CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

FREE, TAKE ONE!



GOLDEN VALLEY
HEALTH CENTERS

YOUR HEALTHIEST YEAR!

2024

A MESSAGE FROM
OUR CEO & CMO



Left: Tony Weber, MBA, President & CEO
Right: Eduardo Villarama, MD, Vice President & CMO

Happy New Year!

What are your goals for 2024? If you are like most people, you start the year with a list of resolutions only to abandon them by the end of January!

At Golden Valley Health Centers, we don't set resolutions, we set intentions that are meant to last and improve the lives of our patients. For 2024, our intentions center on greater access to care for our patients, top quality services, and an organizational culture that is unmatched.

We hope this is your healthiest year and we want to help make sure it is. Making good health your priority this year isn't as hard as you might think. It's all about preventative care.

For parents, ensuring a healthy start for your children is as easy as checking in with your pediatrician about childhood preventative care. Well child visits for patients 0-17 years old are important to monitor a child's health, growth, and normal development. Keeping up on physicals and immunizations, and making sure toddlers get lead screenings are things caregivers need to keep top of mind.

For expectant parents, prenatal and postpartum exams are critical. Prenatal exam visits take place during the first trimester of pregnancy and help maintain the health of the mother and baby. Postpartum exams should be scheduled within the first few months after baby is born to check up on the health and recovery of the new mother.

Women should get annual mammograms, as well as regular cervical cancer screenings. All adult patients 18 and older need to make sure they schedule annual physical exams which check on the patient's overall health and offer providers the chance to schedule screenings, tests, and other needed care.

In addition, a dental checkup should be scheduled every six to twelve months. Studies have shown that oral health is closely linked to your overall health. For example, gum disease has connections to diabetes, heart disease, high blood pressure and stroke. That's why your dentist checks for signs of gum disease and oral cancer at every checkup. Regular preventive dental checkups help ensure issues are caught and treated as early as possible. They also prevent more expensive treatments later on.

Give us a call or visit us online for more information on services and clinic locations to help you get started on your healthiest year yet.

Everyone at Golden Valley Health Centers wishes you a happy, healthy new year!



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SPONSORSHIP OPPORTUNITIES

Golden Valley Health Centers has 65 lobbies in our 45 clinical sites, reaching more than 1,100 employees and 145,000 patients per year. Each quarter (Spring, Summer, Winter, and Fall) new magazines full of interesting and inspiring health-related information will be distributed to lobbies throughout the Central Valley. Patients are encouraged to take a free magazine home to reference later.

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**

CHECK UP
GOLDEN VALLEY HEALTH CENTERS MAGAZINE

GVHC MISSION

Our mission is to improve the health of our patients by providing quality, primary healthcare services to people in the communities we serve regardless of language, financial or cultural barriers.

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CHECK-UP Magazine is published by the Communications Department of Golden Valley Health Centers.

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GOLDEN VALLEY HEALTH CENTERS

100 YEARS YOUNG

Recently, GVHC staff had the opportunity to sit down with one of our most senior patients, Orlando Mongalo. Orlando will be 103 years old in a few months. He is an inspiration, a marvel of good health, and is living an extraordinary life surrounded by the people he loves. Orlando was born in Nicaragua and grew up in a small town called Acoyapa Chontales. He entered the world as the fourth child (and firstborn son) of what would be a very large family which included seventeen children. Orlando was born on May 10, 1921. His long and beautiful life is proof that taking care of yourself and looking for the good in the world is the recipe for living to see one hundred years.

Throughout his childhood there were many opportunities for adventure and the children of the family were encouraged to explore. One of Orlando's older sisters married an American man and moved to New Orleans, Louisiana. As a young man, Orlando took a trip to visit her and decided the military might be for him so he tried enlisting in the U.S. Navy. He was not accepted into the service because he had flat feet, but he did not let that discourage him.

As the son of a general doctor, Orlando thought a lot about medicine as a career. Many of the children from the family followed the path to medicine, inspired by their father who was one of few practicing physicians in town. Five of Orlando's siblings became doctors or dentists. For Orlando, it took some time to make that decision but he never looked back.

He attended medical school in his home state and later spent time in Wisconsin where he attended radiology specialist school. After school, he served the medical needs of his community for several years, working as a surgeon and a radiologist. He practiced in a small hospital in Puerto Cabezas on the North Caribbean Coast. His was the only hospital in the city.

Orlando got married and started a family of his own. He always had a hunger to learn and spent his free time reading medical journals and books. A native Spanish speaker, Dr. Mongalo taught himself to read and speak English, Italian & French. Apart from reading and daily exercise, he enjoyed gardening and he raised a bustling family, including nine children.

