

FAMILY HEALTH CENTERS OF SAN DIEGO
823 GATEWAY CENTER WAY
SAN DIEGO, CA 92102-4541

Return Service Requested

Non-Profit Org.
U.S. Postage
PAID
San Diego, CA
Permit No. 1747



FAMILY HEALTH CENTERS
OF SAN DIEGO

FAMILY HEALTH CENTERS OF SAN DIEGO'S ADELANTE

A-DE-LAN-TE (ADV). -FORWARD, AHEAD

MARCH 2015



Karen Castro, a FHCSO dental staff member, treats young patient Mustafa, who attended the "Give Kids a Smile" event.

Because We Care

FHCSO Pediatrician Receives Reach Out and Read San Diego's "Golden Book" Award



Tara Milbrand, Reach Out & Read San Diego Program Director (left), presents Dr. Marsha Spitzer, FHCSO Pediatrician, the "Golden Book" award at their annual fundraiser.

Reach Out & Read San Diego's annual fundraiser at the McMillin Event Center at Liberty Station on Saturday, February 28, 2015 was a huge success! Approximately 200 parents and children attended and the event raised almost \$10,000 to support the organization's 80+ sites around San Diego County. All proceeds benefited their pediatric literacy program, which Family Health Centers of San Diego is proud to be a recipient of.

The event featured over ten arts and crafts and storytelling stations, a complimentary continental breakfast, picture opportunities with Dr. Seuss characters, a free book for children and a raffle for fabulous prizes. It was truly a fun event for the whole family.

Congratulations to Family Health Centers of San Diego pediatrician Dr. Marsha Spitzer for receiving the Golden Book award. The Golden Book Award recognizes individuals who make a significant impact in communities to promote and support literacy.

CONNECT WITH US ONLINE



www.fhcsd.org
www.facebook.com/FHCSO
@FamilyHealthSD

If you are interested in donating to our children's reading program, helping our agency acquire essential medical equipment, becoming a Spirit of the Barrio sponsor or contributing to our mission in another way, please contact a member of our Development Staff:

Chris Larkin
Director of Development
christopherl@fhcsd.org
(619) 515-2315

Amber Zent, Development Manager
amberz@fhcsd.org
(619) 515-2562

Please visit www.fhcsd.org/donations.cfm for additional information about giving opportunities!

FHCSO "Gives Kids a Smile" 85 Children Receive Important Dental Screenings

The tooth fairy paid a special visit to Grossmont Spring Valley Family Health Center on February 28, 2015 when Family Health Centers of San Diego (FHCSO) dental staff provided free dental services to 85 children as part of a county-wide "Give Kids a Smile" event.

Six health centers across San Diego participated in this initiative, which was sponsored by the American Dental Association, the San Diego County Health and Human Services Agency and LiveWell San Diego.

"We are extremely proud to offer preventative dental care to those who otherwise may not have access to these types of services," said Dr. Ibrahim Sawaya, Dental Director at Family Health Centers of San Diego.

"It's important to teach children proper dental hygiene to help them avoid more serious issues later in their lives."

The annual event was open to children ages 1-18 and included free cleanings, fluoride varnishing to the surface of teeth for children who don't have permanent molars yet and sealant applications, which protects teeth from decay.

For more information about our dental services, including dental clinic locations, please visit www.fhcsd.org/services/dental.cfm or call (619) 515-2300.



Family Health Centers of San Diego CEO Fran Butler-Cohen

CEO'S CORNER: an update from Fran

Our Quality Journey Continues with FHCS D Winning the National "Million Hearts" Award!

Our organization was proud to be named a recipient of the prestigious Million Hearts award by the U.S. Department of Health and Human Services and the Center for Disease Control for our ability to achieve hypertension control rates of 70 percent or more among our patients.

Only 30 organizations nationwide were selected as "champions" for this Hypertension Control Challenge and only eight of the winners, including FHCS D, are community health centers!

While we are truly honored with this recognition from the Department of Health and Human Services and the Center for Disease Control, our goal is to reach, or exceed, all our clinical outcomes.

This award is the culmination of hard work and determination by our medical providers, IT staff, nursing, case management, care coordination and others who all worked as a team to ensure our patients received the best quality health care possible.

To be eligible for this award, FHCS D shared verifiable high blood pressure control data and highlighted successful strategies and best practices adopted by the organization, including the use of health information technology, provider decision aids and team-based care. All Million Hearts Champions achieved control rates ranging from 70 percent to more than 90 percent by using a variety of innovative approaches. The other California recipient of the award was Kaiser Permanente.

