



# 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

### Health Center 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.

### Behavioral Health Appointments

RRHC: 707-869-2961  
GCHC: 707-823-3166

### Dental Services

6800 Palm Ave, Suite C  
Sebastopol, Ca 95472  
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

## Introducing Amy Puckett, MA, CMA and Rebekah McGuire, Care Team Nurse



**New Staff Interview:**  
Amy Puckett, MA, Care Management Assistant

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

My youngest brother had cancer when he was 4 and I was 8. He was hospitalized for extended periods of time. I spent much of my childhood visiting him in hospitals. I was in awe of the nurses, they were so sweet and accommodating, not only to him but to me and my family, they took care of all of us. He fully recovered and is about to turn 40.

### What brought you to work at WCHC?

I was raised in West County (Forestville) and have always wanted to help and work within the community where I grew up.

### What interests do you have outside of work?

I have two kids, my daughter Matilda is 18 and about to leave the nest for college in the fall and my son, Bodie, is 11, entering 6th grade (and puberty!) They, along with our two dogs, Maisy and Norman, keep me pretty busy.

My other passions are food, music, and nature. I love thrifting, I try not to purchase anything "new" if I can help it. ☞



**New Staff Interview:**  
Rebekah McGuire, Care Team Nurse

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

When I think back to my childhood and the life experiences that influenced who I am today, I'm reminded of my mother's generous and caring spirit. She was a single mother of four and she was always helping others. She was quick to offer a ride, a meal, or her time in any way it might be needed. We seldom had a holiday meal where she didn't invite a friend (or two or three) who didn't have families of their own. I remember when she moved her uncle into our home and cared for him through his final days. My mother is selfless and the most influential person in my early years. I believe it

was the combined experiences throughout those years that made me passionate about helping others.

### What brought you to work at WCHC?

I came to work for West County Health Centers in 2012 with a desire to have a greater impact on patients' lives than I felt I could accomplish in the fast-paced environment of the hospital setting. I left WCHC for the birth of my second child in 2015 and stayed home to be with my family during those very early years. I've returned, six years almost to the day, of my departure. Besides the nature of the work, it was the strong sense of community that I experienced while working at the Russian River Health Center, that brought me back to WCHC.

### What interests do you have outside of work?

Outside of work I enjoy gardening, creating with my hands and listening to live music. ☞

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



For more information, talk to your doctor today.



**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!



**Do you have a lot of out-of-pocket medical expenses?**

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Contact Chris Hightower to fill out an *Annual Cap on Charges* form!

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To Learn More: 707-823-3204

## Care Team Update: COVID-19 Booster Vaccination



As of late September, the Centers for Disease Control (CDC) issued new guidance regarding a booster vaccination for SARS-COV-2. This guidance is an update to the previous recommendation that only those who have “moderate to severe immune compromise” get a third shot. This update is, at this time, only for those who have received the Pfizer vaccine.

The CDC’s Advisory Committee on Immunization Practices’ (ACIP) recommended a booster shot of the Pfizer-BioNTech COVID-19 vaccine for certain populations and for those in high risk occupational and institutional settings. The CDC Director endorsed that recommendation, and the FDA has approved a third Pfizer-BioNTech COVID-19 booster shot for those who are at highest risk for COVID-19 infection and/or complication. The booster shot is recommended to help increase protection against the virus.

### CDC recommends the following:

- people 65 years and older and residents in long-term care settings should receive a booster shot of Pfizer-BioNTech’s COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series,
- people aged 50–64 years with [underlying medical conditions](#) should receive a booster shot of Pfizer-BioNTech’s COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series,
- people aged 18–49 years with [underlying medical conditions](#) may receive a booster shot of Pfizer-BioNTech’s COVID-19 vaccine at least 6 months after their Pfizer-BioNTech

primary series, based on their individual benefits and risks, and

- people aged 18-64 years who are at increased risk for COVID-19 exposure and transmission because of occupational or institutional setting may receive a booster shot of Pfizer-BioNTech’s COVID-19 vaccine at least 6 months after their Pfizer-BioNTech primary series, based on their individual benefits and risks.

The underlying medical conditions for which a third vaccine dose is recommended is long, and does include HIV infection. It also includes diabetes, COPD/emphysema, chronic kidney disease, and more. Please follow the link above to see the complete list, or go to <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>.

At this time, the recommendation for a booster vaccine does not apply to those who received either the Moderna or the Janssen (“J&J”) vaccine. However, the FDA just authorized a single booster shot for Moderna and the Johnson & Johnson/Janssen vaccine. The Advisory Committee on Immunization Practices is meeting on Thursday, October 21, to discuss its recommendations for COVID-19 booster shots, and it is almost certain that boosters will be recommended for those who received these vaccines as well.

Please reach out to your Care Team members for questions. You can reach Jona, RN at RRHC at 707-328-0572 or Amy, MA for both RRHC and GCHC at 707-328-7390.✉

## Everyday Medicine How to Make a Healing Salve

Last year, at the start of the pandemic, we created a new virtual medical group visit in order to offer support and share ideas for simple self-care practices. We focused on the use of medicinal foods and herbs that can be safely used to soothe the body and spirit. Through discussions, recipes, and potion making, the Everyday Medicine group deepened our appreciation for the plant allies around us, and for one another. Many thanks to all who participated!

**Be sure to ask for a sample of one of the salves we made together the next time you are at the Health Center!**

Salves are made from oil infused with herbs and mixed with beeswax. Many herbs are anti-microbial and anti-inflammatory and can help prevent infection while also calming irritations. Salves are excellent for use on minor cuts, scrapes, or bites, as well as to moisturize and protect the skin. There are many ways to make them, but here is a basic guide:

- **Items you will need:** A sterilized mason jar with a tight-fitting lid. Olive oil. Freshly dried herbs. Blender or grinder.

