cheryl Laymon at:
661-257-7892.