



West County Health Centers

Caring for our Communities

a californiahthcenter

Russian River Health Center

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

Sebastopol Community Health Center

6800 Palm Avenue, Suite C
Sebastopol, CA 95472
Phone: 707-824-9999
Fax: 707-824-9335

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



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LivingPositively

WEST COUNTY HEALTH CENTERS HIV SERVICES

Join the 'Get Tested' HIV Anti-Stigma Campaign!

West County Health Centers and Food For Thought-Sonoma County AIDS Food Bank, are collaborating to pilot a provocative campaign focused in the West County to promote HIV testing and reduce HIV-related stigma. The "Get Tested" HIV Anti-Stigma Campaign will take place for one week November 3-9, 2013.

The campaign intends to challenge assumptions of "difference," and commonly held perceptions about who is HIV positive or at risk for exposure to HIV, as well as encourage everyone to be aware of their HIV status by being tested.

During the campaign week, participants will wear a T-shirt that reads, "Does this shirt make me look HIV+?" The back of the shirt carries the message: "Not positive? Get Tested."

If willing, these valiant T-shirt-wearing volunteers will post a photo of themselves along with comments about their experience on a campaign Facebook page (facebook.com/gettestedsonoma). They will also carry information about HIV, HIV-stigma and testing, as well as condoms to distribute to anyone they encounter who expresses interest in receiving them.

Volunteer participants will be drawn from the sponsoring agencies, local businesses, schools and community organizations.



Mary Szecey, Executive Director of West County Health Centers

Now is the Time!

By Mary Szecey, Executive Director

It took 50 years to get the change we need in our health care system, but reform is finally here. Thanks to the Affordable Care Act, we have a once-in-a-generation opportunity to accelerate progress and dramatically increase the health and safety of all citizens: to give millions of people access to the healthcare services that they've always deserved.

▶ Do you know that under the new healthcare law:

- Most people are required to have health insurance beginning in 2014
- The same health coverage must be offered regardless of medical history
- There are no annual or lifetime limits on essential health benefits
- Children can stay on a parent's plan until they turn 26
- Many no-cost preventive benefits are provided, like immunizations, contraception, diabetes and cancer screenings, and more.

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Nutrition News with Nina Redman: Healthy Fries!

Baked Rosemary Sweet Potato Fries

FROM WENDY KOHATSU

2 large sweet potatoes/ or garnet yams, scrubbed

extra virgin olive oil, just enough to coat

1 teaspoon salt

2 tsp fresh rosemary leaves, minced

Other options for seasoning: smoked paprika, ground pepper, garlic powder, cinnamon, chili seasoning.

Directions:

Slice potatoes evenly into ¼ inch wedges—it's ok to leave skin on.

Preheat oven to 425 degrees.

In large bowl, mix potato slices with just enough olive oil to coat (any more will make the fries soggy, not crisp). Add salt and rosemary (or other spices) and toss. Place fries onto baking sheet IN SINGLE LAYER leaving space between fries.

Put in oven for 10-15 minutes and then flip them over. They should be evenly browned on the outside.

Place back in for 10-15 more minutes to brown other side.

Let cool for 5 minutes. Enjoy!




A FOND FAREWELL

Dear WCHC Patients,

I wish that I had the opportunity to deliver this message in person, but please accept this note in lieu of our being able to meet face to face.

Sadly, I am leaving West County Health Centers. I have loved working here. The staff are among the finest people I have ever had the privilege to work beside and our patients—all of you—have made this one of the best jobs I have ever had.

You have inspired and touched me with your stories: your struggles, strength, warmth and humor. I appreciate knowing you and the time that we shared.

I am leaving WCHC to work at hospice. This is work that I have always wanted to do, so this is a positive step for me.

I wish you all good health and happiness. I will miss you very much.

Myra

Need help
renewing or
signing up
for **ADAP?**

(AIDS Drug Assistance Program)

Please contact
Miranda Meyer
707-303-8909
ext 414





Open Enrollment for Health Insurance Begins October 1, 2013 Coverage Begins January 1, 2014

Continued from Page 1: West County Health Centers (WCHC) is actively preparing for the change in a number of ways. For many years, our staff has included employees who we call Access Coordinators.

Our Access Coordinators receive special training to assist our patients with applying for various types of assistance including our sliding scale program, Medi-Cal, CMSP, pharmacy assistance programs and Cal-Fresh (food stamps). We have recently more than doubled the number of Access Coordinators within our organization to seven and we have hired two new Ameri-Corps Workers who will conduct outreach, education, or other services to identify potential clients, and facilitate access/referral of clients to available health center services.

All of these employees, existing and new, are being trained to become Certified Enrollment Counselors for Covered California, the insurance marketplace that will begin operating on October 1, 2013.

