



West County
Health Centers

Caring for our Communities

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
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Clinic Hours:
Mon—Thu
8:00 a.m. to 8:00 p.m.
Fri 8:00 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

Inside this issue:

Ask Your Doctor! 2

From Your SCHC CAB 2

Introducing Jazmine 2

Nutrition News 3

ADAP Update 3

Calendar 4

Living Positively

West County Health Centers HIV Services

Issue 12

Winter 2013

Integrative Medicine at Forestville Wellness Center An Interview with Gary Pace, MD

The Forestville Wellness Center (FWC) opened in January 2011 and has been steadily expanding since its inception. FWC offers alternative treatments like acupuncture and osteopathy and groups facilitated by health professionals on topics such as Smoking Cessation, Pain Management, Stress Reduction and Yoga Basics to name just a few. Dr. Gary Pace was instrumental in founding FWC, so we wanted to ask him a few questions about the services and philosophy behind the wellness center.

How did the FWC get started? Why was West County Health Centers interested in offering these services?

As primary care providers, we are very aware of the limitations of conventional medicine, and hence we are always looking for new ways to help our patients. Given that we live in West County, we have many talented alternative providers and patients have a strong interest in accessing those sorts of services, but often the cost is prohibitive. So, we have been interested in trying to provide some of the alternative modalities under the umbrella of the Health Center. In addition, there is a lot of momentum now towards providing preventive services or “wellness” programs.

What is “integrative medicine?”

This is a term that Andrew Weil has popularized that implies a combination of alternative and conventional medicine. Rather than a struggle over who is “right,” the integrative approach tries to bring together the best of both worlds. Usually, it implies an evidence-based approach, meaning that there needs to be some scientific studies that show efficacy of the technique. Thus, some of the more exotic treatments tend to not be included.

We are also incorporating healthy living and behavior change groups under the banner of Integrative Health, and I think that there will be more energy and resources going into this arena in

(Continued on page 3)



Learning skills to stay healthy: Self-management options at West County Health Centers

By Steve Bromer, MD

Living well with HIV and other chronic medical issues can be very challenging and takes a lot of skill. Having regular contact with your medical provider and Care Team at the health center is only one of many parts of managing your health. We know that most of the work of staying healthy doesn't happen in the 20 minute visit with your provider.

While we can work together to find a good

medication regimen during your medical visits, taking your medications everyday is mostly up to you and takes a lot of work and skill. Making good choices about what food to eat and what exercise to get can have a big impact on how you feel and your overall health. Our goal is to make every contact with the health center an opportunity to support your health and help you build skills to live well with HIV.

(Continued on page 4)

Ask Your Doctor! Answers provided by Michelle Davey, DO



Q: What vaccinations do I need to get each year? Is the flu vaccine safe for people who are HIV+?

A: Not only is the flu vaccine safe, but getting vaccinated against influenza is one of the easiest ways to protect yourself from what can be a devastating illness. In the U.S. between 5% and 20% of the general population gets sick with the flu yearly, and about 200,000 people are hospitalized due to complications from the flu!

To learn which vaccines are safe and generally recommended for HIV-infected patients, read below:

Pneumococcal vaccine - Vaccination to protect you against the common pneumonia-causing bacteria is **recommended**. Previously, it was suggested that HIV+ patients repeat this vaccine every 5 years, but this recommendation has recently changed. There are now two different pneumonia vaccines available, Pneumovax and Prevnar, and both are recommended on different types of schedules, depending whether you've ever had a pneumonia vaccine before, and when.

Many HIV+ patients received Pneumovax at the time they were diagnosed, or soon afterwards. If you were younger than age 65 years when you were last vaccinated with Pneumovax, and you are 65 years or older now, you should get another dose of Pneumovax now, provided at least 5 years have passed since your previous dose. If you haven't been vaccinated with either of these vaccines, you should talk with your healthcare provider about how to schedule them.

HIV Community Advisory Board

by client and CAB member Mark Short

In 2010 Sonoma County's HIV clinic was closed due to reduced federal, state and local funding. Its patients were directed to local community clinics, including West County Community Health Centers. The Sebastopol Community Health Center (SCHC) now has about 108 HIV+ clients, most of whom are over 50 years of age and male (~85%).

SCHC is well equipped to meet their needs with nine staff members providing medical, social services, nutritional and mental health care. The HIV Consumer Advisory Board (CAB) was formed to insure that its services are appropriately customized for this large patient subset.

SCHC's HIV CAB just completed its first year helping improve the quality of the SCHC's HIV program. Besides myself, it includes two other volunteer male clients and one female client along with SCHC's social worker Myra Mayesh and nurse Jennifer Hieb, RN. Our discussions in the first year included how to better coordinate patient lab testing and prescription refills, how to help patients discuss more of their medical concerns on clinic visits, risk reduction strategies, outreach to newly diagnosed individuals and how to increase awareness and use of dental services.