Life was good in Puerto Cabezas until war erupted. In the early 1980's, Orlando was arrested for treating wounded soldiers who made it to his hospital in need of emergency care during the Nicaraguan Revolution. Some of these soldiers included the opposition, which was not acceptable to the authorities, and led to his arrest. Orlando spent weeks in prison but the community protested on his behalf and he was released. This was no longer a safe place to live, so Orlando and his family fled to Mexico in 1985 where he stayed and continued to work as a doctor for several years until he moved to Modesto in 2006, following the death of his wife.

For Orlando, it was good to be with family in a new place but he needed to find quality primary care and fortunately found Golden Valley Health Centers. He has been a patient for almost twenty years. His first primary care provider was Dr. Champagne. At the time of Orlando's first exam, Dr. Champagne commented on his excellent health, saying, "This man has had a good life!" To this day, he remains in great health, only taking three medications and getting around on his own.

As the years passed Orlando didn't give aging much thought. He has been a happy, healthy patient and attests to having good preventative care at Golden Valley Health Centers. He likes that his doctors are so attentive.

He has managed his health well across his 102 years, always being disciplined about a healthy diet and regular exercise. He drinks orange juice or lemon juice every day and exercised daily when he was still able to throughout his life. He made it a habit during his working years to walk from patient to patient for in-home medical visits. Orlando also never drank alcohol or smoked.

He has outlived most of his siblings, having only two brothers left. When asked what advice he would give to a young person who hopes to live a long, healthy life, he said, "Accept life and accept people the way they are. Don't worry or stress. Hold onto your love for life and your desires. Eat healthy and take care of yourself."

When asked if he had any big plans for his 103rd birthday, he said he will be partying with his family and 27 grandchildren. We hope to be on the guest list!





Pictured: Son in Law, Angel on left, Daughter, Mercy, Dr. Orlando Mongalo & Daughter Adela in December, 2023



Health Net is proud to support Golden Valley Health Centers.

Providing communities with affordable health coverage for more than 40 years.

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CLINIC UPDATES



POPULATION HEALTH MANAGEMENT INITIATIVE

Golden Valley Health Centers is taking part in the Population Health Management Initiative to improve children's access to immunizations. The clinical and operations teams created a special immunization room right next to their clinic, where trained staff will give vaccines immediately after a child's regular clinic visit. This change makes it easier for families because they don't have to come back for separate appointments. This process adds convenience for families, reduces the time spent at the clinic, and makes sure kids get all the vaccines they need. The Population Health Management Initiative is a collaborative effort that includes several community health centers, Regional Associations of California, California Primary Care Association, Department of Health Care Services, and Kaiser Permanente which are partnering to transform care for Medi-Cal beneficiaries and improve the health of people and communities.



MANTECA HEALTH CENTER EXPANDS SERVICES

Our Manteca clinic at 250 Northgate is now an urgent care clinic, starting in February. Patients are encouraged to walk right in, Monday through Friday anytime between 8:00am - 5:00pm, for urgent care services like minor cuts and burns, cold/flu symptoms, sinus or ear infections, animal bites or work-related injuries. We are also excited to announce a health product vending machine at our nearby 302 Northgate clinic, which offers patients an array of free medical supplies conveniently located in the clinic lobby! Thanks to a partnership with San Joaquin County Public Health Services, we are proud to ensure our patients have access to a selection of products they might need to stay healthy.



MISSION HEALTH CENTER NOW OPEN

GVHC Mission clinic has been reopened and our providers look forward to serving patients in this neighborhood adjacent to downtown Modesto. The Mission clinic is located at 209 Kerr Avenue (near the Modesto Gospel Mission on Yosemite Avenue). GVHC is pleased to once again offer patient care here after a temporary closure between January 2021 through May of 2023. The Mission clinic is open Monday, Tuesday, Thursday, and Friday from 8:00am - 5:30pm and is closed for lunch from 12:30pm – 1:00pm. Currently family medicine is the primary service offered at this location.



MOBILE MEDICAL VAN MAKEOVER

Thanks to a grant from Kaiser Permanente, our mobile medical van was recently rewrapped and is ready to serve our community with a fresh new look! GVHC uses our mobile outreach van for purposes like pop-up medical clinics, temporary medical services and clinic access in more rural communities. GVHC has also put the mobile van to work helping staff continue providing access to care during a clinic closure. Scheduling for the year is underway. Watch for our mobile medical van as it rolls through your area!