Gentle heat source. Mesh strainer. Bowl. Clean fabric. Beeswax. A kitchen scale. Small containers for finished salve.

- **Recommended herbs:** Yarrow, Thyme, Rosemary, Lavender, Chamomile, Calendula, Basil, Sage, Mugwort, Chickweed, Plantain, Bay, Peppermint, Rose
- **To begin:** Be sure all your surfaces are clean! Chose 1-5 herbs, making sure they are thoroughly dry, as water is the enemy in this process and can lead to spoilage. Fill your jar  $\frac{1}{2}$  -  $\frac{3}{4}$  full with your herb(s). (If you want to be technical, a good ratio is 1 part herbs by weight to 5 parts oil). Grinding them up is best, but whole will work too. Add oil to the jar and fill completely, making sure the herbs are thoroughly covered at the top. Good infusion of the oil requires that it be gently heated— this can happen by placing the jar outside in moderate sun for 15-30 days or placing the jar in a shallow bath in a crock pot on LOW for 2-5 days. Your oil should change color and smell strongly of the herbs



when it is complete. Pour your herbs and oil through a strainer lined with clean fabric over a sterile bowl. Squeeze the fabric to get out all the oil possible.

- **To finish:** Measure your oil and calculate a ratio of 1 part beeswax to 8 parts oil. You can chop up or grate a block of beeswax or use pellets. Gently heat them together in a double boiler or crockpot. You can test the consistency by removing a few drops and letting them cool, then adjust your ratios if desired. Pour into small jars, label with the date and ingredients and enjoy! 🌿

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

## Russian River Health and Wellness Center Update



West County Health Centers is building a new state of the art facility in Guerneville, the Russian River Health and Wellness Center (RRHWC), that will offer 21st century primary care, dental, obstetrical, behavioral health and wellness services. The services will also focus on whole-person care for our most vulnerable patients, including support and care management for individuals and families with addiction, early childhood trauma, and complex psychiatric needs; enabling services for patients with housing, trans-

portation, food and legal insecurity; and wellness and resilience services for patients and the community.

The RRHWC is 10,000 square feet of indoor space and

it also has about 3,000 square feet of decks, covered porches and entryways. In comparison, the modular building temporarily housing the Russian River Health Center is only about 3,900 square feet.

The new Health Center will have 8 medical exam rooms, 5 behavioral health rooms, a nurse triage station and five dental operatories. It also will have two large meeting rooms, two reception areas, a staff team room, two small meeting rooms, four office spaces, a large

staff break room, a dedicated lactation room, a computer server room, storage spaces, two-sided lab area, and eight restrooms.

We are also rebuilding the former Food for Humans grocery store building. That space is a little over 2000 square feet and will contain a large community meeting room, a large movement room and a teaching kitchen, a lab draw station, a reception area and a staff office. This building will be called the Resiliency Center.

There will be parking spaces in and around the two new buildings for 30 vehicles. There will also be garden areas, an outdoor classroom/kitchen and eventually there will be a walking path between the health center and the river.

We hope to open the new RRHWC in 2022! 🌿





## Dental Services

West County Health Centers is proud to be a provider of quality dental services for our patients. The West County Health Centers Dental Services offers a variety of important dental services for low income individuals. We take Medi-Cal, sliding scale and self-pay. Our dental clinic's new location is 6800 Palm Ave Suite C, Sebastopol. See our website for more information. <https://www.wchealth.org/service/dental-care/>

Each patient is properly screened for Covid-19 symptoms and given an antimicrobial preprocedural mouth rinse before treatment.

HIV+ patients are a priority patient population; if you need assistance contacting the dental clinic please reach out to your care team nurse or social worker.

### WCHC 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 DENTAL SERVICES FOR AN APPOINTMENT: 707-869-2933**



Sign up for our newsletter

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

## AIDS Drug Assistance Program: ADAP Update



1. During the open enrollment period, ADAP will pay for a Covered California health plan. They will pay up to \$1938.00 per month for the health plan and dental insurance. Usually people can get a Gold or Platinum plan and the PPO Dental plan for that monthly amount. People cannot be enrolled in Medicare and qualify for this program, this is only for those who have no medical insurance and do not qualify for Medi-Cal. If a health plan premium exceeds \$1938.00, the patient can agree to pay the difference and must sign a partial agreement form. If a patient's husband or wife and/or children are already on the plan, ADAP will pay the premium for the whole family. The family members must already be on the plan, they cannot be added later. All participants will receive a card to pay for all co-payments.
2. PrEP-AP is the California Office of AIDS PrEP Assistance Program. PrEP stands for "Pre-exposure prophylaxis" which means that it's an HIV prevention strategy. PrEP-AP is for both uninsured and insured individuals. For uninsured clients, PrEP-AP will pay for approved PrEP-related medical out-of-pocket costs and some medications. For insured individuals, PrEP-AP will contribute to the cost of medication deductibles, co-pays, and co-insurance for some medications and for PrEP-related medical services.
3. OA-HIPP is the Office of AIDS Health Insurance Premium Payment program. OA-HIPP pays for health insurance premiums and certain out-patient medical out-of-pocket costs for eligible California residents co-enrolled in the AIDS Drug Assistance Program (ADAP), including Medicare Part D premiums and Medicare Medi-Gap programs (Part C).
4. EB-HIPP is the Employer Based insurance program. EB-HIPP is a subsidy program that provides premium assistance for an ADAP client's portion of their employer-based insurance premiums. EB-HIPP pays the client's portion of their monthly medical and dental premiums, if eligible, even if the premium amount is deducted directly from the employee's paycheck. The employer must sign a participant agreement form in order for the client to participate in this program. ☞