The board meets four times/year. If you are an HIV+ client and have a suggestion on how SCHC can improve its services to meet your needs, please contact me at mcs39@aol.com.

Hepatitis A vaccine – recommended. This is a two dose series, given six months apart.

Hepatitis B vaccine – recommended. This is a three-dose series, for those without indication of past or present infection.

HPV vaccine – recommended. This is a newer vaccine, and is recommended for those aged 26 and younger only. This is a vaccine active against the virus that is linked with cervical and anal cancers.

Tetanus – maybe. All adults need to get a 1-time dose of Tdap vaccine (adult whooping cough vaccine). After that, you need a Td booster dose every 10 years. Consult your healthcare provider if you haven't had at least 3 tetanus- and diphtheria-containing shots some time in your life or you have a deep or dirty wound.

MMR – maybe. Most adults have been vaccinated, or were previously infected with measles, mumps and rubella. If not previously vaccinated, born 1957 or later, and have only mild symptoms from HIV infection, or none, you should get at least one dose of vaccine. If you have moderate or severe symptoms from HIV, you should not receive the vaccine.

Varicella – maybe. Most adults are already protected because they had chickenpox as children. However, if you are an adult born in the U.S. in 1980 or later, have no HIV symptoms or only mild symptoms, and have never had chickenpox or the vaccine, you can be vaccinated with this 2-dose series. Talk to your healthcare provider.

Zoster – not currently recommended, although clinical trials are underway to evaluate safety and efficacy of the vaccine for people who are HIV+.

Introducing Jazmine Burden, Medical Assistant

Jazmine joined the Sebastopol HIV team in June 2012 and is our newest member. She is a local West County original who grew up Guerneville. Jazmine attended SRJC and Boston Reed College to study general education and then Medical Assisting.

She is a great addition to the Care Team and plays a lead role by managing our daily team meetings. She is dedicated to the medical profession and has a compassionate heart, warm smile, and easy way about her. And she bakes outrageously good cupcakes!

"This is by far the most interesting job I've ever had," says Jazmine. "I get to help on all kinds of medical procedures and I love it!" She particularly likes the family environment of West County Health Centers and appreciates her fellow employees.

Outside of the clinic, she has multiple interests. She loves to listen to music, to dance (and secretly aspires to perform in music videos) and to go to the beach.



Forestville Wellness Center

(Continued from page 1)
the future.

You are both medical doctor and a homeopath. Can you tell us a little about how you got interested in homeopathy?

Homeopathy is a form of healing that has been around for a few hundred years, started in Germany by a physician in the early 1800s. For quite some time, it was a preferred form of medicine, and stood side-by-side conventional medicine in this country until the early 1900s. It continues to be quite popular in many countries around the world.

I got interested in other forms of healing as I gained more experience in conventional medicine, saw the problems many people had taking the medicines, and also saw many realms where we simply had no effect. So, I started looking around for other ways to work with patients. Homeopathy has a completely different approach than conventional medicine, and I find that some patients can really benefit. Of course, others have no improvement with this form of healing—that is the benefit of integrating different modalities.

Are there particular patients that would most benefit from these services?

Generally, there are two types of patients we see for the alternative services: the ones who for whatever reason, just

don't want to do conventional meds—sensitivities to meds, strongly held political beliefs, etc; the other group are the folks who have tried everything conventional medicine has to offer, and have not been helped—like chronic fatigue syndrome, multiple chemical sensitivity, or chronic Lyme disease, etc. Now for the patients you represent, the main issue would likely be helping with medication side effects, or addressing some specific symptoms.

As for the wellness programs, we are mainly focusing on diet/food issues, exercise, stress reduction, and substance abuse treatment. So, if any of your patients needs some help with these things, then we would recommend coming and checking out the behavior change groups that are just now being developed.

Is there anything else that would be helpful for our patients to know?

This is a new program and we are developing it as we go. We encourage people to come and check things out and give us feedback. Currently, we are only open 20 hours a week, so space limits us somewhat. As the new healthcare plan goes into effect,

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DROP IN
RAPID HIV TESTING

MONDAYS AT THE
RUSSIAN RIVER HEALTH CENTER

YOU DON'T HAVE TO BE A
PATIENT FOR THIS SERVICE

Nutrition News: A Delicious, Simple Soup

by Nina Redman, RD

Carrots, ginger, and garlic are great sources of anti-oxidants and this soup is delicious to enjoy in cold weather. This recipe was a favorite at the free cooking classes at Food for Thought (Every first and third Wednesday at 12-1:30)

Simple Carrot Ginger Soup

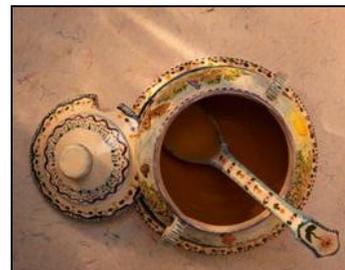
3 Tablespoons olive oil
1 yellow onion, chopped
1/3 cup peeled and finely chopped ginger root
3 cloves garlic, minced
6 cups vegetable or chicken stock
1 1/2 pounds carrots, peeled and cut into 1/2 inch chunks
12 oz can low-fat coconut milk, or regular milk, if desired
Pinch curry powder (optional)
Salt & ground pepper

Optional Garnishes: plain yogurt or sour cream, chives or parsley.

