



# West County Health Centers

*Caring for our Communities*

a *californiahealth* center

### Russian River Health Center

16319 Third Street  
Guerneville, CA 95446  
Phone: 707-869-2849  
Fax: 707-869-1477

### Gravenstein Community Health Center

652 Petaluma Ave, Suite H  
Sebastopol, Ca 95472  
Phone: 707-823-3166  
Fax: 707-869-8170

### Clinic Hours:

Mon-Thu 9:00 a.m. to 8:00 p.m.  
Fri 9:00 a.m. to 5:00 p.m.  
Sat 9:00 a.m. to 12:00 p.m.

### Mental Health Appointments

RRHC: 707-869-2961  
SCHC: 707-824-3376

### Russian River Dental Clinic

16312 Third Street  
Guerneville, CA 95446  
Phone: 707-869-2933  
Fax: 707-869-2663

### Visit us online at:

[www.wchealth.org](http://www.wchealth.org)



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# Living Positively

WEST COUNTY HEALTH CENTERS HIV SERVICES

## October Fires

Many of our patients and staff were affected by the October wildfires that ravaged Sonoma County. Some lost homes, some lost jobs, some were evacuated, some lost valuable medication. The ripple effects continue to affect already vulnerable populations through an even tighter housing market, difficulty navigating fire recovery resources, and further financial burdens.

In the initial weeks during and after the fire, West County Health Center Staff (even staff who had lost their own homes) worked hard to mitigate the damaging effects of the fires. This included sending medical staff

to relief centers and triage nurses working hard to ensure that people who lost medications or evacuated without medications were able to get refills despite insurance company obstacles. This also included creating more appointment times so that people dealing with the effects of smoke and stress could be seen in a timely fashion.

If you were affected by the fires and need continuing mental health or physical health support, please call us. Below are some recovery resources, including fire recovery funds that may be useful for those most affected.



### FIRE RECOVERY RESOURCES

**Local Assistance Center (LAC):** The County and the City of Santa Rosa have opened a Recovery Center for affected residents to connect to critical services to help recover from the disaster. The website is [www.sonomacountyrecovers.org/disaster-recovery-centers-drcs](http://www.sonomacountyrecovers.org/disaster-recovery-centers-drcs) and there you can find information on FEMA, dealing with insurance companies, financial assistance, replacing important documents and other recovery-related resources.

**Health and Safety Information:** The Department of Health Services has developed "Returning to Your Neighborhood" and other health information related to the fire which can be found at [www.sonoma-county.org](http://www.sonoma-county.org)

### FIRE RELIEF ASSISTANCE

**Redwood Credit Union:** North Bay Fire Relief Fund  
[www.redwoodcu.org/northbayfirerelief](http://www.redwoodcu.org/northbayfirerelief) 800-479-7928

**The Community Foundation of Sonoma County:**  
Sonoma County Resilience Fund  
[www.sonomacf.org/sonoma-county-resilience-fund](http://www.sonomacf.org/sonoma-county-resilience-fund)  
707-303-9639

**La Luz:** Fire Relief Fund  
[www.laluzcenter.org/relief.html](http://www.laluzcenter.org/relief.html)  
707-938-5131

**Santa Rosa Junior College:** SRJC Fire Relief Fund  
[www.public-relations.santarosa.edu/srjc-fire-relief-fund](http://www.public-relations.santarosa.edu/srjc-fire-relief-fund)  
(apply online)

**Sonoma County Office of Education:**  
Sonoma County Schools Fire Relief Fund:  
[www.scoe.org/pub/htdocs/scoe-fire-relief.html](http://www.scoe.org/pub/htdocs/scoe-fire-relief.html)  
707-583-5531

**United Way of the Wine Country:** Wildfire Relief Fund  
[www.unitedwaywinecountry.org/our-work/financial-stability/wildfire-relief-fund](http://www.unitedwaywinecountry.org/our-work/financial-stability/wildfire-relief-fund)  
(apply online- for Lake and Mendocino counties too)

**A fund for undocumented victims:**  
UndocuFund for Fire Relief  
[www.undocufund.org/about](http://www.undocufund.org/about)  
email [info@undocufund.org](mailto:info@undocufund.org)



## Under the Holly Tree

When I'm tired and alone  
And the long day has ended  
One will find me wholly present  
Under the Holiest of Trees

The fallen leaves dried  
and brown  
The thorns on the round  
My bag unrolled I lay  
On this sacred ground  
Soon the Man with the Light  
Will Awake me from my flight  
Alas! The morn brings a  
return to my plight

As the new day wanes  
My instinct leads me back  
I brush away the thorny leaves  
Allowing the branches to  
embrace me  
Once again, only then, will  
I be wholly present under this;  
The Holiest of Holly Trees

— William T. Watson

Did you know that  
a pill a day can protect  
your partner(s)  
from getting HIV?



