



**Redwoods Rural HEALTH CENTER**

**SCHOOL BASED CLINICS**

**RRHC** provides a number of services at school sites throughout the Southern Humboldt Unified School District (SHUSD). This year, every student was sent home with a SHUSD student's back to school packet that included information letters and consent forms regarding all of the medical, dental and behavioral health services offered through our RRHC School-based Community Health Centers (at school sites).



We have received an amazing number of signed consent forms and are now working to coordinate the services requested. If you are interested in more information about our school based services or if you would like to inquire about the status of your child's signed consent form, please contact Michele at RRHC.

Thank you for allowing us to serve the children and families in our community!



101 West Coast Road  
Redway, CA 95560  
**MEDICAL**  
(707) 923-2783  
**DENTAL**  
(707) 923-4313  
www.rrhc.org

**CONTACT**



**Redwoods Rural HEALTH CENTER**

Family Health Care

**NEWSLETTER OF REDWOODS RURAL HEALTH CENTER**

FALL 2018

**MISSION & VISION & VALUES**

- ❖ *The purpose of Redwoods Rural Health Center is to provide responsive, preventive, high quality primary health care services, through a variety of healing disciplines, to all people without regard to social or economic status.*
- ❖ *We emphasize the client's right and responsibility to participate in his or her own health care decisions.*
- ❖ *It is our hope that the clinic be a place where the needs of the whole person are met—body, mind, and spirit.*

**METHODS OF PREVENTION & TREATMENT FOR STD'S, HIV & AIDS**

An estimated **1.1 million** people in the United States were living with HIV at the end of 2015. Of those people, about **1 in 7 did not know** they were infected. HIV is a chronic manageable illness. Successful treatment enables people with HIV to live long lives. Treatment also reduces an HIV positive person's chance of passing their virus to another person. In 2015, 6,465 people died from HIV disease in the United States.

**Prevention** from contracting the virus includes abstinence (not having sex), limiting number of sexual partners, never sharing needles, and using condoms the right way every time. There are also **newer prevention medications** that can be utilized for at risk individuals called pre-exposure prophylaxis and post-exposure prophylaxis. Getting tested for other sexually transmitted diseases (STDs) is another preventative step that can be taken.

There are many local resources available. There is a syringe exchange program here at RRHC. Individuals can bring in used syringes to be properly disposed of. Cleaning supplies, hygiene/wound kits, bleach kits, antibiotic cream, and Narcan or Nalaxone (an opiate reversal medication used to treat over-

doses) are provided free of charge. Information regarding Hepatitis C, HIV testing and the RRHC Suboxone program is also available.

*The Garberville Public Health Department offers **free, rapid HIV and Hepatitis C testing***

*They are located at  
**727 Cedar Street**  
Walk-ins are welcome on  
**Thursdays from 1:00pm - 4:00pm***

*To make an appointment or to get more information, call  
**(707)923-2779, ext. 303***



**CHECK YOUR LEMONS**

Women age 40 and older should get a mammogram every year. A mammogram is an X-ray of the breast. It is a safe way to detect cancerous tumors and other abnormal breast conditions, and women who have screening mammograms have a lower chance of dying from breast cancer than women who do not get one. Mammograms are considered safe, quick, and relatively painless.

**THIS NOVEMBER PERINATAL SERVICES START IN SOUTHERN HUMBOLDT!**



Redwoods Rural Health Center  
**Bloom & Blossom**  
Perinatal Program

**RRHC** is excited to be collaborating with **With Open Arms**, an established prenatal group located in Eureka, to provide a **Comprehensive Perinatal Services Program**. This program will provide obstetrical care as well as nutrition education, psychosocial support, and health and childbirth education. Perinatal visits will be held weekly (Thursday mornings) at RRHC with licensed Midwife, Carolyn Eldridge in addition to the providers at With Open Arms, Dr. Tim Nicely, Tessa Stone, CNM, and Carol Griffin, DO.

Services include birthing education, individualized care plans to support Nutrition and Emotional Wellbeing, coordination of ultrasounds and birthing at the location of the family choice.

*Call to get more information or to schedule a visit today!*  
**(707) 923-2783**



*Arts in Healthcare*

Studies have proven that integrating the arts into healthcare settings helps to cultivate a healing environment, and support the physical, mental, and emotional recovery of patients. Thank you to local artists Ann Constantino, James Adam Taylor, James Rose and Briar Parkinson for displaying their paintings at Redwoods Rural Health Center this fall. Art can ignite the mind and the healing process, we appreciate their work inspiring our community.