MERCED FOOD PHARMACY OPENS AT NORTHVIEW

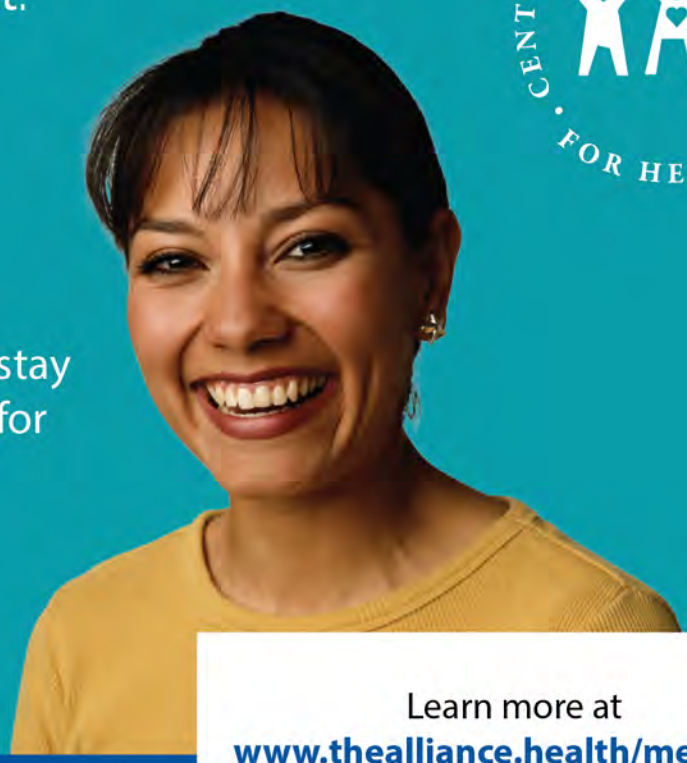
On December 14, 2023, the GVHC Foundation opened a third Food Pharmacy located at the Merced Northview clinic. This Food Pharmacy is a partnership between the Foundation and a local nonprofit, Community Initiatives for Collective Impact.
The Merced Northview Food Pharmacy is different from the other Food Pharmacies in that it does not distribute actual food boxes. During medical visits, patients are screened by their providers for food insecurity. If there is a need for food, the patient is given a Food Pharmacy Prescription to be redeemed for food coupons. The hope of the Foundation is to ensure our patients at Merced Northview have access to healthy food year round! Funding for this project was provided by the Central California Alliance for Health. For questions about the Food Pharmacy, call the Foundation at 209-359-5933.

Pictured: Eric and Alejandra, Community Health Workers, helping at the Merced Northview Food Pharmacy



New rules mean you may now qualify for Medi-Cal. **Immigration status doesn't matter.**

CENTRAL CALIFORNIA ALLIANCE FOR HEALTH®



Medi-Cal helps you and your family stay healthy. Even if you've been denied for full Medi-Cal recently, see if you're eligible now.

Applying will not affect your immigration status.

Learn more at **www.thealliance.health/medi-cal.**

HEALTHY PEOPLE. **HEALTHY** COMMUNITIES.

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MY EXPERIENCE AT GOLDEN VALLEY HEALTH CENTERS

BY MARIE CLAIRE TARDIF, GVHC INTERN

My name is Marie Claire Tardif and I have been interning with Golden Valley Health Centers (GVHC) Communications Department for just about two months now. I have been able to participate in all sorts of events including the Food Pharmacy, Patterson GVHC Open House, Patterson High School Presentations, and much more. It has been an enjoyable experience. Over this time, I have learned what GVHC stands for and what they offer to the Central Valley. Advocating for those of an underserved population is one of the most highlighted points that GVHC makes and it is an important one.

Helping with the Food Pharmacy has been such a great experience. I love interacting with the patients of GVHC, while we provide them with boxes of food. The patients are very gracious and thankful which makes it even more rewarding. Overall, the Food Pharmacy is a clever program and I hope that it only continues to grow.

Furthermore, I have been excited to participate in events in my hometown of Patterson. The Patterson GVHC Open House event was such a success. Over 200 people showed up and they were offered services like free flu shots, blood pressure checks, glucose checks, free food bags, etc. This was an amazing opportunity! In addition, I even got to go back to my old high school and give a presentation to the students. At Patterson High School, I was able to share with students a bit more about my educational and healthcare journey, since I was in their shoes just a few years back.

My educational journey is actually what has led me to complete an internship at GVHC. I am a student at Stanislaus State finishing up my Bachelor of Science in Health Science, with a concentration in Health Leadership and Administration. This internship has taught me what it takes to be a health administrator and what goes on behind the scenes. I never realized that there were so many decisions and processes that take place before something could be finalized. I have learned a lot from my preceptor, Yamilet Valladolid, Director of Government and Community Affairs. She has been an outstanding role model.

With my Health Science Degree, I will be attending an Accelerated Bachelor of Science in Nursing program in 2024. After being a Certified Nursing Assistant for 4.5 years, I am finally ready to become a registered nurse. In the future, I hope to use both of these degrees to potentially become a nurse manager at a hospital or even become a nurse practitioner.

Unfortunately, my time at GVHC will be coming to an end soon. I will miss this organization, the staff, and what they believe in. This nternship opportunity has been one of my favorite experiences while in school. Maybe one day when I become a registered nurse I will return to GVHC to work!



SCORE A GOAL





Health Plan of San Joaquin



Learn how to protect yourself this flu season.

