

CHECK[✓]UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE



Feature Story

BRINGING QUALITY CARE CLOSER TO HOME

A MESSAGE FROM OUR CHIEF EXECUTIVE OFFICER

At Golden Valley Health Centers, we provide access to high-quality health care for all, serving with dignity, respect and compassion. We care for anyone who walks through our doors and are proud to serve as a lifeline for low-income and undocumented individuals who face barriers to health care. At the heart of our mission is the call to not only provide clinical care, but also to empower, protect, and uplift the communities we serve. Championing health equity is a crucial piece of our work, ensuring everyone can access quality health care.

We believe that health care should meet people where they are, whether in a busy urban neighborhood, small rural town, or while caring for farmworkers in remote areas. That's why we are relaunching our mobile health services program, which we call GVHC Wellness on Wheels. We are hitting the road this fall with a new fully equipped mobile unit that you can read about in detail on page (4).

Our mobile unit is designed to bridge barriers faced by patients who may struggle with transportation, work schedules, or geographic isolation. Equipped with two private exam rooms and the same team-based care model offered at our health center locations, this new unit allows us to provide preventive checkups, chronic disease management, behavioral health services, vaccines, care gap screenings, and more.

We will collaborate with schools, housing sites, nonprofit partners and community centers to bring essential primary care to patients who face long wait times or difficulty navigating traditional health care settings. Our mobile units are more than clinics on wheels. Mobile medical care represents our promise to eliminate barriers and extend dignity, respect, and compassionate care to every person we serve.

We are expanding care to meet the growing needs of our communities in other ways as well. A new partnership with FOMAT clinical research will test new ways to prevent, detect, and treat disease, giving patients access to innovative care and contributing to groundbreaking medical progress. FOMAT is a clinical research organization with more than 15 years of experience. Its mission is to make clinical trials accessible to local communities, giving patients the opportunity to take part in research while receiving safe and trusted care.

We are thrilled to announce that we now offer 24 specialty services to provide 360-degree care to our patients. Having recently added Geriatric Cognitive Health and Rheumatology, patients with more complex needs can receive high-quality care right here in our community. We continue to build our specialty care program and will soon be adding Endocrinology and Neurology as well.

As the community grows, we will continue to grow and evolve to pace the needs of those we serve. We will improve health literacy through educational workshops and community outreach. We are also committed to listening to you through our Patient Advisory Committee and community forums. We will always prioritize people over programs and strive to enhance the overall well-being of those we serve.

Access to health care is a right, not a privilege. Every community deserves compassionate, high-quality quality health care, and we are proud to be your trusted partner in building a long, healthy life.



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Sponsorship Opportunities

Golden Valley Health Centers has 65 lobbies in more than 45 clinical sites, reaching nearly 200,000 patients every year. New magazines full of interesting and inspiring health-related information is distributed via Check Up magazine regularly throughout the Central Valley.

Check Up magazine is brought to you by GVHC Foundation, which exists to support the charitable activities of Golden Valley Health Centers and advance the health and wellness of our communities through awareness, support, and resources for GVHC clinics and patients.

Check Up Magazine is also available online at **GVHC.ORG**

For underwriting opportunities, please contact: **Foundation@gvhc.org**



GVHC MISSION

We provide access to high-quality health care for all, serving with dignity, respect and compassion.

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GVHC WELLNESS ON WHEELS: BRINGING QUALITY CARE CLOSER TO HOME

Golden Valley Health Centers (GVHC) is taking its mission on the road. As part of our ongoing commitment to make health care more accessible, equitable, and community-centered, GVHC is proud to introduce its newest innovation in patient care: the GVHC Wellness on Wheels mobile unit.

For more than fifty years, GVHC has been dedicated to bringing care to the people who need it most. What began as a small Migrant Health Services program serving farmworkers and their families has grown into a network of more than 45 health centers across the Central Valley. That same spirit of outreach continues today through programs like Wellness on Wheels, which takes care beyond the walls of our clinics and directly into the community.

This fully equipped medical unit allows GVHC to bring high-quality care into the heart of the communities we serve. Whether you live in a rural area, have limited transportation, or simply need convenient access to care, GVHC Wellness on Wheels meets you where you are.

Inside the mobile clinic, patients will find the same trusted GVHC providers and care teams they know from our health centers. The unit is designed with comfort and efficiency in mind, offering private exam rooms, essential medical equipment, and technology that connects seamlessly with GVHC's electronic health records system. From the moment you step inside, you will receive the same compassionate, professional care you expect from GVHC, just closer to home.

The mobile unit will rotate between designated sites throughout the year, offering walk-in and scheduled appointments for services such as chronic care management, well-child exams, immunizations, and minor acute visits.

For many families, transportation challenges, work schedules, or limited clinic availability can make it difficult to access care. Mobile health bridges that gap by bringing trusted providers directly to neighborhoods, schools, and workplaces. It ensures that children stay up to date on vaccinations, adults can manage ongoing conditions, and families can receive preventive care without having to travel long distances or miss time from work.

