

HEALTH MATTERS



NEWS AND HEALTH CARE INFORMATION FROM SAMUEL DIXON FAMILY HEALTH CENTERS, INC.
Spring 2010

Opening Celebration at Newhall Is a Grand Success



The community of Santa Clarita celebrated the grand opening of Samuel Dixon Family Health Centers, Inc.'s Newhall Health Center in April. Located at 23772 Newhall Avenue, in the Stagecoach Plaza, the new health center opened in Spring 2009 and recently has increased its hours to full-time capacity. The center includes five exam rooms (including two larger rooms for treatment such as prenatal care), two dental operatories and an office for counseling sessions. All services are available on a sliding fee schedule.



At the celebration, the center was dedicated to SDFHC board president Ed Bolden. SDFHC gratefully acknowledges the support of the following foundations and organizations that have helped make the dream of the new health center a reality: The Henry Mayo Newhall Foundation; The Ahmanson Foundation; The California Wellness Foundation; Kaiser Foundation; Ralph M. Parsons Foundation; Weingart Foundation; Los Angeles County Community Development Block Grant; Los Angeles Supervisor Michael Antonovich and Rosalind Wayman; City of Santa Clarita. SDFHC also thanks the following supporters: Providence Holy Cross, Santa Clarita Rotary, Frank and Charlotte Kleeman, and Jay and Ginger Rogers.



SDFHC also thanks the following organizations for their participation in the event: Santa Clarita Valley Quilt Guild and Santa Clarita Artists' Association; refreshments donated by Gotta Have Chocolate Now! Panda Express, Pizza di Marco, Starbucks and Subway.

Photo Captions, Top to Bottom:

Santa Clarita Councilmember and Mayor Pro-Tem Marsha McLean, center, at the Newhall Health Center Grand Opening with Cheryl Laymon, SDFHC executive director, and Ed Bolden, SDFHC board president. Providence Holy Cross representatives Jonathan Emerson, Natasha Shows, Kerry Carmody and Brigitte Lodon.

Laura Gallardo of Kaiser Permanente, and a SDFHC board member, presented a check to the new center.

Thanks for the Memories, Richard Abruzzo

Everyone at SDFHC had mixed feelings upon hearing about Richard Abruzzo's upcoming retirement. For the past four years, Richard's upbeat personality and dedication to the organization have been a day-to-day staple. Here, Richard shares some of his thoughts with us.



Richard with his wife Patti at the 2009 Elks Roast.

There were many strides that one can easily put their heart into because they all took place within the context of providing quality healthcare for uninsured and underinsured people in the Santa Clarita Valley.

In order of occurrence:

1. Construction of the Val Verde Annex
2. Conversion to an improved Practice Management software
3. Restoration of the Val Verde Health Center
4. Conversion of the Rubber Ducky Regatta to a community event
5. Acquisition and expansion of a corporate office
6. Implementation of the Community Clinic Equipment Grant
7. Expansion of the Newhall Health Center
8. A still in progress, organizational improvement of the Finance Department

How long did you work at SDFHC?

I started June 5, 2006, so I will have been in the employment of SDFHC for 1,422 days. Doesn't sound very long when put that way. You can say I was just getting started.

What did you enjoy most about your time here?

Being someone the staff could turn to for odd things, like getting the toilet fixed or installing keyboard trays or bringing them lunch on diabetes day. They are all such hard workers and a little extra support here and there would help them. I also enjoyed being in the company of community giants like Ed Bolden. Little did I know that this job came with a built-in self improvement course!

What are some of the biggest strides you saw the organization make during your time here?

Can you please share a few details about your upcoming retirement: where you will be living, what you plan to do now.

I know that I will be living in Lake Isabella. Everything else in life is on the table for change, redirection or just nothing. It should be a great adventure.

**Thank you, Richard, for all you have done for SDFHC.
We will miss you! Best wishes and enjoy your retirement!**

News and Notes

The Val Verde Health Center has been certified as a Rural Health Center. The program is intended to increase primary care services for Medicaid and Medicare patients in rural communities. The status enhances reimbursement rates for providing Medicaid and Medicare services in rural areas.

SDFHC plans to go to Electronic Health Records. The EHR automates and streamlines the clinician's workflow and can gen-

erate a complete record of a clinical patient encounter, as well as supporting other care-related activities directly or indirectly via interface.