We are finally getting a break from the summer heat, and that can only mean one thing: it's almost flu season. Flu can be harmful for kids and families. During the 2022 flu season, there were 9 million cases, 4 million medical visits, 10,000 hospitalizations, and 5,000 deaths related to flu. The flu shot is safe and helps protect everyone from flu.

The flu is not the same as a cold and comes on quickly. Even healthy kids and adults can get very sick from the flu. It then spreads to family and friends.

A flu shot is important for people of all ages. It is important for kids 6 months and older, pregnant women, anyone with chronic health problems like asthma or diabetes, and anyone over the age of 65. They have a higher chance of getting more serious issues from flu, such as pneumonia, which can lead to hospital stays.

Call your doctor's office today to set up an appointment to get your flu shot.

Visit **www.hpsj.com/flu** for more information on flu resources.

Source: Centers for Disease Control & Prevention, 2023

Signs of the flu include:

- Fever
- Cough
- Sore throat
- Runny or stuffy nose
- Body aches
- Headache
- Chills
- Feeling tired
- Vomiting and diarrhea

Tips for flu season

- ✓ Get your flu shot
- ✓ Try to avoid close contact with sick people
- ✓ If you are sick, try to stay home for at least 24 hours after your fever is gone
- ✓ Cover your nose and mouth when you sneeze
- ✓ Wash your hands often

Get your flu shot by the end of October every year to be ready for flu season.

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NEW! FULL-SCOPE MEDI-CAL FOR YOU AND YOUR FAMILY

REGARDLESS OF AGE OR IMMIGRATION STATUS

A new California law allows all eligible people to get free or low-cost full-scope Medi-Cal. Your immigration status and age do not matter. You can qualify if you have a low income and are undocumented.

THE CALIFORNIA GOVERNMENT PROVIDES MEDI-CAL.

Medi-Cal is a free or low-cost state health care program for people with low incomes. California recognizes that undocumented Californians work hard and deserve health care.

APPLYING FOR OR USING FULL-SCOPE MEDI-CAL WILL NOT AFFECT YOUR IMMIGRATION STATUS.

Applying for or using full-scope Medi-Cal will not make you a public charge (it only applies in some cases if you are hospitalized for a long time in a nursing home or mental institution). Using Medi-Cal to get regular mental health services, like therapists or psychiatrists, will not make you a public charge. For more information in Spanish: https://keepyourbenefits.org/en/ca/

HOW DOES MEDI-CAL BENEFIT ME AND MY FAMILY?

Medi-Cal can help you and your family get and stay healthy. It can also cover your health care in an emergency. Medi-Cal pays for your healthcare and can help protect you and your family from expensive bills and bankruptcy.

WILL I HAVE TO PAY?

Full-scope Medi-Cal is free or low cost. For those who have to pay monthly, the amount is low. There are no other hidden fees.

WHAT DO I NEED TO ENROLL?

- Driver's license or photo ID (can include passport, school ID, marriage record, work badge or identification issued by your home country).
- Proof of income (Current pay stub or bank statement is best. If you have neither, you can describe your income to the eligibility worker.)
- Proof of where you live (can include a telephone or electric bill).

DO I QUALIFY?

Each person's situation is different. For example, families with children can qualify at higher incomes than single people. For more information on your specific situation, contact one of the groups below starting in January 2024.

HOW DO I APPLY?

Applying is easy and free.

- Call our Medi-Cal hotline 209-379-8596
- Scan the code and fill in your information to have someone call you
- Go to your local county office https://www.dhcs.ca.gov/services/medi-cal/Pages/CountyOffices.aspx
- Or call Covered California 800-300-0213



FALL PREVENTION TIPS FOR SENIORS

KEEP YOUR HOME TIDY AND REMOVE ANY CLUTTER THAT COULD CAUSE A FALL.



USE A CANE OR A WALKER TO HELP KEEP YOUR BALANCE STEADY.



WEAR SOCKS THAT HAVE NON-SLIP TREADS.



TEST YOUR HEARING TO ENSURE HEARING AIDS FIT WELL.



CHECK FOR DIZZINESS AS A SIDE EFFECT OF MEDICATION.



CHECK YOUR EYESIGHT ON A REGULAR BASIS.



REPAIR ANY TRIPPING HAZARDS (E.G. FLOORBOARDS, LOOSE STEPS).



INSTALL GRAB BARS NEAR TOILET SEATS, SHOWERS AND TUBS.



USE A NON-SLIP RUG PAD OR RUG TAPE TO KEEP RUGS IN PLACE.



STAY PHYSICALLY ACTIVE TO AVOID MUSCLE LOSS.



INSTALL HANDRAILS ON BOTH SIDES OF STAIRS. USE ANTI-SLIP STAIR TREADS.



USE SLIP RESISTANT SOLES WHEN WALKING INDOORS.



CENTRAL VALLEY PACE IS NOW SERVING 300+ PARTICIPANTS!