Mobile health has a lasting impact on community wellness. When care is available nearby, patients are more likely to stay consistent with checkups, manage chronic conditions, and seek help early, leading to better outcomes for individuals and families. The presence of a mobile clinic also builds trust, visibility, and engagement within communities that may have historically faced barriers to health care access.

Look for the GVHC Wellness on Wheels unit in your community soon!

MEET A PROVIDER - Jaideep Misra, MD

Hi, I am Doctor Jaideep Misra, an internal medicine physician working at Golden Valley Health Centers Northview clinic. I have been working with GVHC for the last 3 1/2 years. I went to medical school in Bangalore, India and I did my residency in internal medicine at the Brooklyn Hospital Center in New York.

I wanted to be an internal medicine doctor because I wanted to help people. As the great saying goes, "The hands that serve are more powerful than the lips that pray." I wanted to translate all my knowledge into service and help bring smiles around the world through the practice of art and the science of medicine.

In practicing internal medicine, I see people of all age groups above 18 years of age. I commonly see diabetes, hypertension, asthma, COPD, and also have a special interest in HIV and infectious disease. The best part of practicing internal medicine is that there is great diversity in the patient population, which means that I can help and serve a large cross-section of people.

Primary care is the first line of contact with the patient and allows one to establish continuity with their doctor. This means that I follow all of my patients on a regular basis and enable them to take great care of their health to prevent them from getting sick. The ancient Chinese principle of medicine says that a good doctor is a doctor who has no patients. An ideal situation where all patients who are being seen are in the best of health so they do not fall ill, is the epitome of practicing good medicine. It also enables one to practice medicine with considerable care and empathy to ensure the greater need of prevention. I believe that if the foundation of the building is good, the building stands stronger. Primary care is the foundation that ensures that the patient takes good care of their health. Internal medicine on the other hand, is the practice of medicine in the adult age group, which incorporates a broad range of categories of diseases- from infections to rheumatological, cardiac and gastrointestinal diseases. The practice of internal medicine as a primary care physician truly humbles and invigorates me every day, allowing me to provide care to my patients as an instrument of healing.

I also work with seniors, a special age group that requires more detailed care. One of the key factors in working with seniors is to take care of the multiple complex comorbidities that this group has. This can include managing multiple mental health conditions, while at the same time being careful about poly pharmacy - the use of multiple medications which can have adverse side effects on people of this age group. It also involves bringing different members of the family together to coordinate care of people in this vulnerable age group. I appreciate the cycle of change and time. Each one of us will become old and more fragile as we age.

A great, heart-touching story in my practice of medicine was when I treated my first HIV patient. I still remember that the patient was ostracized from his community for his habits and felt nervous about coming to the clinic. At his first visit with me, his viral load was very high and he was in tears. After starting treatment, the patient's health condition improved and he felt better by the next visit. He brought me a card and almonds from his farm. His gratitude made me realize that the practice of medicine is precious and such a great blessing. It also helped me realize how interconnected we are in our suffering, in our joys, and in the human experience. To this day, this patient is healthy, doing well, and always arrives with abundant gratitude towards life, and the help that he received for improvement in his healthcare.

Some fun facts about me are that not only am I deeply in love with the science of medicine, but also with nature and the art of healing. I love music, meditation, poetry, cooking and on a personal journey, I love connecting with members of the human family by seeing a shared web of interconnectedness of life. I am deeply inspired by a prayer by Saint Francis of Assisi: "Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy." My own paraphrase of this beautiful writing is- where there is ill health, complete health and where there is disease, complete ease.

I enjoy playing different instruments like the guitar, piano, harmonica and Dilruba- a North Indian bowed string instrument. Music allows me to sink into that space beyond the thinking mind, within myself for deep healing, unconditional love and where I can see all humanity. My love for nature helps me to see how interconnected we are and how we are a part of this grand creation called life. It is such a blessing to be in Merced and to be a part of the Golden Valley Health Centers family. I often travel to Yosemite National Park, whether it involves a quick night drive for stargazing or for a hike on the weekend. Nature helps me to rejuvenate myself to be able to give back caring energy to my patients and to see them as part of this grand cosmic nature.

I also love teaching and am very blessed to precept Nurse Practitioner and Physician Assistant residents. I see it as an opportunity to share my love for medicine and to help shape and inspire the future of healthcare.



CLINIC UPDATES

GVHC Showcases Future Stockton Community Health Complex

During National Health Centers Week, GVHC highlighted its upcoming Stockton Community Health Complex, set to open in 2026. The new facility will bring together a Central Valley PACE center, Urgent Care, Pharmacy, and Specialty Services—all in one convenient location.

GVHC extends its gratitude to the community leaders and partners who showed up to support our efforts to expand access to quality health care throughout San Joaquin County.

