



Redwoods Rural
HEALTH CENTER

CONTACT

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Diabetes is one of the leading causes of disability and death in the US. For the millions of us who are at risk, it's time to get educated, find resources and make sure all those around us are aware of their risk, too. **To check your risk, visit: www.diabetes.org/risk-test**

NOVEMBER IS AMERICAN DIABETES AWARENESS MONTH

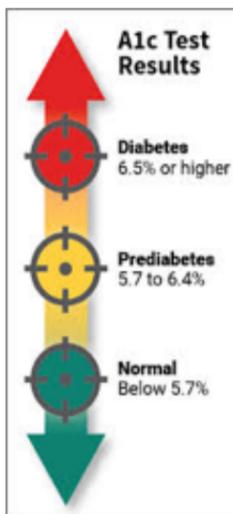
Learning about the latest medical therapies and approaches, as well as healthy lifestyle choices, can help you feel in control and better able to respond to your changing needs. We encourage patients to come in for **regular A1C tests** to monitor how well your diabetes treatment is working.

Gina Paine, Nutrition Educator, offers nutrition education services to help RRHC's clients prevent and tackle diabetes.

When you're managing diabetes and prediabetes, your eating plan is a powerful tool. Gina can help make an eating plan that works for you while **incorporating the foods you like**. She will show you how there are many easy things you can do to add flavor to your daily routine—including healthy twists on your favorite foods.

Most importantly, remember that eating well—and adding activity to your daily routine by moving more—are important ways you can manage diabetes.

RRHC is here to help you every step of the way.



RRHC Board of Directors



from our membership to obtain a quorum. Therefore, in August 2020, the new Board Members were appointed by RRHC's current Board Members. RRHC is pleased to welcome back Christina Huff, Ralph Emerson and Elise Sauer as Board Members. The health center prides itself on maintaining a Board that is representative of at least 50% patients RRHC.

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 Cheryl Humphrey and Megan Hall for displaying their farmhouse-style artwork at Redwoods Rural Health Center this fall. Art can ignite the mind and the healing process, we appreciate their work inspiring our community. 🎨



RRHC BOARD OF DIRECTORS ELECTION RESULTS 2020

Each summer, RRHC's members vote for the Board of Directors. Thank you to all of RRHC's members who participated in the voting process. This year, there was not a sufficient response



NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

FALL 2020

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.*



REMOTE VISITS FOR MEDICAL & BEHAVIORAL HEALTH

RRHC encourages new established patients to schedule telehealth visits with their provider. If you don't need to come into the office for a lab or immunizations, video visits can be an excellent way for you to access care from the comfort of your home. Video visits reduce the time and gas you would normally use to come into the office and reduce your chances of being exposed to COVID-19 while in a public setting. Next time you call to schedule an appointment, ask if your visit can be done via video.



VISITS FROM YOUR OWN HOME

Through video visits, you can visit your provider without ever leaving home. Better yet, you can meet with the same provider you would have seen in person.

STAY IN TOUCH WITH YOUR PROVIDER

Patients' health issues did not disappear when COVID-19 altered our medical landscape. Video Visits keep providers connected with patients and ensure they are not alone during this difficult time.

SAVE TIME & RESOURCES

RRHC understands the transportation challenges in the Southern Humboldt county area. Video visits save time, money, and the environment by eliminating long commutes.

PRACTICE SOCIAL DISTANCING

Staying home and limiting social interactions as much as possible are critical to controlling the spread of COVID-19 and restoring the health of our communities. Video Visits also help protect our most vulnerable patients.

DIAGNOSES & PRESCRIPTIONS

Based on a patient's medical history and physical exam conducted via Video Visits, providers can prescribe medications with a video visit. Your provider will ensure there are no changes to your medical history, allergies or medications you are taking. While not every problem can be firmly diagnosed during a video visit, there are many diagnoses your provider can make to determine the best next step.