SDFHC has received a grant from California Community Foundation for strategic planning. SDFHC also received a \$22,000 contribution from the Community Benefits Funding Committee, to be used to ensure availability of care for Val Verde residents.

Childhood Obesity: Fat Is Not Cute

When 10-year-old Jesse came to SDFHC, his weight was well past the normal range for a child of his age. In talking with his mother, Jesse's health care provider uncovered some of the factors leading to his weight problem: a diet largely consisting of fast food, a sedentary lifestyle. Through nutritional counseling, Jesse as well as the rest of his family members are on their way to gradually establishing healthier eating and living habits.

Childhood obesity is of particular concern because the extra pounds often start kids on the path to health problems that were once confined to adults, such as diabetes, high blood pressure and high cholesterol. Socially, being overweight can cause low self-esteem, behavior/learning problems and depression in children.

As part of regular well-child care, your doctor calculates your child's body mass index (BMI) and determines where it falls on the national BMI-for-age growth chart. The BMI indicates if your child is



Encouraging children to engage in physical activities such as sports is a good way to make exercise a life-long activity.

overweight for his or her age and height.

The Centers for Disease Control and Prevention's cutoff points help identify overweight and obese children:

- BMI-for-age between 85th and 94th percentiles — overweight
- BMI-for-age 95th percentile or above — obesity

Healthy eating and increasing physical activities are good solutions to curb weight problems in children. Diets should include fruits and vegetables, and healthy snacks (not high in sugar or too much salt) should be available for growing children. Sedentary activities such as playing video games and talking on the phone should be limited. Find activities to do with your child.

SDFHC embraces the self-management philosophy of health care, which empowers patients to take charge of their health. By talking with your provider, you can come up with solutions to help keep your child's weight in a healthy range now and in the future.

Are You Encouraging Your Employees to Stay Healthy?

National Employee Health & Fitness Day™ is the third Wednesday in May each year. Administered annually by the National Association for Health & Fitness, NEHF is a national health observance, created to promote the benefits of physical activity for individuals through their work site health promotion activities.

Why should employers care about promoting health and fitness? Healthy employees are more productive employees, and employers may notice decreased rates of illness and injuries as well as reduced employee absenteeism among a healthy workforce. According to the Centers for Disease Control and Prevention, worksite interventions can be delivered creatively through the following methods:

- At the worksite (e.g., signs to encourage stair use, health education classes)

- At other locations (e.g., gym membership discounts, weight management counseling)

If you are a Santa Clarita Valley employer that cannot offer health care insurance, please inform your employees that they can come to one of our three locations for their health care needs.

- Through the employee health benefits plan (e.g., flu shots, cancer screenings)

A big part of promoting healthy living, whether at home or at work, comes from being able to help people overcome barriers and negative attitudes about physical activity. This is where your community health

center, Samuel Dixon Family Health Centers, Inc., can come into play.

Samuel Dixon Family Health Centers, Inc. believes in the self-management approach to health care, in which the patient is informed and takes an active part in their overall health care and lifestyle choices. Employers can do the same: inform employees about the importance of taking care of their health.



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May 16 Chili Throwdown to Benefit SDFHC

Environmentally Sound Music TM Santa Clarita Valley presents the first Chili Throwdown, Sunday, May 16 from 11 a.m. to 7 p.m. The event will benefit Samuel Dixon Family Health Centers, Inc.

The all day throwdown, brought to you by Gotta Have Chocolate Now, will include live music, arts and crafts, a kiddie station, massage therapy, and more. A \$5 donation is recommended; children 10 and under are free.

The chili throwdown will take place at the Courtyard Marriott, 28523 Westinghouse Place in Valencia.

Have a great time while supporting your community health center.

Visit www.esmtm.org for more information. See you there!

Contact Us

Corporate Office
Phone: (661) 257-2339

Canyon Country Health Center
Phone: (661) 424-1220

Newhall Health Center
Phone: (661) 291-1777

Val Verde Health Center
Phone: (661) 257-4008

Please note: If you would like to make an appointment, please call the health center nearest you.

For general questions, please contact the Corporate Office. Visit us online at www.sdfhc.org.