- US Congressman Josh Harder
- Representative for State Senator Jerry McNerney
- Representative for State Assemblymember Rhodesia Ransom
- Stockton City Councilmembers Mario Enriquez, Michael Blower and Jason Lee
- Greater Stockton Chamber of Commerce, Tim Quinn
- San Joaquin Board of Supervisors Paul Canepa, Steven Ding and Mario Gardea



EXCITING RENOVATIONS AHEAD AT LE GRAND AND MODESTO PARADISE

We're thrilled to announce upcoming renovations at our Le Grand Clinic and our Modesto Paradise Clinic. These projects are designed to create a more welcoming and efficient space for patients, visitors, and staff while modernizing our facilities and expanding the services we offer.

Le Grand Clinic Renovation:

Our Le Grand clinic, located at 13151 Jefferson Street, Le Grand, is preparing to undergo renovations that will brighten up the clinic, expand exam rooms and lab services. These renovations are scheduled to begin in December 2025, and be completed in a few months. To ensure patients receive uninterrupted care, services will move to our Planada and Merced locations while renovations are underway. GVHC staff will ensure all patients know where to go during this transition.



Modesto Paradise Renovation:

Our Modesto Paradise clinic, located at 401 Paradise Road, Modesto, is currently in the planning stages for a remodel in the near future. These renovations will focus on interior upgrades and a fresh, new look throughout the clinic, as well as the addition of on-site pharmacy services. This clinic transitioned to GVHC from Stanislaus County Health Services Agency in 2024 and offers Urgent Care, Primary Care and other critical services to West Modesto residents. Stay tuned for more information regarding Modesto Paradise!



FOOD PHARMACY COMING TO MERCED

Good nutrition is essential to good health—and GVHC is helping make healthy food more accessible for our patients.

The Foundation currently operates **Food Pharmacy pantries** at two Stanislaus County clinics: **Florida Suites** and **Paradise**. Patients who qualify through a short screening process receive a weekly bag of healthy food at one of these sites. The goal is simple: to make nutritious foods available to patients who may otherwise go without.

The Foundation is excited to bring this same service to **Merced County by the end of 2025**. A small pilot program is already running at the **PACE site in Merced**, and expansion plans are underway. Stay tuned for updates as we continue working to improve access to healthy foods across our communities.



GVHC WELLNESS ON WHEELS DELIVERS HEALTHY FOOD TO CERES

GVHC Wellness on Wheels mobile unit is bringing high-quality health care directly into the communities we serve throughout Stanislaus County.

Through a partnership with the Foundation, GVHC Wellness on Wheels is also helping families access nutritious food. On September 30, the Mobile Food Pharmacy distributed 100 food bags to patients at the Ceres Whitmore and Ceres East clinics. Each bag—filled with 15 to 20 pounds of healthy food—was given to patients after their provider visit, offering an easy and convenient way to support healthier eating.

The Foundation plans to announce monthly Mobile Food Pharmacy locations and dates soon. These events will continue to bring both health care and healthy food directly to the communities that need them most.





GOLDEN VALLEY
HEALTH CENTERS
— PHARMACY —

PHARMACY HOME DELIVERY

Sign up for **FREE** today!



- ✓ Open to the public
- ✓ Accept most insurance plans
- ✓ We work with your GVHC Provider
- ✓ We price match
- ✓ Request refills & chat through our app

Modesto
(209) 763-GVRX (4879)

Merced
(209) 722-GVRX (4879)



Fight the
FLU
Feel like
YOU

Stay healthy and keep your loved ones protected this flu season. Call or text us today to schedule your flu shot.

(209) 722-GVHC (4842)
gvhc.org

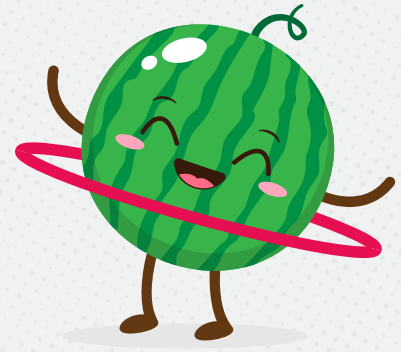
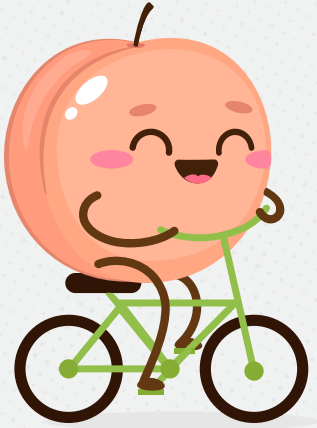


GOLDEN VALLEY
HEALTH CENTERS



HEALTHY HABITS COUNT

Building healthy routines early in life helps children grow strong, stay focused in school, and develop habits that last a lifetime. Small daily choices can make a big difference in your child's overall health and happiness. Try following the 5-2-1-0 rule as a simple guide for your family:



- 5** or more servings of fruits and veggies each day.
- 2** hours or less each day of recreational screen time.
- 1** hour or more each day of moderate physical activity.
- 0** sugary drinks! Restrict soda, sugary sports & fruit drinks.