Sylvia M. Burwell, Secretary of the Department of Health and Human Services had this to say, "This year we have more champions than ever before, demonstrating that high performance is achievable and that we are on a path to better heart health across the nation. More and more practices are using evidence-based strategies to help patients keep blood pressure down — a strong sign that we're making progress in preventing heart attacks and strokes."

Changing people's lives for the better while making our communities healthier is a wonderful quality journey. I am proud of our staff. They earned this Million Hearts recognition award!

In The Spotlight: Barbara Carr

Celebrating Women's History Month By Honoring the Chairperson of FHCS D Board of Directors



vowing to open a FHCS D clinic in the community that raised her, and the one she still called home.

She quickly formed a support team to help this cause. Among the many actions they took was filling a Grossmont Healthcare District board meeting to capacity with supporters who advocated for a medical clinic in their neighborhood. Following this meeting, the District offered their support to the new clinic and doubled their contribution to the capital campaign! The result was Grossmont Spring Valley Family Health Center, which opened its doors in 1998.

"In a heartwarming happenstance, Grossmont Spring Valley Family Health Center stands at an intersection that Barbara would often skip by as a child."

In celebration of Women's History Month, Family Health Centers of San Diego (FHCS D) honors all the women who make an impact in their community, whether it's through work, their families or volunteer causes. It is our pleasure to highlight **Barbara Carr, Chairperson of FHCS D Board of Directors**, for her long history of caring, and dedication, to FHCS D, and its mission to provide high quality health care to everyone, with a special commitment to uninsured, low income and medically underserved persons.

Barbara developed a deep sense admiration for her community of Spring Valley at an early age. This was partly due to an example set by father, a World War II veteran and dental technician, who would spend his free time making custom dentures for those in his community who could not afford them. But it wasn't until later in life, as a busy mother and active volunteer at her children's school, Bancroft Elementary in Spring Valley, where this sense of caring turned into a spirit of advocacy.

During her time at Bancroft Elementary, Barbara recognized that one of the most glaring needs for the students, and the community as a whole, was access to affordable, high quality health care. At that time, there were limited options in the community for students, and their families, to receive health care. Her desire to resolve this issue led her to Family Health Centers of San Diego, where she was significantly impacted by how staff treated patients with respect and courtesy, the level of services offered and the efficiency of the clinic operations. She returned to Spring Valley energized and determined,

Since these grassroots beginnings, Grossmont Spring Valley Family Health Center has grown to one of the largest clinics in the FHCS D network, offering a variety of health care services to women and men, including physicals, sick visits, care for asthma and other chronic conditions, STD screenings, prenatal care and cervical cancer screenings, as well as pediatric services.

The clinic also includes a Family Counseling Center, which offers much-needed mental health services. In a nod to the example set by her father, Grossmont Spring Valley Family Health Center has one of the six dental clinics in the FHCS D network, offering essential services, including teeth cleaning, dentures and fillings, to patients.

In a heartwarming happenstance, Grossmont Spring Valley Family Health Center, located at 8788 Jamacha Road in Spring Valley, stands at an intersection that Barbara would often skip by as a child. At that time, it contained two, modest rock houses and a little family of bunnies. Legend has it, sometimes you can still see bunnies hopping around outside near the children's playground.

For more information about Grossmont Spring Valley Family Health Center, or to make an appointment, please call (619) 515-2555.

Spirit of the Barrio

ANNUAL SPONSORS



Fiesta Grande

- Albert Sharf, M.D., F.A.C.C
- BAE San Diego Ship Repair
- Hughes Marino
- General Dynamics NASSCO
- Medical Center Pharmacy
- Walmart

- Union Bank
- Molina Healthcare of California
- San Diego Chargers
- San Diego Gas & Electric
- UC San Diego Health System

HEALTH CENTER PATRONS

- Imaging Healthcare Specialists
- Jani-King of California
- Mulvaney Barry Beatty Linn & Mayers LLP
- M.W. Steele Group, Inc.

- A.O. Reed & Co.
- California Marine Cleaning, Inc.
- Correctional Alternatives
- Donate Life San Diego
- Downtown San Diego Partnership

CLINIC BENEFACTORS

- Care 1st Health Plan
- Coast Citrus Distributors
- Community Health Group
- Continental Maritime of San Diego
- Duhs Commercial
- Wakeland Housing & Development Corporation
- Zeeto Media
- CP Kelco
- San Diego City Fire Fighters, Local 145

- Office Depot
- Point Loma Credit Union
- Randstad Technologies
- Suffolk Construction Company
- WAXIE Sanitary Supply

THIS WEEK!
A CONVERSATION ABOUT A NEW STADIUM PROJECT
Friday, March 20, 2015
11:30am – 1:00pm
Logan Heights Family Health Center
 For more information please visit fhcsd.org.

MEDIA SPONSORS