Roughly 40% of the 13,000 patients who receive services at West County Health Centers are currently uninsured. Our first

priority is to reach out to those people who we expect to become newly eligible for Medi-Cal. The planned Medi-Cal expansion will cover all eligible individuals and families with annual incomes below 138% of the Federal Poverty level (\$15,864 for an individual and \$26,952 for a family of 3). We estimate that over 2,500 WCHC patients will be eligible for these new benefits beginning on January 1, 2014.

Most of the remaining uninsured will be eligible to purchase their own coverage through Covered California and the majority will receive subsidies based on their income level. Our Access Coordinators will be available by appointment to assist any of our patients with the application process. We also plan to have group sign-ups and events at the health centers to explain the new options that will be available. If you would like more information NOW about the Affordable Care Act and what it means to you, your friends and family members, plenty of information is available at www.sonoma-county.org/healthcarereform/.



Introducing Cindy Lewis, Certified Medical Assistant



*Cindy Lewis
Certified Medical Assistant
West County Health Centers*

What kind of life experiences made you passionate about helping others?

"I cared for my sick husband for 8 years. During that time I developed an interest in treatment for diseases. I felt the need to identify with people, to help them during times of suffering, even to make them feel good or laugh in those moments. To make them feel loved and accepted no matter what their circumstances are."

What brought you to work at RRHC and how long have you worked here?

"This is my community. I've lived here for 30 years. I have a connection, a common ground with a lot of our patients and this makes it easy for them to open up to me."

"Before I became a Certified Medical Assistant I was also a patient. Watching the staff here at RRHC made me think, 'How great! I'd love to do that!' And here I am! I've worked at RRHC for 9 years. I am Dr. Davey's medical assistant and love working with her, I wouldn't have it any other way! I love making patients laugh, seeing their smile! I just don't want anyone to feel alone."

www.wchealth.org



Join the 'Get Tested' HIV Anti-Stigma Campaign!

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HIV-related stigma and discrimination remains the foremost obstacle to effectively fighting the AIDS pandemic. It is estimated that one quarter of those living with HIV in Sonoma County do not know that they are infected, and that half of all new infections are transmitted by people who do not know their HIV status and thus unwittingly pass on the disease to others. HIV-stigma keeps people from being tested, and keeps many who are already living with HIV from getting the care, compassion, and support they need and deserve.

Not Positive? Get Tested.



We want YOU to join us
in bringing us one step closer to
reaching an AIDS-free future

**WWW.
GetTestedSonoma
.org**



**West County
Health Centers**

Caring for our Communities

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Events Calendar



Day/Date	Time	Event & Location
NOVEMBER		
Monday 4	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Tuesday 5	12:30 p.m.	Gentle Movement Yoga at Forestville Wellness Center (FWC)
Wednesday 6	12 p.m.	Cooking Class with Nina Redman, Food For Thought
Monday 11	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Monday 11	3 p.m.	Nutrition for Wellness at FWC
Tuesday 12	12:30 p.m.	Gentle Movement Yoga at FWC
Monday 18	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Tuesday 19	12:30 p.m.	Gentle Movement Yoga at FWC
Wednesday 20	12 p.m.	Cooking Class with Nina Redman, Food For Thought
Friday 22	12 p.m.	Positive Women's Group, Food For Thought
Monday 25	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Monday 25	3p.m.	Nutrition for Wellness at FWC
Tuesday 26	12:30 p.m.	Gentle Movement Yoga at FWC
Tuesday 26	6 p.m.	Give Back Tuesday World AIDS Day Benefit Rainbow Cattle Co.
DECEMBER		
Monday 2	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Tuesday 3	12:30 p.m.	Gentle Movement Yoga at Forestville Wellness Center (FWC)
Wednesday 4	12p.m.	Cooking Class with Nina Redman, Food For Thought
Thursday 5	All Day	Dining out for Life, contact Food For Thought for more info.
Monday 9	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Monday 9	3 p.m.	Nutrition for Wellness at FWC
Tuesday 10	12:30 p.m.	Gentle Movement Yoga at Forestville Wellness Center (FWC)
Monday 16	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Tuesday 17	12:30 p.m.	Gentle Movement Yoga at Forestville Wellness Center (FWC)
Monday 23	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Tuesday 24	12:30 p.m.	Gentle Movement Yoga at Forestville Wellness Center (FWC)
Monday 30	11 a.m.	HIV + Gay Men's Support Group, Russian River Health Center
Friday 27	12 p.m.	Positive Women's Group, Food For Thought
Tuesday 31	12:30 p.m.	Gentle Movement Yoga at Forestville Wellness Center (FWC)