ENHANCED CARE MANAGEMENT: MEETING PATIENTS WHERE THEY ARE

Golden Valley Health Centers proudly offers an Enhanced Care Management (ECM) program designed to serve select Medi-Cal patients with needs that extend outside our clinic walls. Enrolled patients receive comprehensive care management from one of the program's lead care managers, who coordinates all their health and health-related care, including physical, mental health, dental care, and even social services.

The ECM program is a free service that provides care beyond traditional medical services, addressing both clinical and non-clinical factors that impact health outcomes. The Care Coordination Team is agile and adapts to the needs of the patient, often meeting ECM members at their home, a public location of the patient's choosing, a medical clinic or even at a shelter. The goal of the program is to meet patients where they are and provide just what they need, when they need it.

Enhanced care is just that. Through this program, members are connected to community support services that provide healthy food, safe housing, public subsidies, and other critical services to complement the care they receive from Golden Valley Health Centers. This builds a healthier life through accessibility to vital resources, community support, and comprehensive care for patients.

If you think this program might help you or your family, call **(530) 205-3230**.



GOLDEN VALLEY HEALTH CENTERS LAUNCHES DIABETES PREVENTION PROGRAM (DPP)

Did you know that type 2 diabetes can often be prevented? Golden Valley Health Centers is taking steps to help our patients stay healthy with a National Diabetes Prevention Program (DPP), a year-long program created by the Centers for Disease Control and Prevention (CDC). We are excited to offer this program at our Paradise Clinic and Merced Campus, and hope to expand throughout the regions in 2026.

What Is the DPP?

The DPP is for adults who have prediabetes (higher than normal blood sugar) or are at risk for type 2 diabetes. Instead of waiting until diabetes develops, the program helps people make small, everyday changes to improve their health. With the support of a trained lifestyle coach and a small group of peers, participants learn how to eat healthier, move more, manage stress, and stay motivated. Studies show that joining the DPP can cut the risk of developing type 2 diabetes by more than half—and even more for older adults.

Key Eligibility Requirements:

- Age: At least 18 years old.
- BMI: 25 kg/m² or greater, or 23 kg/m² or greater if Asian American.
- Prediabetes Indicator: You must have one of the following:
- A blood test result showing prediabetes (e.g., Fasting glucose of 100-125 mg/dl, Plasma glucose of 140-199 mg/dl, or an A1c of 5.7-6.4).
- A positive result on a prediabetes risk test.
- A previous diagnosis of gestational diabetes.
- No Diabetes: You must not have been previously diagnosed with type 1 or type 2 diabetes.
- Not Pregnant: You are not currently pregnant.

Why is Golden Valley Health Center offering this program?

We care for patients who often face the highest risk of diabetes. By offering the DPP, we make it easier to:

- Get convenient support at our health centers.
- Work with staff who understand your culture and language.
- Prevent serious health problems before they start.

What the Program Looks Like

If you qualify, your doctor or nurse may refer you to the DPP program. Classes are held right at the health center clinic. The program is available in English and Spanish. Our Clinical Community Health Workers/Promotores (CHW/P) are your life coaches in this journey and part of your interdisciplinary care team, helping with education, reminders, encouragement, and connecting you to resources like food programs or transportation if needed.

The Benefits or You

People who join the DPP often lose weight, feel more energetic, and improve their blood pressure and cholesterol—all while lowering their chances of getting type 2 diabetes. Most importantly, you gain support from a group of people who are working toward the same goal: living a healthier life.

A Healthier Future Is Possible

The DPP isn't just a class—it's a chance to take control of your health. With guidance, support, and small changes, you can protect yourself from diabetes and feel better every day. Ask your provider to see if you qualify for the DPP program and where it is available. Together, we can take steps toward a healthier future. For more information, please contact **Jasmine Espinosa** at jamagana@gvhc.org or **(209) 617-8025** to see if we have a program near you.



HELP DURING THE HOLIDAYS



Community Resources

The holidays can be a difficult time for many people. For families in need of food, shelter, utility assistance and more, there are organizations in Merced, Stanislaus and San Joaquin Counties that can help.

GVHC Foundation would like to share a convenient way to find up-to-date community resources during the holidays and year round.

Holiday Resources for Food Only

Go to these websites to locate current Food Pantries in your area:

Merced County – Merced County Food Bank

<https://mmcfb.org>

Go to the “Get Food” tab.

Stanislaus & San Joaquin Counties

<https://localfoodbank.org>

Go to the “Get Food” tab.