Visit us today to see why so many chose CV PACE for their place of care!

Modesto - 2401 East Orangeburg Ave. Suite 330, Modesto, CA 95355

Merced (Coming Soon) - 727 West Childs Merced, CA 95341

CVPACE.ORG

CV PACE IMPROVES LIVES OF PARTICIPANTS

Susana Aguilera Hernandez is one of our eldest Participants here at PACE at 96 years of age. At Central Valley PACE, where we consider our participants as an extended family, we extend heartfelt birthday wishes to Susana for a joyous celebration on May 26th. Susana enrolled with CV PACE in January of 2023 and has been very happy since joining. We were able to sit down with her and ask why she enjoyed Central Valley PACE. First and foremost, she likes coming to the day center to socialize with her lady friends. She also likes the way she is treated and how all the staff is very attentive. Susana mentioned she had recently fallen and when the clinic staff here at Central Valley PACE heard the news, they quickly scheduled all the necessary appointments to make sure she was ok.

Briseida, who was her Enrollment specialist, had the pleasure of speaking to Susana's daughter, Lucia, to discuss how Central Valley PACE has helped her and the family. Lucia states she has noticed such a significant change in her mother's motivation. She's more alert and when she comes home from the day center she talks about her great experiences and about her day. Lucia is just as grateful as her mother for all the support she gets here at Central Valley PACE. She has been able to travel with her husband and knows that her mother is being cared for by amazing staff. She believes that Central Valley PACE has been the best decision she made for her mother.



CENTRAL VALLEY PACE

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ANTIMICROBIAL STEWARDSHIP PROGRAM

Antibiotics are the most powerful tool we currently have to fight infections caused by bacteria, including life-threatening infections. Unfortunately, too many antibiotics are prescribed unnecessarily in the United States, especially this time of year when we see many common respiratory infections caused by viruses, such as Flu, COVID-19, and RSV. It has been estimated that 80-90% of all antibiotic use in humans occurs in outpatient settings, such as clinics and urgent care. In 2016, 270.2 million outpatient antibiotic prescriptions were given to patients, and a whopping 30-52% of the prescriptions were unnecessary. This has led to antibiotic resistance and other health complications..

Improving the way we prescribe and use antibiotics, also known as "Antimicrobial Stewardship," is crucial to make sure that antibiotics are prescribed when necessary to treat infections, and our patients are protected from harm due to unnecessary antibiotic use.

To promote patient safety within the organization, GVHC is proud to introduce the "Antimicrobial Stewardship Program (ASP)."

The program aims to:

- Promote the appropriate use of antimicrobials including antibiotics
- Improve patient safety and patient outcomes
- Reduce microbial resistance
- Prevent adverse consequences and harms of antibiotics use
- Prevent unnecessary costs and decrease the spread of infections caused by multidrug-resistant organisms
- Ensure that antibiotics prescribed have the right diagnosis, right antibiotics, right dose and duration

This initiative was developed in alignment with the Core Elements of Outpatient Antimicrobial Stewardship published by the Centers for Disease Control and Prevention (CDC). It is consistent with evidence-based clinical practice and standards of care around clinical risk and patient safety. Additionally, the Antimicrobial Stewardship Program is a patient safety priority and requirement for The Joint Commission.

For the initial year, we will focus on the appropriate treatment of bronchiolitis and bronchitis in patients 3 months of age and above. These are very common conditions seen by our providers this time of year. Acute uncomplicated bronchitis (AUB), also commonly called "chest cold," is caused by a virus that can last 2-3 weeks. Treatment guidelines do not recommend antibiotics in most patients and antibiotics provide no benefit to recovery. The good news is that there are interventions or supportive care options that can help make the patient feel better, such as use of cough suppressants in patients >4 years old, staying hydrated, use of ibuprofen for patients > 6 months of age if indicated, and occasionally use of an inhaler, if appropriate. For additional information or if symptoms get worse, patients should see their primary care provider.

There is helpful information from the Centers for Disease Control on the most common respiratory infections patients experience this time of the year and guidance related to whether an antibiotic is needed.

What are the potential harms of antibiotics?

The common side effects of antibiotics are rash, nausea, dizziness, yeast infection, and diarrhea. Severe reactions can include severe diarrhea caused by Clostridium Difficile which can be fatal, and severe allergic reaction to the components of the antibiotics. More importantly, there is a threat of the emergence of multi-drug resistant bacteria. Antibiotic resistance happens when germs (bacteria, fungi) develop the ability to defeat the antibiotics designed to kill them. Based on the most recent information, each year, antibiotic-resistant bacteria and fungi cause at least 2.8 million infections and 35,900 deaths, along with 223,900 cases of Clostridium Difficile and 12,800 deaths.