For more information,  
talk to your  
doctor today.

## Positive Perspective: Saray Garcia



### Tell us about yourself (family, culture, spirituality)

I'm 32 years old, married, and I live in Sonoma. I am mother of three kids, 16, 13, and 11. I am a business woman and have a custom tamale business as well as a makeup business.

### When were you diagnosed with HIV?

I was diagnosed about 13 years ago and I was pregnant at the time. The person who infected me told me he was positive and then a couple of weeks later he was gone and I was on my own, thinking I was going to die.

### What has been difficult about being HIV positive?

I was a single mom for a while and then when I met my husband I had to tell him. The fear of rejection is hard. People may not know that you can actually live years, and it's not a death sentence. So, it's hard on relationships. I also just hate when people feel sorry for me. We can all be in bad situations but I don't want to feel like people are feeling sorry for me.

From a medical perspective, it's hard for me to do the medications. If I have a headache, I'll just deal with it. I've been that way my

whole life. I don't like taking pills or medications until it gets really serious. I just don't like medication. It can be hard because a lot of service providers end up leaving and so I protect myself from getting close.

### What's been helpful?

People and agencies around me. Face to Face, the clinic, they have been a big part of my life since day one. For a while I was intimidated and I didn't want to be a part of the services. But when I started going to Food for Thought I was pregnant and going in there having all these people open their arms saying "we are here" and all this support. I think Rachel Gardner is one of my biggest supports. And since she's been there so long I have really connected.

### What gives you strength?

My biggest strength and motivation will always be my kids, no matter what. I feel like God has his ways of keeping us up. Before I used to be mad at God and I would say "why did you put this person in my life, and get me sick...". But then, about 8 years ago, I realized that if I wouldn't have gotten this disease I don't know where I would be. It has made me a really strong person.

If I didn't have this health issue I would have taken life for granted. I am living day by day as if it is my last day. I also wouldn't be as open to my kids. They know my health issues and I talk to my older kids about trust and protected sex, they learn from my example.

### What advice might you have for someone who is newly diagnosed?

Don't be afraid. Things will be hard and things will get tough but things will get better eventually. Remember to seek out help and not to be afraid of asking any question. There is never a dumb question. There are always people out there who will help and help you find the answers to your questions.

### Need After Hours Medical Advice?

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Call our after-hours number at 707-571-7029 and  
talk to the provider on call!

## Dental Services

West County Health Centers is proud to be a provider of quality dental services for our patients. The Russian River Dental Clinic offers a variety of important dental services for low-income individuals. We take Medi-Cal and some private dental insurance and have special discount programs for patients who are HIV-positive. Currently the clinic is located in Guerneville but in early 2018 it will temporarily be moved to 6800 Palm Ave. in Sebastopol while our new clinic in Guerneville is being built. *(continued on page 4)*

## Group for Women Living with HIV



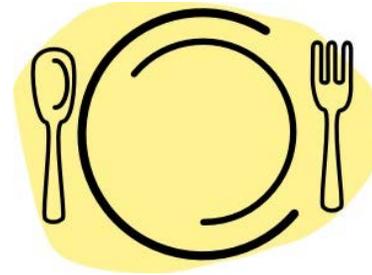
Starting in January, we'll offer a woman's group for women living with HIV, led by Dr. Steve Bromer, and Nina Redman, RD. We will be focusing on what's important to

you, whether it be health concerns, emotional concerns, or social concerns associated with HIV. It will be a great opportunity to share your concerns with other women and get support in a safe space.

The group will be meeting at the Gravenstein Health Center from 5 to 7 pm on the third Thursday of the month.

The group is open to any woman with HIV who is a patient at West County Health Centers. Please call Nina Redman, at 707-328-0248 for details, or to sign up.

## HIV+ SUPPER CLUB



First Thursdays: 6:00 pm to 7:30 pm  
at Food for Thought

6550 Railroad Ave, Forestville

Come mingle with fellow members of our HIV+ community and West County Health Centers staff over dinner. Bring a dish to share if you'd like (but not required!). Everyone is invited - you do not have to be a patient at West County.

QUESTIONS? Nina Redman: 707-328-0248 or Christopher Bowers: 707-326-1452

January 4, 2018	May 3, 2018	September 6, 2018
February 1, 2018	June 7, 2018	October 4, 2018
March 1, 2018	July 5, 2018	November 1, 2018
April 5, 2018	August 2, 2018	December 6, 2018

**Would you like to receive updates about extra HIV-related groups, events, and services?**

WCHC will be sending out periodic emails with details about support groups, community events and clinic updates.