Use 211

211 is a nationwide service connecting millions of people to help every year. 211 is a free and confidential service people can call. It provides resources and information 24 hours a day, 7 days a week, 365 days a year. Assistance is available in hundreds of languages and services are accessible to all residents in nearly every county in California. Call Specialists will provide callers with personalized information and referrals that best meets their requests. Thousands of resources are available including help for utility and rental assistance, housing, food, health, and legal needs. 211s are independently operated, county by county. Merced, Stanislaus and San Joaquin County residents have access to a 211 by calling from a phone in those counties.

Stanislaus County:

- Dial 2-1-1 or 1-877-211-7826
- 211 Stanislaus is also able to text resources to your cell phone. To receive resources through text (8:00 am to 5:00 pm), text your home zip code to 898211.
- Stanislaus County residents can also access these resources without calling. Go to the 211 Stanislaus searchable database at www.stancounty211.org. Here you will find the same resources that the Call Specialist can provide to you over the phone.

Merced County (211 Mountain Valley):

- Dial 2-1-1 or 1-844-287-7400.
- 211 Mountain Valley is also able to text resources to your cell phone. To receive resources through text 24 hours per day, text your home zip code to 898211.
- Merced County residents can also access these resources without calling. Go to the 211 Merced searchable database at www.211merced.org. Here you will find the same resources that the Call Specialist can provide to you over the phone.

San Joaquin County:

- Dial 2-1-1 or 1-800-436-9997
- 211 San Joaquin County is also able to text resources to your cell phone. To receive resources through text 24 hours per day, text your home zip code to 898211.
- San Joaquin County residents can also access these resources without calling. Go to the 211 San Joaquin County searchable database at www.211sj.org. Here you will find the same resources that the Call Specialist can provide to you over the phone.

THE ESSENTIAL ROLE OF TRANSPORTATION AT CENTRAL VALLEY PACE

Whether it's a routine visit to the doctor or a consultation with a specialist within the PACE partner network, participants can count on transportation being one less thing to worry about.

Transportation is one of the most important services offered at Central Valley PACE. It ensures participants receive the care they need, when and where they need it.

By coordinating rides for everything from daily care to specialized medical services, the department helps eliminate one of the biggest barriers to healthcare access, mobility. Participants are able to maintain their appointments, build trust with their care teams, and stay actively engaged in their personal health journeys.

This service doesn't just connect people with places, it connects them with peace of mind. It represents Central Valley PACE's unwavering commitment to comprehensive, participant-centered care that adapts to real-world needs.

As Central Valley PACE continues to grow and evolve, the transportation program remains a shining example of how thoughtful infrastructure can expand access, improve outcomes, and most importantly, put people first. From the heart of Modesto to the vibrant community of Merced, the Transportation Department ensures that participants have reliable, safe, and timely rides to and from the PACE day centers, on-site clinics, and off-site specialty appointments.



Empowering Seniors



Central Valley PACE is dedicated to empowering older adults. We work closely with eligible seniors, their families, and the community to enhance health, dignity, quality of life, and independence. Together, we strive to ensure our participants thrive within their communities.

DO YOU QUALIFY?

You qualify for PACE if you meet the following criteria:

- Are at least 55 years old
- Are qualified by the state as being eligible for nursing facility level of care
- Are able to live safely at home and in the community
- Are living in the Central Valley PACE service area (San Joaquin, Merced, and Stanislaus counties)



WE ARE NOW SERVING MORE THAN 600 PARTICIPANTS
ACROSS SAN JOAQUIN, STANISLAUS, AND MERCED COUNTIES

VISIT US TODAY FOR A FREE TOUR!

CONTACT US:

(209) 906-5181
cvpace.org

LOCATIONS:

2401 E. Orangeburg Ave., Ste 330 Modesto, CA 95355
727 W. Childs Ave, Merced, CA 95341

Toll free 855-461-7223; TTY 209-726-7380; Toll free TTY 844-461-7223



PACE participants must receive all needed health care services, including primary care and specialist physician services (other than emergency services), from Central Valley PACE or an entity authorized by Central Valley PACE. A PACE participant may be fully liable for the cost of medical services from an out-of-network provider or without previous authorization (except for emergency services).

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SHARE THE LOVE NOT THE FLU.

A Healthy Community Starts with a Flu Shot

The flu can make even healthy kids and adults very sick. A flu shot is the best way to protect yourself and those you care about.



The flu shot is safe for children 6 months and older, pregnant women, and adults with health conditions like asthma or diabetes.



The flu shot prevents serious flu complications such as pneumonia and hospital stays.



Don't wait until you're sick — talk to your doctor and get your flu shot today.



Visit www.hpsj-mvhp.org for resources on staying well this flu season.

Health Plan 
of San Joaquin

NO APPOINTMENT, NO PROBLEM

Golden Valley Health Centers Urgent Care is a convenient walk-in, immediate care facility. With no appointment necessary, you and your family can get in, receive treatment, and get out without the hassle of scheduling a doctor's appointment or visiting the emergency room. We are your destination for medical conditions that aren't considered to be an emergency but do require urgent attention.