# OPEN ENROLLMENT for Covered California began on OCTOBER 15, 2018 and continues through JANUARY 15, 2019.

Anyone can apply for insurance during this time frame. Passed this date, enrollment will be possible only for the following qualifying life events: losing a job, moving to a new state, getting married or divorced, becoming a widow or widower, aging off the parent's plan or having a new baby.

Losing health insurance due to non-payment is not a qualifying life event. If patients can't afford their premium because their income has changed, contact Covered CA and get a new plan before it is cancelled.

To begin insurance coverage on January 1 2019, enrollment and payment of the first month's premium must be made by December 22. Policies finalize between December 22 and January 1 will be effective February 1.



Patients currently enrolled with Covered CA should be receiving information about re-enrolling for their current plan or change their plan. **Anyone can make an appointment with a Certified Enrollment Counselor at RRHC (707) 923-2783 or call Covered California at (800) 300-1507.**

## MEDICARE PRESCRIPTION PLAN ENROLLMENT

### Medicare AEP (Annual Enrollment Period) for Prescription Drug Plans (Part D) is October 15 to December 7, 2018.

This is the time when Medicare recipients can review their plans to see if the drugs they need are still covered by their current plan and if it is the least expensive option. HICAP (Health Information Counseling and Advocacy Program) will be assisting people with changes during Annual Enrollment. A volunteer counselor, **Marilyn Foote, will be at Redwoods Rural Health Center on Monday mornings during the AEP to assist people.** HICAP also has worksheets available that can be mailed and a letter will be returned with options for patients so if they need a change, they can call Medicare directly, make an appointment, or attend a drop-in day at the Eureka office.

Appointments and worksheets are available from HICAP at

**(707) 444-3000.**



The Redwoods Rural Health Center Board of Directors is guiding the organization through a period of growth. We are in the planning phase of a facilities expansion project to **double the Dental Services available**, while at the same time expanding our medical team to include **a new Perinatal/OBGYN program**. Leaders emerge during times of change, and our Board is seeking community involvement to make the projects successful.

## Become a Redwoods Rural Health Center Member

Membership is free! RRHC Members vote in the Board of Directors elections, receive the quarterly newsletter and participate in the annual Membership meeting. Become a member now by signing up on-line!

<https://www.surveymonkey.com/r/RRHCMembers18>

## Step up and participate as a Redwoods Rural Health Center Board member

Our team needs skilled individuals who can help guide the organization as we grow to meet the community's dental and medical needs. Board members can attend our monthly board meetings to experience the healthcare governance process and learn more.

**Are you ready for Flu Season?**  
*Make an appointment today!*



**FREE FLU SHOT**

Flu Vaccines are FREE to Medi-Cal, Private Insurance and Sliding Scale patients. Self pay patients can be vaccinated at a cost of \$40 (Due at Time of Service)

Adult Flu Immunizations will be available for all RRHC's patients and patients with high risk medical conditions, while supplies last. This includes patients with diabetes or with chronic respiratory conditions, patients over 55 years of age or with other chronic disease states or who are immune-compromised.

Schedule an appointment today. Walk-ins are welcome for patients who had a medical appointment at RRHC within the last year.

**923-2783**

## NATIONAL HEALTH SERVICE CORPS BRINGS HEALTH PROVIDERS TO OUR COMMUNITY

Redwoods Rural Health Center is an approved site for the National Health Service Corps (NHSC) due to the shortage of healthcare professionals in our community. **The NHSC offers tax-free loan repayment assistance** to support physicians, physician assistants, nurse practitioners, dentists, psychologists, social workers, marriage and family therapist and professional counselors who work at an NHSC-approved site. Becoming a member of the NHSC requires a commitment of at least two years at an NHSC-approved site. Participants can receive **\$50,000** for an initial two years of full-time clinical practice at RRHC and may be eligible for continuation of loan repayment to pay-off all educational loans. **To learn more, visit <https://nhsc.hrsa.gov/>**



## RRHC Trains the Next Generation of Healthcare Providers

During the last 5 years, RRHC has been one of the rural clinical training sites for the UC Davis Betty Irene Moore Physician Assistant and Nurse Practitioner program. Dr. Scheel, MD and Mandi Battles, PA, have volunteered their time to teach, evaluate, serve as role models and aid in developing competencies in students working to become future providers. Over the last year, RRHC hosted seven UC Davis students for 4-week rotations at the clinic.

**RRHC and the School of Nursing are committed to building a sustainable, long-term pipeline of future clinicians dedicated to rural health care in our community.**