We all play a role in preventing and controlling the spread of antibiotic resistance. Providers should prescribe antibiotics appropriately with the right indication, dose, and shortest effective duration of treatment. Patients should:

- Only use antibiotics prescribed by a healthcare provider
- Always follow your provider's advice when taking antibiotics, such as completing the full course of the antibiotics
- Never share or use leftover antibiotics
- Prevent infections by regularly washing hands, preparing food hygienically, practicing safe sex, avoiding close contact with sick people, and keeping your vaccinations up to date
- Never demand antibiotics if your health care provider says you don't need them. Antibiotics can save lives but they are not always the answer when you are sick



Educational resources for patient awareness, education, and engagement will be shared via social media, digital signage, and handouts.

Our patients are our priority and are counting on us for their safe care. Let us do our best to stay healthy and keep others healthy!

SESAME STREET BOOKS FOR OUR TINIEST PATIENTS!

The GVHC Foundation, in collaboration with the National Association of Community Health Centers (NACHC), Quest Diagnostics and the Sesame Workshop has distributed over 3,000 Sesame Street children's books to the Pediatric and Family Practice clinics of GVHC! These books were donated to the Foundation and were a well-received treat for our pediatric patients.

The books are colorful and beautifully written in Spanish and English. They inform our patients about the importance of staying healthy in both mind and body through the eyes of Sesame Street's favorite characters – Elmo, Grover, Cookie Monster and more! The books share, in a fun and engaging way, why it is important to have regular visits with their doctor, what happens when you go to the doctor, how to stay healthy, and many other helpful health education topics.

The Sesame Workshop is the nonprofit organization behind Sesame Street with a mission to help kids everywhere grow smarter, stronger and kinder.

Thank you NACHC, Quest Diagnostics and the Sesame Workshop for this wonderful gift to our families!



TAKE CHARGE OF YOUR HEALTH

WITH THE SECURE PATIENT PORTAL MYCHART

Whether you are comfortable at home or on the go, MyChart is the best way to keep on top of your health. Using MyChart is easy. Patients can access the platform through a secure web portal and mobile phone app. The tool is very helpful for those quick questions and updates on medical care, getting instant access to medical information, including records, appointments and the ability to message your healthcare provider!

With MyChart you can:

- Check in for your appointment
- Answer questionnaires needed for your appointment
- Access your medical record
- View test results
- Send messages to your care team
- View upcoming appointments
- Request prescription refills
- View after-visit summaries
- Receive health maintenance notifications
- Pay your bill

MyChart
Your secure online health connection

How quickly can I expect a reply?

Our care team strives to have questions answered within 48–72 hours, depending on your provider's schedule and what research is needed to thoroughly respond to your message. Sometimes it can take a little bit longer.

What types of questions should I ask through MyChart?

Quick questions about your health, medical history, prescription refills, balance on your account and updates on referrals are a great way to use the app. MyChart is not appropriate for urgent needs or emergencies. Please go to one of our urgent care locations in Patterson, Modesto, Turlock, Manteca or Merced for urgent, non-life-threatening medical concerns or call/text our call center at 209-722-GVHC (4842). In case of an emergency, call 911 or get to the nearest emergency room.

How can MyChart positively influence my care?

MyChart is a great option to view your upcoming appointments, request Rx refills, view test results, view existing medications, or send a quick message to your care team. In this busy world, it is nice to have virtual access to your health care experts and lots of important information at your fingertips. It allows you a means of more direct access to your health information at the time you need it. With growing technology and connectivity in our service area, MyChart allows you more freedom and ability to communicate with your care team.



How do I sign up for MyChart?

You can sign up for MyChart at any of our clinics or at our website https://www.gvhc.org/mychart/

For those who need additional assistance learning how to use MyChart, we will be offering trainings for the community. Please visit our website for upcoming trainings or reach out to our call center at 209-722-GVHC (4842). The call center team can connect you with one of our Community Health Workers for an upcoming training offered in your area.

Homework is HARD. Getting Vaccinated is EASY!



Get your child vaccinated against COVID-19

GOLDEN VALLEY HEALTH CENTERS

Call or Text

209-722-4842

For additional information visit: GVHC.org

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SOCIAL DETERMINANTS OF HEALTH
& HOW THEY CAN IMPACT YOUR LIFE

While our health behaviors such as smoking, diet, and exercise as well as access to quality health care are the primary drivers of health outcomes. Social Determinants of Health (SDOH) can and often do have a large impact on our health and well-being as they shape individuals' health behaviors.

SDOH are factors found in the environment where people are born, live, learn, work, play, worship, and age that have a major impact on people's health, well-being, and quality of life.

What are the social factors that influence our health outcomes?



There are communities across the United States living without sufficient access to jobs, adequate transportation systems, safe and affordable housing, parks and open space, healthy food options, or quality education. These differences in opportunity mean that a person's health and life expectancy can depend on their zip code. In fact, life expectancy can vary by as many as 15 years depending on income level, education, and where you live.

