



“SAVE THE DATE”

- May 6th—Growing Health Leaders: Visalia Convention Center
- May 13th—Earth Day Celebration: Golden Valley Health Centers

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Celebrating the Life of Cesar Chavez

In honor of Caesar Chavez’s birthday, Community Health Corps attended a health fair put on by the Central Valley Health Network in Parlier on March 26, 2011.



AmeriCorps members led the kids in physical activities like jump rope and hula-hooping to encourage them to get the recommended amount of physical activity daily.

The program of the event featured traditional Purepecha dancers. Additional musical entertainment was provided by KUFW Radio. In addition to the dancers, speakers shared

information on the life and work of Cesar Chavez and its importance for today’s workers, even decades after his death.

One speaker in particular spoke in three different languages, reaching out to everyone in the community. Languages included: Spanish, English, and another indigenous language. Amongst the speakers was one of our own, Lucy Rivera. She



talked about why she joined AmeriCorps and the great opportunities it provides for young people to give back to their communities in such a positive way.



AmeriCorps had a booth at the event, where information was shared about how to get involved in the program, the AmeriCorps newsletter, as well as the brief on farmworker health. This event was a great way for AmeriCorps members to share what Community Health Corps is about.

Written By: Karissa Garza

“Growing Health Leaders” Youth Conference Update

The Central Valley Health Network (CVHN) and the Tulare Workforce Investment Board (WIB) are partnering to organize and facilitate a youth conference titled, “Growing Health Leaders,” sponsored by the Office Statewide Health and Planning Development. It will be held May 6, 2011 in Visalia at the Convention Center from 9:00a.m.-2:00p.m.

This conference is meant to provide Tulare County high school students, already participating in health-related courses at their school or those interested in health care occupations, with the opportunity to learn more about the steps to begin their health care career. They will also have the chance to meet with professionals, attend a “reality check,” customer

service and AmeriCorps training session that will allow them to better prepare for a career in health care. There will also be a college faire for students to visit during lunch.

The conference will have the following health care professionals: Medical Doctor, Registered Nurse, License Vocational Nurse, Physician Assistant, Mental Health Professional, Emergency Medical

Technician, Registered Dietitian, Dentist, Lab Technician and Physical Therapist.

Schools that will be in attendance include: Dinuba, Mission Oaks, Porterville, Golden West, and Cutler-Orosi.

Partners include Tulare Workforce Investment Board, Tulare County Office of Education, National Association of Community Health Centers, Kaiser Permanente, Family Health Care Network,, and Tulare Community Health Clinics. The event is made possible from a grant given by the Office of Statewide Planning and Development.

For more information about this event, please contact Martha Cornejo at (559) 255-4300 or mcornejo@cvhnclinics.org



Written By: Martha Cornejos

Telemedicine at its Finest



Del Norte Clinics, Inc.—Chico

Increased patient access is made possible at Del Norte Clinics, Inc. through our Telemedicine (TM) Program. Bringing specialty care closer to rural patients is the central purpose of Telemedicine, in which clients are seen and evaluated by a specialist (i.e. psychiatrist, dermatologist, endocrinologist, neurologist, etc...) via a broadband connected television or computer system. Our program utilizes specialty services offered by the University of California system made available by a federally subsidized, state-wide collaborative. The benefits of Telemedicine go beyond medical consultations; it is a venue for provider and specialist collaboration, education of clinical staff, and decreasing patients' travel time costs.

Del Norte Clinics, Inc. services five widespread counties, from as far south as Yuba to Butte County in the north, where the majority of patients fall well below the federal poverty level, many of whom are MediCal, Medicare or CMSP (County Medical Supplementary Program) recipients. These forms of insurances are not accepted by specialists in the area. Thus, for most of our patients, Telemedicine is the only option for specialty care.

Every week from Tuesday through Thursday, I assist with all aspects of DNCI's Telemedicine Program, which includes, development and implementation of quality improvement tools (i.e. internal patient tracking system

and patient/provider satisfaction surveys), processing referrals, scheduling patients and facilitating the actual consultation visits. One of my main TM projects was to develop a full-scale internal-external marketing plan, yet to be implemented upon the expansion launch of our new and improved TM Program.

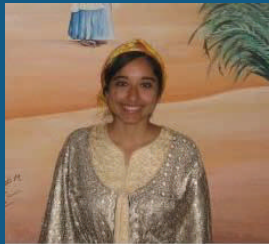
Telemedicine is a promising and evolutionary medium for the future of health care delivery. At Del Norte Clinics, Inc. access to care is possible. Telemedicine fills the gaps.

Written By: Bao Vue



Community HealthCorps

Building Local Relationships



The Effort—Sacramento

I don't know the specific reasons why we all decided to apply for AmeriCorps, but I think that one reason we have in common is our desire to engage in community service. Being that we are HealthCorps members, I imagine that most of the community service that we engage in is health related.

A couple fellow AmeriCorps members and I decided to expand service beyond the confines of our assigned site. We wanted to help out in the community and to engage with other local volunteers. Katrina Wyatt suggested that we volunteer for



Habitat for Humanity and Bao Xiong and I enthusiastically signed up. Not only were we able to

help the community we are currently serving but we worked alongside other AmeriCorps members, engaged with other community volunteers and got to spend a beautiful day outdoors helping build a house.

The houses Habitat for Humanity builds are available to low income families. Some houses, like the ones we worked on, are LEED compliant so they are unbelievably energy efficient. Our first experience volunteering with Habitat was so

rewarding that we signed up for a second service day and hopefully more to come!

Local Habitat for Humanity chapters can be found throughout the state if you would like to get more involved in your community as well.