Stanislaus County Locations:

Modesto - West

Location: 1114 6th St. Modesto, CA

Time: Monday – Friday: 8:00am – 5:00pm

Modesto - Paradise

Location: 401 Paradise Rd. Modesto CA 95351

Time: Monday – Friday: 8:00am – 9:00pm

Modesto - Florida Suites

Location: 1510 Florida Ave. Modesto, CA 95350

Time: Monday – Friday: 8:00am – 8:30pm
& Saturday: 8:00am – 6:00pm

Ceres - East

Location: 1920 Memorial Dr. Ceres, CA 95307

Time: Monday – Friday: 7:30am – 4:30pm

Turlock - Monte Vista

Location: 2240 W Monte Vista Ave. Turlock, CA 95382

Time: Monday – Friday: 8:00am – 8:30pm
& Saturday: 8:00am – 5:30pm

Patterson

Location: 200 C St. Patterson, CA 95363

Time: Monday – Friday: 8:00am – 8:30pm
& Saturday: 8:00am – 5:30pm

Merced County Locations:

Merced - West Childs

Location: 857 West Childs Ave. Merced, CA 95341

Time: Monday – Friday: 8:00am – 8:30pm
& Saturday: 8:00am – 5:30pm

Merced - Northview

Location: 3940 Sandpiper Ave. Merced, CA 95340

Time: Monday – Friday: 8:00am – 8:30pm
& Saturday: 8:00am – 5:30pm

San Joaquin County Location:

Manteca - Northgate

Location: 250 Northgate Dr. Suite 102 Manteca, CA

Time: Monday – Friday: 8:00am – 7:00pm
& Saturday: 8:00am – 5:30pm

Urgent Care Services:

- Animal bites that break the skin or show signs of infection (including bites from wild or stray animals)
- Accidents & falls
- Mild to moderate breathing issues
- Eye irritation or redness
- Persistent or high fever
- Severe cough or sore throat
- Skin rashes or infections
- Sprains & strains
- Urinary tract infections (UTI's)
- Vomiting or diarrhea



Skip the Clinic—See a GVHC Provider from Anywhere!

Need care but don't want to visit in person? Schedule a telehealth appointment and connect with your doctor over the phone or video—no waiting rooms, no hassle.

Schedule by calling or texting: **(209) 722-GVHC (4842)**



THE RECOVERY YOU DESERVE

Supporting Your Mental and Emotional Well-Being at GVHC

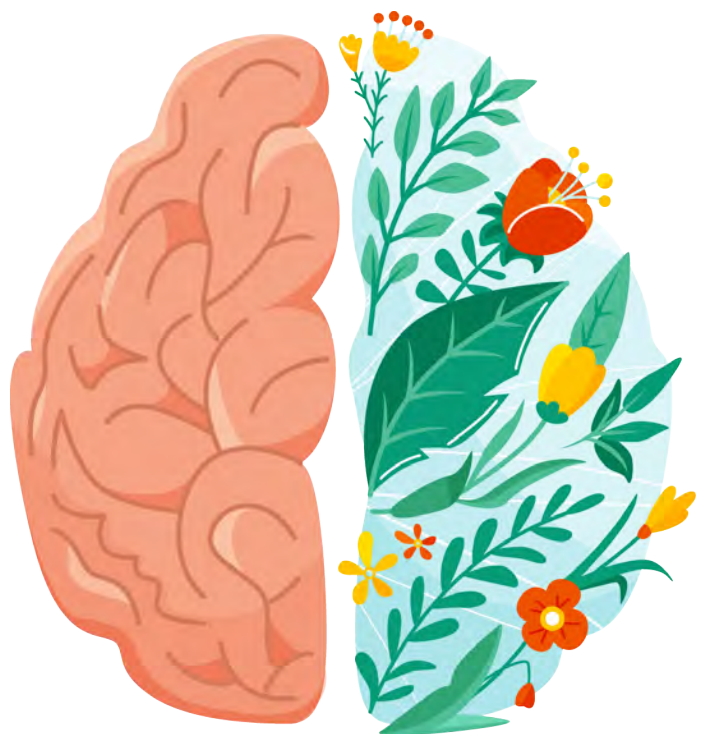
At Golden Valley Health Centers (GVHC), we know that good health means caring for both your body and your mind. Life can be stressful, and sometimes it helps to have someone to talk to. Our Behavioral Health team is here to support you on your path to a happier, healthier life.

Comprehensive Behavioral Health Care

GVHC offers integrated services that include:
Individual counseling and Telehealth visits
Family therapy to support a patient's behavioral health needs.

- Crisis intervention for GVHC patients – during business hours of 8:00AM - 5:00PM
- Case management and life-skills support
- Psychiatry and medication management
- Recovery services for substance use

Our team includes licensed clinicians, recovery specialists, case managers, and psychiatrists who work together to provide compassionate care for all patients.