RRHC #FIGHTFLU

PRIORITY:

- Patients with high risk medical conditions
- Patients with chronic Disease
- Patients who are 55+ over
- Patients who are immuno-compromised

COST:

FREE to Medi-Care, Medi-Cal, Private Insurance and Sliding Scale patients. Private insurance and self pay patients can be vaccinated at a cost of approximately \$55, due at Time of Service

Call **923-2783**

DRIVE THRU FLU SHOT CLINIC





Each year RRHC hosts several UC Davis Physician Assistant and Nurse Practitioner students to train at our facility. This training gives these students a glimpse into working at a rural health center that predominantly serves low-income and vulnerable populations. The goal of these clinical training experiences is to inspire UC Davis students to return to our community or a similar under-served community upon graduation.

This Semester

RRHC is hosting **Taylor Jabusch**, a Physician Assistant student. Taylor has a special interest in family medicine, women's health, pediatrics, and dermatology. Her previous health care experience includes being a Certified Nurse Assistant in an assisted living facility and a hospital, a Medication Technician, and a Health Aide at an elementary school managing and monitoring students with Type 1 Diabetes and other health conditions.

Taylor wanted to share that she has a personal family connection to Redway and Southern Humboldt County. She is grateful to work with the RRHC team and the patients it serves. This experience has been invaluable to her medical education.

Special thanks to RRHC's Team Members **Mandi Battles, Julie Moore, Morgan Hines, and Dr. Philip Scheel** who mentor these students and help them grow into exceptional health care providers.

RRHC RECEIVES CADRE GRANT FOR DISASTER PREPAREDNESS

Redwoods Rural is a grateful recipient of the **Health Resources and Services Administration - Capital Assistance for Disaster Response and Recovery Efforts (CADRE) grant**, which was awarded this summer. The grant funding will enable RRHC to replace the outdated HVAC system. This will allow health center staff and patients to breathe fresh, clean air, even amidst the dense smoke from the wildfires. With **better air quality**, the health center will be a place of respite for patients who have respiratory illnesses, such as asthma and COPD as well as community members who need a space to breathe clean air for their health and wellbeing.

Purchasing new servers and storage devices will enable the health center to rebound

quickly should there be an equipment failure during power outages and power surges. At our new dental satellite site, RRHC will be able to install a **back-up generator**, so we can maintain business operations during power outages. Furthermore, all RRHC sites will be able to provide a place where community members can **charge phones** during power-outages. RRHC's proposed project will benefit all of RRHC's **5,400 patients** and our nearly 60 employees. In the health center's new satellite dental clinic, around 2,000 patients will benefit from **uninterrupted dental care services** when there are power outages.



The Transport Van is Back!!

RRHC would like to welcome our new Transportation Van Driver, **Dion Santos!**

Transportation to healthcare appointments at Redwoods Rural is offered Tuesdays – Thursdays and rides are booked on a first come, first served basis.

Call the RRHC Transportation line for more information or to request a ride: **707-923-2784, x357**

Protocol for COVID-19 includes mandatory mask wearing, pre-boarding screening and sanitizing after every rider

RRHC's eligibility staff, **Aleesha and Andrea** (habla espanol), are here to help you. Don't go without Coverage!

There is no need to travel all the way to Eureka in order to go to the Social Service Office to enroll or renew many essential services. We can complete the entire eligibility application and renewal process right at RRHC or over the phone. Andrea and Aleesha can help you apply for insurance or the sliding scale program so you can access free and low cost services through RRHC.

Applications we can help you with:



- Medi-Cal
- Social Security
- Supplemental Social Security (SSI)
- CalFresh
- Food bags
- IDs



THINGS TO KNOW BREAST CANCER RISK & PREVENTION

Things **ALL WOMEN CAN** do to lower the risk of breast cancer:

- Staying at a healthy weight
- Staying physically active
- Limit or stop using alcohol
- Breastfeeding
- **Start Mammograms** according to the following guidelines:

- 40-49 years old: *Discuss screenings with your provider*
- 50-74 years old: *Every 2 years*

Many of us know someone whose life has been negatively affected by cancer. Cancer is a difficult and heartbreaking experience not only for the person with cancer, but also for their friends and loved ones. With October being Breast Cancer Awareness month, RRHC would like to remind everyone about the risk and prevention of breast cancer.

If you have any questions or concerns regarding breast cancer, or if you would like to talk about getting a mammogram, feel free to call us to schedule an appointment with your provider at:

(707) 923-2783