Written By: Natalie Camarena

At GVHC, We Grow Our Own

The Healthy South Merced Project is a grant funded under Golden Valley Health Centers. Healthy South Merced Project strives to educate and promote health among the underserved population living on the South side of Merced. Residents of South Merced would have to travel more than a mile just to get access to a grocery store.



Why don't we bring healthy fresh vegetables into people's backyard so they can grow their own and make healthier food choices?

We work along with UCCE (University of California Cooperative Extension) to have their volunteer Master Gardeners come and teach the Gardening classes. They cover an array of topics and are present to help individuals in need of gardening tips.

We started our bi-weekly free gardening class in the beginning of March. They are held on the Golden Valley Health Centers campus by the two demonstration garden boxes. Classes run from noon until 1pm. We would like to have patients, employees and South

Merced Residents attend our gardening classes.



This garden session focused on urban gardening. Class topics include; starting from seed, small space gardening, herb gardening, gardening in pots, and two hands on classes in transplanting and replanting the demonstration garden for summer plants.

Written By: Maika Yang



Golden Valley Health Centers—Merced

Remote Area Medical Provides Free Access to Healthcare

On Monday, April 4th, several AmeriCorps members beat the morning sunrise to volunteer with the Remote Area Medical team. Remote Area Medical is a no-cost health care clinic designed to reach those who do not have access to care. Every part of the clinic is based on volunteers coming out to help local community health. In partnership with the Tzu Chi Foundation, thousands of patients can be seen over the span of the four day clinic.

Services provided include: medical, dental, vision, and acupuncture. Each section of care provided had an initial screening to determine what kind of care should be provided.

My favorite part of the clinic was the vision department. It started with a simple vision test to determine the patient's need for eyewear. Then they proceeded through a series of tests to



determine if they had health issues related to the eye such as glaucoma, astigmatism, or other abnormalities. Each patient was specifically fitted

by a doctor to a new pair of glasses, made just for that patient. It had their measured prescription in a pair of frames that the patient picked out for free. It was incredible to think that these patients received a free pair of glasses in addition to the other services provided.

It is sometimes discouraging to see how many people in America, or even just one city, are without access to adequate and affordable care. It is important that AmeriCorps members had the opportunity to be a part of an event that provided such amazing services.

Written By: Katrina Wyatt



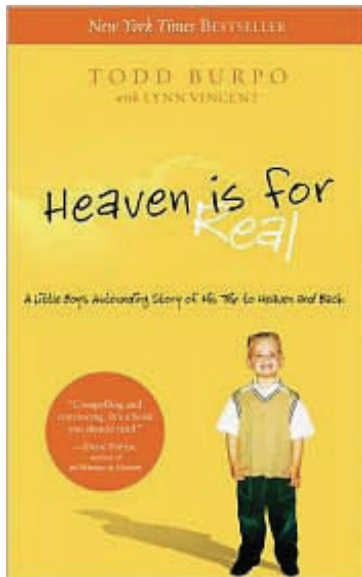
Central Valley Health Network



Community HealthCorps

What are You Reading?

In the interest of cultivating more and more readers, this section is dedicated to introducing and highlighting an interesting book read by our AmeriCorps Members.



Heaven is for Real

By: Todd Burpo and Lynn Vincent

True story of the four-year old son of a small town Nebraska pastor who during emergency surgery slips from consciousness and enters heaven. He survives and begins talking about being able to look down and see the doctor operating and his dad praying in the waiting room. The family didn't know what to believe but soon the evidence was clear. Colton said he met his miscarried sister, whom no one had told him about, and his great grandfather who died 30 years before Colton was born, then shared impossible-to-know details about each. He describes the horse that only Jesus could ride, about how "reaaally big" God and his chair are, and how the Holy Spirit "shoots down power" from heaven to help us. Told by the father, but often in Colton's own words, the disarmingly simple message is heaven is a real place.....

What's coming in May?

Mental Health Awareness Month

Mental Health America is proud to continue its tradition of celebrating "May is Mental Health Month," which began in 1949. This year, MHA will be using two brand "platforms" for all of 2011 rather than a specific May is Mental Health Month theme. The first platform is **Do More for 1 in 4** and it is a call to action for Americans to help the 1 in 4 American adults in their lives who are living with a diagnosable, treatable mental health condition (2005 NIMH statistic). This brand platform can be used to highlight treatment and recovery programs.

The second theme, **Live Well! It's Essential for Your Potential**, is a wellness theme that speaks to the wellness portion of the wellness circle in our case statement and encompasses the notion of balance in one's life among the mental, physical and emotional elements of health.

World Asthma Day May 3-an annual event organized by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. The theme of World Asthma Day 2011 is **"You Can Control Your Asthma."** GINA will also launch the next phase in its campaign to reduce asthma hospitalizations by 50% in 5 years.



Community
HealthCorps



Central Valley Health Network

Incorporated in 1998, the Central Valley Health Network (CVHN) is a consortium of 12 Federally Qualified Health Center corporations that provide comprehensive preventive primary care services and advocate on behalf of low-income and medically underserved families throughout the Northern, Central Valley and Inland Empire areas of California. In most Central Valley communities, CVHN members are the only safety net provider.

CVHN's mission is to facilitate community health centers' strength in the marketplace and to support member's effective delivery of high quality and accessible health care. CVHN staff support members through: advocacy, technical assistance, program development and administration, and training.

The AmeriCorps Informer is a monthly publication written, edited and reviewed by current AmeriCorps members throughout CVHN. Its purpose is to provide insightful and informative news and current events to our members. The newsletter also serves as a means to stay informed about events or changes happening within the organization. It also introduces all AmeriCorps members to the entire network therefore encouraging networking and collaboration opportunities.

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Caring For California's Heartland

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