SDOH also contribute to health disparities and inequities. For example, people who do not have access to grocery stores with healthy food options are less likely to have good nutrition. Unfortunately, this raises their risk of health conditions like heart disease, diabetes, and obesity — and even lowers life expectancy relative to people who do have access to healthy foods. People who do not have access to safe parks or playgrounds may spend less time outdoors practicing activities such as walking, bike riding or playing and practicing recreational activities which reduces stress. Stress can negatively affect health across a person's lifespan, and these environmental factors may have multi-generational impacts.

Addressing social determinants of health is not only important to improve overall health, but also to reduce health disparities that are often rooted in social and economic disadvantages. Some communities are tackling food scarcity by building community gardens in their neighborhoods or planting fresh fruits and vegetables in containers or green spaces. Others are advocating with their cities or counties so their local parks have safe spaces for recreational activities.

At Golden Valley Health Centers, you have access to quality health care at any of our 45 locations. Some centers are deeply rooted in neighborhoods like our school based health centers. Golden Valley Health Centers also offers walk-in appointments or Urgent Care options in Ceres, Patterson, Modesto, Merced, Manteca and Turlock as well as virtual urgent care. Call or text us at 209-722-GVHC(4842) for more information or visit our website at GVHC.ORG.

To access resources in your community please call 211 or visit your county health and human services agency for more information and resources.

Sources:

Healthy People 2030, U.S. Department of Health and Human Services, Office of Disease Prevention and Health Promotion.
https://health.gov/healthypeople/objectives-and-data/social-determinants-health

Beyond Health Care: The Role of Social Determinants in Promoting Health and Health Equity
https://www.kff.org/racial-equity-and-health-policy/issue-brief/beyond-health-care-the-role-of-social-determinants-in-promoting-health-and-health-equity/



WE'RE ALL IN THIS TOGETHER.

At Kaiser Permanente, we don't see health as an industry. Our doors, hearts, and minds are always open to help every last one of you thrive. Learn more at **kp.org/centralvalley**.

KAISER PERMANENTE® thrive

The articles set forth are not an endorsement nor recommendation and are published for educational purposes only.

MEET A PROVIDER

Dr. Carrie Janiski

I am a Regional Medical Director with Golden Valley Health Centers. I also lead Medical Education and Sports Medicine at GVHC. My background is in family medicine, sports medicine, and osteopathic manipulative medicine.

I also have a background in athletic training and exercise science, which I started getting involved in when I was attending high school in Michigan as an equipment manager, and then student athletic trainer for my high school, where the athletic trainer introduced me to the field of sports medicine. From then on, it was all I wanted to do.

I completed my medical training in 2015 and was glad to move to California to get away from the ice and snow and happy to join all the wonderful people here who practice medicine and care for patients in the Central Valley.

I first joined a private practice, during which time I was able to start a relationship with Golden Valley Health Centers and start seeing patients inside their clinics. I enjoyed it so much that in October of 2022, I joined Golden Valley Health Centers full-time as Regional Medical Director and continued seeing patients in my primary specialty of sports medicine.

Our Golden Valley Sports Medicine team provides a range of full spectrum sports medicine services, which include everything from sprained ankles and bruises to fractures in all ages, arthritis, strains and sprains, and any ailment of the musculoskeletal system (bones, muscles, joints) that keeps people from doing the things they love! Our team currently sees patients in Merced, Newman, Ceres, Turlock, and Modesto.

Link to video: https://www.youtube.com/watch?v=8b3kXgAQcHU





A 50 YEAR COMMITMENT TO PATIENT CARE

CELEBRATING OLGA PADRON

When Olga Padron accepted the nurse's assistant job at Golden Valley Health Centers (GVHC), she was the eighth employee to ever come on board. Back then there was the CEO, Mike Sullivan, a part time provider, Dr. Cole, two LVNs, one RN, and an accountant. That was way back in the fall of 1972. Olga has served the patients of Golden Valley Health Centers for more than 50 years and we could not be more proud to honor and celebrate this achievement.

Back in 1972, when Olga's friend Guadalupe (Lupe) Rojas suggested Olga introduce herself to the GVHC team and ask if we needed some help, GVHC was a brand new community health center. Lupe was working as a nurse's aid and knew that the organization needed more support staff. At the time, Olga was working as a teacher's aid in a Planada migrant school. She was interested in the opportunity at GVHC because she knew she wanted to help people year round and her other job was seasonal. In the beginning, GVHC had just four exam rooms and was located at the old Merced General Hospital. The building has since been repurposed and is no longer used by GVHC, but Olga has great memories of working there.

For the past 35 years, Olga has worked as a Medical Assistant at GVHC but has worn a lot of hats, including: phlebotomist, HIV counselor, medical records, and referral specialist. She has seen a lot of changes from the early days. The most significant changes have to do with advancements in technology and reliance on computers, as well as the incredible growth of the company. When GVHC had just a small group of employees, Mike Sullivan would come by to check in and Olga would signal that things were going well with a thumbs up.