Medication Assisted Treatment (MAT)

For individuals recovering from opioid addiction, our **MAT Program** combines counseling with medication to reduce withdrawal, prevent relapse, and support long-term recovery. MAT is safe, effective, and tailored to your unique needs.



Here for You

GVHC provides Behavioral Health services for patients with mild to moderate needs and connects those with higher needs to county or community partners. Whether you're managing stress, struggling with addiction, or just need extra support, we're here to help.

To schedule an appointment, call or text (209) 722-GVHC (4842) or visit gvhc.org.

If you or someone you know is in crisis, please **call or text 988 for immediate support.**

Support Numbers for all Counties

National Suicide Prevention Lifeline:

Dial or text 988

Dial or text 211 to be connected to local social services and health resources.

National Domestic Violence Hotline:

Call 1-800-799-7233 or text "BEGIN" to 88788

Youth Crisis Hotline:

1-800-843-5200

Merced County BHRS and Mobile Crisis Response Team (MCRT):

(209) 381-6819

Stanislaus County BHRS:

(209) 558-4600

Stanislaus County Mobile Crisis Response Team:

(888) 376-6246, Option 4

San Joaquin County Crisis Clinic:

(209) 468-8686

San Joaquin County Mobile Crisis Response Team (MCRT):

(209) 468-2222

HEALTHY STUDENTS, STRONGER SCHOOLS: GVHC'S COMMITMENT TO SCHOOL-BASED CARE

Golden Valley Health Centers (GVHC) has a long history of providing care through school-based health centers, and today we are proud to have six of them nestled in communities across the Central Valley.

A school-based health center is a small clinic located on or near a school campus. It gives students easy access to medical, dental, and mental health care. Students can see a nurse, doctor, dentist, or counselor during the school day without needing to leave campus. This helps families save time and allows students to stay in class and keep learning.

GVHC opened its first school-based health centers in Modesto at Hanshaw Middle School and Robertson Road Elementary School in 1993. This was an exciting time for our communities. In November 1993, California Governor Pete Wilson visited our Robertson Road School-Based Health Center in Modesto to celebrate this new approach to student health. The next school-based health center at Grayson Elementary School opened in 1997. These clinics made it much easier for families to get care close to home.

Since then, GVHC has partnered with many school districts to open more school-based health centers. Today, our school-based sites include:

Modesto:

- Hanshaw Middle School - 1993
- Robertson Road Elementary School - 1993

Westley:

- Grayson Elementary School - 1997

Riverbank:

- Riverbank High School - 2011

Empire:

- Empire Elementary School - 2017

Merced:

- Joe Stefani Elementary - 2024

These clinics were made possible by federal HRSA grants and critical local partnerships. GVHC collaborates with several local schools and districts, including Modesto City Schools, Patterson Unified, Riverbank Unified, Empire Unified, and Merced Unified.



Continued Focus on Improving Health Care in Schools

During the summer, GVHC hosted a regional meeting with the California School-Based Health Alliance. Leaders from schools, health centers, and community groups across the Central Valley met at our Atwater Auditorium to discuss how we can continue improving health care in schools.

Guests also toured GVHC's newest school-based clinic in Merced, where they saw how students can receive medical, dental, and mental health care all in one place—an example of how working together helps keep students healthy, present, and ready to learn.

We remain committed to student wellness and partnerships that improve the health of our communities.



California Governor, Pete Wilson visits Robertson Road Clinic in 1993

Important Information About Your Medi-Cal Coverage



Changes are happening, GVHC is here to help.



Here's what you need to know:

- Medi-Cal is still open for everyone who is eligible.
- Renew your coverage immediately if you receive a notification from the County or your health plan.
- Enrollment assistance available Mon–Fri, 8 AM–6 PM by calling (209) 237-1610.
- Starting January 2026, some members will see changes to their benefits.
- You should keep seeing your provider to get the care you need.
- GVHC will continue to provide care, even if you don't have insurance.



Need care from home?

You don't always need to visit a clinic to get the care you need. With GVHC's **Telehealth** services, patients can conveniently receive care from home. Call or text (209) 722-GVHC to schedule an appointment today.



No appointment, No problem!

Find convenient Urgent Care and Walk-In Clinics near you at gvhc.org. Most locations are open Mon–Fri, 8 AM–8:30 PM, and Sat, 8 AM–5:30 PM.

Want more information or assistance with eligibility, enrollment, and resources?