Heat olive oil in a large stock pot over medium heat. Add onion, ginger and garlic; saute for 5-10 minutes. Add the stock and carrots. Heat to boiling.

Reduce heat and simmer uncovered over medium heat until the carrots are very tender, about 30 minutes. Puree the soup with an immersion blender or in batches in a blender or food processor. Season with curry powder, salt and pepper to taste.

This soup may be served immediately, or will keep in the refrigerator for 3 days. It also freezes well.



DID YOU KNOW? ADAP Re-certification is now required every 6 months!

Effective February 1, 2013, new clients and clients who recertify on their birthday will be informed that they will be required to recertify ADAP eligibility in 6 months. A [self-recertification](#) form will be mailed to your address prior to this date. The form will provide instruction on how to complete and return the six-month self-recertification. You will still be required to return annually, in person, to an enrollment site to complete your "birthdate" eligibility determination.

Patient Self-Management

(Continued from page 1)

We sometimes call these “Self-Management Skills” and the following are several ways we can work together to increase your skill capacity:

Health Goals Action Plan -- When you come in for medical visits, we will be asking you about “health goals.” We would like to work with you on any goals you are interested in making to improve your health. You can set goals around remembering to take your medications, reducing stress in your life, having more social contact, safer sex, exercise, diet or other issues that are important to you. We can work together in the visit to set goals and then decide on the kind of follow-up that would be helpful. We can call to check-in on the goal, send you a reminder or you can work more intensively with a member of the Care Team.

Medication Action Plan -- Taking HIV medications regularly is one of the most important things to do to live well with HIV. We will be filling out a “Medication Action Plan” during your follow-up HIV visits. This is a simple form with some tools to help with medication adherence. If you already have excellent adherence to your HIV medications, we will ask you for tips to share that might help other patients take their medications regularly.

Self Management Group -- West County Health Centers is collaborating with Food For Thought on a Self-Management Group in Forestville. These groups will consist of 4 meetings per cycle and will focus on learning self-management skills in a group setting. We expect the first group to start in April. Watch for flyers at the health center and at Food For Thought.



Rachel Gardner, Psy.D & Steve Bromer, MD will co-lead a 4 week patient self-management group in Forestville beginning in April.

There are also many excellent resources in the community and we can refer you to these supports. The LIFE program is being offered this Spring, starting April 10, 2013 at the Center for Spiritual Living (call Robert Kavanagh at Face to Face 707-544-1581 ext 115 for more information or to register).

The Center for Well-Being also has many educational resources that you can use. Speak with your Care Team Nurse or Social Work Case Manager if you want more information about any of these resources. We look forward to partnering with you to help all of us learn how to live well.

Calendar

Day/Date	Time	Event & Location
MARCH		
Monday 4	11 a.m.	HIV + Gay Men’s Support Group, Russian River Health Center
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 18	11 a.m.	HIV + Gay Men’s Support Group, Russian River Health Center
Wednesday 20	12 p.m.	Cooking Class with Nina Redman, Food for Thought
Monday 25	11 a.m.	HIV + Gay Men’s Support Group, Russian River Health Center
Wednesday 27	5:30p.m.	Manage Your Health, Food for Thought
APRIL		
Monday 1	11 a.m.	HIV + Gay Men’s Support Group, Russian River Health Center
Wednesday 3	12 p.m.	Cooking Class with Nina Redman, Food for Thought
Wednesday 3	5:30 p.m.	Manage Your Health, Food for Thought
Wednesday 10	1:30 p.m.	L.I.F.E. Program, Center for Spiritual Living
Wednesday 10	5:30 p.m.	Manage Your Health, Food for Thought
Monday 8	11 a.m.	HIV + Gay Men’s Support Group, Russian River Health Center
Monday 15	11 a.m.	HIV + Gay Men’s Support Group, Russian River Health Center
Wednesday 17	5:30 p.m.	Manage Your Health, Food for Thought
Wednesday 17	12 p.m.	Cooking Class with Nina Redman, Food for Thought
Wednesday 17	1:30 p.m.	L.I.F.E. Program, Center for Spiritual Living
Saturday 20	10:00 a.m.	Sebastopol Apple Blossom Parade and Festival
Monday 22	11 a.m.	HIV + Gay Men’s Support Group, Russian River Health Center
Wednesday 24	1:30 p.m.	L.I.F.E. Program, Center for Spiritual Living
Wednesday 24	5:30 p.m.	Manage Your Health, Food for Thought
Monday 29	11 a.m.	HIV + Gay Men’s Support Group, Russian River Health Center