Back then the organization was small enough to be very family friendly. Olga recalls times when her son would get hurt playing outside. He would let himself into the clinic, say hi to his mom, swipe a bandaid and run back outside to play. Olga's sons are now 44 and 53!

Times have changed, but what has not changed is Olga's love for GVHC and the patients she serves. She loves kids especially, but all of her patients hold a special place in her heart. When a patient comes in who has known her a long time, it is always heartwarming. Olga enjoys when they give her a hug and say they are so happy to see that she's still working here.

Olga has no intention of moving on anytime soon. She still loves coming to work, and loves the personal care we provide our patients.

When people ask Ogla when she plans to retire, she simply says, "Why would I retire? My mind is sharp. I walk pretty well and still like to go dancing. As long as I can walk and drive, I'm gonna keep going. What else would I do?!" Olga is 80 years old and is an example to all of us. Her life is a shining example of the GVHC mission. She has inspired all of us by living out our values for 50 years!

GVHC wants to thank Olga for the time she has invested in making the community a stronger and healthier place to live.



Eduardo Villarama, MD, VP & CMO with Olga Padron, 2023

PATIENT SERVICES

MEDICAL:

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

BEHAVIORAL HEALTH:

- Individual Therapy
- Patient-Directed Treatment Plans
- Case Management
- Psychiatric Care

HEALTH EDUCATION:

- Nutrition
- Asthma
- Diabetes
- Hypertension
- Comprehensive Perinatal Services Program (CPSP)
- Dietitian
- Family Planning: Access, Care, & Treatment
- Community Health Outreach & Presentations
- Homeless Mobile Outreach

DENTAL:

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

SPECIALTY SERVICES:

- Chiropractic Care
- Optometry
- Podiatry
- Obstetrics & Gynecology (OB/GYN)
- Medication Assisted Treatment Program (MAT)
- HIV Health & Wellness Program
- Sports Medicine
- Allergy Care
- Cardiology
- Nephrology
- Central Valley PACE
- GVHC Pharmacy
- Quest Express Diagnostic Lab



To make an appointment call or text: 209-722-GVHC (4842) or download the GVHC MyChart App

CLINIC LOCATIONS

MEDICAL:

MERCED COUNTY

Merced:
- 847 West Childs Ave.
- 857 West Childs Ave.
- 3940 Sandpiper Ave.
- 797 West Childs Ave.

Dos Palos:
- 1405 California Ave.

Le Grand:
- 13151 Jeerson St.

Los Banos:
- 821 Texas Ave.

Planada:
- 9235 East Broadway St.

SAN JOAQUIN COUNTY

Manteca:
- 250 Northgate Dr.
- 302 Northgate Dr.

STANISLAUS COUNTY

Modesto:
- 1524 McHenry Ave.
- 208 W. Coolidge Ave
- 2101 Tenaya Dr.
- 1510 Florida Ave.
- 1121 Hammond St.
- 1801 Tully Rd, Ste F.
- 209 Kerr Ave.
- 1717 Las Vegas St.
- 1500 Florida Ave.
- 1114 6th St.

Empire:
- 198 G. St North.

Riverbank:
- 4150 Patterson Rd.

Turlock:
- 1141 North Olive Ave.
- 1200 West Main St.
- 1100 Delbon Ave.
- 1199 Delbon Ave.
- 2240 West Monte Vista Ave.

Ceres:
- 2760 3rd St.
- 1920 Memorial Dr.
- 3109 Whitmore Ave.

Newman:
- 637 Merced St.

Patterson:
- 200 C St.

Westley:
- 301 Howard Rd.

DENTAL:

MERCED COUNTY

Merced:
- 747 West Childs Ave.

Le Grand:
- 13161 Jeerson St.

Los Banos:
- 725 West I St.

Planada:
- 9235 East Broadway St.

STANISLAUS COUNTY

Modesto:
- 1717 Las Vegas St.
- 1121 Hammond St.

Empire:
- 198 G. St North.

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:

Walk-ins always welcome

MERCED COUNTY

Merced:
- 857 West Childs Ave.
- 3940 Sandpiper Ave.

STANISLAUS COUNTY

Modesto:
- 1510 Florida Ave.

Turlock:
- 2240 West Monte Vista Ave.

Patterson:
- 200 C St.

SAN JOAQUIN COUNTY

Manteca:
- 250 Northgate Dr.

PHARMACY:

MERCED COUNTY

Merced:
- 857 West Childs Ave.

CENTRAL VALLEY PACE:

MERCED COUNTY

Merced:

COMING SOON
- 727 West Childs Ave.

STANISLAUS COUNTY

Modesto:
- 2401 E Orangeburg Ave. Ste 330



FIND 10 HIDDEN OBJECTS IN THE PICTURE