Visit
gvhc.org



HIGH-QUALITY HEALTH CARE FOR ALL

PATIENT SERVICES



Medical:

- Adult Medicine
- Family Medicine
- Internal Medicine
- Mobile Medical Service
- Pediatrics
- Urgent Care
- Virtual Urgent Care
- Women's Health



Dental:

- Cleanings & Oral Hygiene Education
- Exams & X-rays
- Extractions
- Fillings & Sealants



Health Education:

- Chronic Illness
- Community Health Outreach & Presentations
- Comprehensive Perinatal Services Program (CPSP)
- Dietitian
- Family Planning: Access, Care, & Treatment
- Nutrition
- Diabetes Prevention Program



Behavioral Health:

- Case Management
- Drug & Alcohol Counseling
- Individual Therapy
- Patient-Directed Treatment Plans
- Psychiatric Care



Specialty Services:

- Allergy Care
- Cardiology
- Chiropractic Care
- Diagnostics Lab
- General Surgery
- HIV Health & Wellness Program
- Medication Assisted Treatment Program (MAT)
- Nephrology
- Obstetrics & Gynecology (OB/GYN)
- Occupational Therapy
- Optometry
- Orthopedics
- Physical Therapy
- Podiatry
- Rheumatology
- Sports Medicine
- Wound Care



Central Valley PACE:

- Adult Day Program
- Home Care Assistance & Treatment
- Meals & Nutritional Counseling
- Occupational Therapy
- Physical Therapy
- Prescription Medications
- Recreational Therapy
- Speech Therapy
- Transportation Services



Pharmacy:

- Full-Service Pharmacy
- Home Delivery Service
- Open to GVHC & Non-GVHC Patients

CLINIC LOCATIONS

MEDICAL:

MERCED COUNTY

Merced:

- 847 West Childs Ave.
- 857 West Childs Ave. +
- 3940 Sandpiper Ave. +
- 797 West Childs Ave.
- 2752 Ranchero Ln.

Dos Palos:

- 1405 California Ave.

Le Grand:

- 13151 Jeerson St.

Los Banos:

- 821 Texas Ave.

Planada:

- 9235 East Broadway St.

STANISLAUS COUNTY

Modesto:

- 1524 McHenry Ave.
- 208 W. Coolidge Ave
- 2101 Tenaya Dr.
- 1510 Florida Ave. +
- 1121 Hammond St.
- 209 Kerr Ave.
- 1717 Las Vegas St.
- 1500 Florida Ave.
- 1114 6th St. +
- 401 Paradise Rd, Ste E. +

Empire:

- 198 G. St North.

Riverbank:

- 4150 Patterson Rd.

Turlock:

- 1200 West Main St.
- 1100 Delbon Ave.
- 1199 Delbon Ave.
- 2240 West Monte Vista Ave. +

Ceres:

- 1920 Memorial Dr. +
- 3109 Whitmore Ave.

Newman:

- 637 Merced St.

Patterson:

- 200 C St. +

Westley:

- 301 Howard Rd.

SAN JOAQUIN COUNTY

Manteca:

- 250 Northgate Dr. +
- 302 Northgate Dr.

DENTAL:

MERCED COUNTY

Merced:

- 747 West Childs Ave.
- 2752 Ranchero Ln.

Los Banos:

- 725 West I St.

Planada:

- 9235 East Broadway St.

STANISLAUS COUNTY

Modesto:

- 1717 Las Vegas St.
- 1121 Hammond St.
- 1008 6th St.

Ceres:

- 1920 Memorial Dr.

Turlock:

- 1200 West Main St.

Newman:

- 637 Merced St.

Patterson:

- 200 C St.

SAN JOAQUIN COUNTY

Manteca:

- 302 Northgate Dr.

URGENT CARE: +

MERCED COUNTY

Merced:

- 857 West Childs Ave.
- 3940 Sandpiper Ave.

STANISLAUS COUNTY

Modesto:

- 1510 Florida Ave.
- 401 Paradise Rd, Ste E.
- 1114 6th St.

Turlock:

- 2240 West Monte Vista Ave.

Ceres:

- 1920 Memorial Dr.

Patterson:

- 200 C St.

SAN JOAQUIN COUNTY

Manteca:

- 250 Northgate Dr.

PHARMACY:

MERCED COUNTY

Merced:

- 857 West Childs Ave.

STANISLAUS COUNTY

Modesto:

- 1114 6th St.

CENTRAL VALLEY PACE:

MERCED COUNTY

Merced:

- 727 West Childs Ave.

STANISLAUS COUNTY

Modesto:

- 2401 E Orangeburg Ave. Ste 330



45+

CLINICS ACROSS
THE CENTRAL VALLEY



Winter

Word Search

V	S	N	O	W	F	L	A	K	E	X	O	A	W
D	N	S	O	C	K	S	X	S	I	P	M	E	T
E	O	G	H	Z	O	E	A	L	Q	R	M	S	W
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WINTERTIME
COLD
SNOW
FIREPLACE

HOODIE
BLANKET
CHRISTMAS
ICE SKATES

ICICLE
SNOWMAN
ICE
HOT COCOA

SOCKS
MITTENS
DECEMBER
SNOWFLAKE