**Sign up today at: [www.wchealth.org](http://www.wchealth.org)**

### Kale Apple Coleslaw

#### DRESSING:

2 teaspoons  
apple cider vinegar  
(or more to taste)

2 T. honey

2 tsp Dijon mustard

3 T. olive oil

1/3 cup small  
diced onion

#### COLESLAW:

1 pound kale,  
(about 2 bunches)  
destemmed, and  
cut into ¼ inch  
ribbons

1 apple, cored,  
and cut into 1 ½ inch  
long matchsticks

*Combine dressing ingredients and set aside. Toss to combine, and let sit for at least 15 minutes at room temperature, or up to 1 day in the refrigerator to let the flavors meld together. Taste and adjust seasonings if needed.*



### Nutrition News with Nina Redman

# Get Your Flu Shot!

We are in the middle of Influenza Season and we still have flu shots available.

Call us to schedule a time to drop by and get this important vaccine.

You can also check with your pharmacy to see if they are giving flu shots.

[www.wchealth.org](http://www.wchealth.org)

# Dental Services

(continued from page 3)

## Russian River Dental Clinic Services

### Oral Diagnostics:

Dental Exams and X-rays

### Emergency Care

### Pediatric Dental Care:

Including Infant Oral Health Education

### Pregnancy Dental Care:

Including Comprehensive Perinatal Services Program (CPSP) Perinatal Oral Health Education

### Preventative Treatment:

Cleanings, Sealants, Fluoride treatment

### Operative Dentistry:

Fillings

### Periodontal Treatment:

Treatment for Gum Disease

### Removable Prosthodontics:

Partials and Dentures

### Oral Surgery:

Extractions

*\* Please note that we do not perform crowns nor root canal therapy.*

**Call for an Appointment Today!**

**RUSSIAN RIVER DENTAL CLINIC**  
 16319 Third St., Guerneville, CA 95446  
 707-869-2933



Visit our website to receive our newsletter by email:

[www.wchealth.org/service/hiv-services](http://www.wchealth.org/service/hiv-services)

# HIV and Transgender Resources

The transgender community faces its own unique challenges with HIV. According to the Center for Disease Control, in the United States, it is estimated that almost 1 million adults identify as transgender. From 2009 to 2014, 2,351 transgender people were diagnosed with HIV in the United States.

Eighty-four percent (1,974) were transgender women, 15% (361) were transgender men, and less than 1% (16) had another gender identity. Around half of transgender people (43% of transgender women; 54% of transgender men)

who received an HIV diagnosis from 2009 to 2014 lived in the South.

According to the organization Avert, Transgender people are 49 times more at risk of living with HIV compared to the general population. Transgender people often face social and legal exclusion, economic vulnerability, and are at an increased risk of experiencing violence. HIV-related stigma and transphobia create barriers to the access of HIV testing and treatment services by transgender people. Here are a number of local resources specifically for people who identify as transgendered.

	What	When	Where
<b>FTM Sonoma County</b> Website: <a href="http://www.ftmsc.org">www.ftmsc.org</a> Contact: Shaun Moran, <a href="mailto:wmoran@yahoo.com">wmoran@yahoo.com</a>	Female to male support group	1st / 3rd Sundays 3:30 pm	Positive Images, 200 Montgomery Drive Suite C Santa Rosa, CA
<b>Parents of Trans Youth and Trans Youth Support Group Resources</b> Contact: Jacqueline Nugent 707-334-4515 <a href="mailto:info@posimages.org">info@posimages.org</a>	Various	Contact for details	Positive Images, 200 Montgomery Drive Suite C Santa Rosa, CA
<b>Transgender Sonoma County</b> Contact: Orlando Kai O'Shea <a href="mailto:orlandokaioshea@gmail.com">orlandokaioshea@gmail.com</a>	Social group for anyone on the transgender spectrum	Various	Various
<b>Transgender Medical Clinic Santa Rosa Community Health</b> Contact: 707-547-2222 (Ask for Transgender Clinic)	Various	Every Thursday Evening-Lombardi 2nd Thursday-Brookwood	Lombardi Campus 751 Santa Rosa Brookwood Campus 983 Sonoma Ave Santa Rosa
<b>West County Health Center's Gender Expansive Services Clinic</b> Contact: 707-887-0427 x 4405	Various	1st Wednesday of the month, 5:30-7:30pm	652 Petaluma Ave. Suite F Sebastopol, CA

A list of therapists that work with transgender issues can be found here: [www.thequeerlife.org/gender-therapist-resource-list-sonoma-county](http://www.thequeerlife.org/gender-therapist-resource-list-sonoma-county)

