CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

FREE, TAKE ONE!



GOLDEN VALLEY HEALTH CENTERS

HIGH-QUALITY HEALTH CARE FOR ALL

2024

A MESSAGE FROM
OUR NEW CHIEF EXECUTIVE OFFICER

Golden Valley Health Centers (GVHC) has enjoyed a long history of serving our communities with top-notch providers and staff, offering the best quality care we can provide. For a very long time, we have held a set of core values, a mission and vision statement. These principles were decided upon many years ago. As times change and our organization has evolved, we made the decision that it was time to update our mission, vision and core values to reflect the principles and beliefs we now hold.

Over the past year, we worked with a consultant who started the discussion among our directors, asking about their why; what drives them and inspires them about working here, what their thoughts were around how GVHC could successfully build an employer of choice culture and what the opportunity landscape looked like for us. The outcome of this meeting was a set of core values that our directors believed in wholeheartedly.

This set of core beliefs was brought before the executive team who spent time talking about what it would mean to be intentional about adopting this set of core values, and beyond that, how to birth a new organizational mission and vision from these very values. We left these meetings feeling empowered, excited, and hopeful for the future of the organization but there was more work to be done. Our Board of Directors gave their unanimous approval and we are very proud to share the new guiding principles you see below. Our new mission, vision, and core values were created by all of us as we work to serve all of you. These principles will guide the culture within this organization for years to come.

These values represent our highest priorities and deepest beliefs, the heart of GVHC and what we stand for. We will intend to integrate these core values throughout our work. They will provide new meaning for all of us and those we serve. Our patients should see these values in action when they interact with us.



David Quackenbush, President & Chief Executive Officer

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

Vision:
By living our core values, we will be recognized as an employer and provider of choice, where everyone feels genuinely cared for and valued.

Core Values:

1. **Collaboration** - We value and promote collaboration at all levels, creating a culture built on trust, empathy, positivity, clarity and accountability.
2. **Advocacy** - We champion practices and policies that promote equity in healthcare and sustainability for our health center.
3. **Integrity** - Our actions reflect our commitment to a culture where honesty, transparency and accountability ensure we do the right thing.
4. **Innovation** - We value curiosity, technology, inclusivity and adaptability to continually improve the way we work.
5. **Respect** - We respect and value every person we interact with, treating one another with dignity and compassion.

As the new CEO of Golden Valley Health Centers, I want to personally thank you for being our 'why.' We look forward to the privilege of living up to our mission as we strive to provide high-quality health care for all!

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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

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

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GOLDEN VALLEY HEALTH CENTERS

GVHC PROVIDERS SAVE LIVES

Back in 2010 when Marco and Lucy found Golden Valley Health Centers, they felt relieved. They had no insurance and knew that while health care was extremely important, they just didn't know how to get it.

"We were frustrated because if you make too much money to qualify for Medi-Cal, you can't get approved. But if you are self-employed and don't have a company that will provide your medical insurance, it can cost thousands of dollars to purchase health insurance out of pocket," said Marco. "It was frustrating trying to figure out how we could afford health care and a lot of people like us are in this position."

When the couple realized that Golden Valley Health Centers had a sliding fee scale that was based on income, their problem was solved and care was finally within reach. Many patients who struggle to understand benefits eligibility don't know where to begin and may not know that Golden Valley Health Centers has trained enrollment specialists on call to help.

Establishing care at a clinic in their neighborhood was critical timing for Marco and Lucy. A year or so after their initial medical appointments, Lucy became very sick suddenly and was taken by ambulance to the hospital where Doctors found a golf ball sized tumor in her brain. Lucy was stabilized at the hospital and released. The couple started to look for advanced medical help to have the tumor removed. Trying to find treatment felt like a black hole until they turned to Golden Valley Health Centers who did everything they could to identify treatment options for Lucy. Clinical staff provided support and referrals. Lucy's tumor was surgically removed in July of 2012 at UC Davis in Sacramento. Lucy is now in remission and healthy. Marco attributes finding the timely medical intervention they received to the Golden Valley care team.

"Without the care of Golden Valley Health Centers, I don't think my wife would be alive. Golden Valley Health Centers saved her life and I think they saved mine too," he said. "I am going to be 67 this year and my doctor monitors my health closely. They tell me that I need to exercise and eat healthy. They sent me to a nutritionist to help me get my blood sugar under control. It is a cultural thing to have diabetes so I fight type 2 diabetes with the help of my provider. I visit every three months and if I miss an appointment they call me or if I need lab work, they let me know," he added.

As a diabetic patient, vision care and podiatry is also important. With a new diabetic retinopathy machine, innovative care is available for patients like Marco who need it. Specialty services are one of the things that sets GVHC apart. With the variety of services provided by the center, Marco can have an appointment with a medical provider, an optometry appointment to get new glasses, he can see a podiatrist and receive back pain relief from a GVHC chiropractor. He also sees a dentist regularly at a GVHC dental clinic. With a wide variety of quality care specialties, GVHC makes it easy to live a healthy, happy life.

One of the things Marco appreciates most about being a patient of GVHC is the cultural sensitivity of the providers he has seen. "They are all very capable and supportive," he said. "I have never been disappointed with any of the staff or providers, but what I really appreciate most is the bilingual services."

"I have so much appreciation for the health center staff and the mission of the organization to provide access to high-quality health care for all, serving with dignity, respect and compassion. I have seen a lot of positive changes at GVHC in the past dozen years. The evolution of the health center has been wonderful," he said. "I am impressed with how GVHC has risen to meet the demands of the public when it comes to health care. GVHC has been my provider, my wife's provider and my daughter's too. We will never leave GVHC."





A FAREWELL FROM OUR CEO
TONY WEBER

It's with mixed emotions that I write this as I prepare to retire from my role at Golden Valley Health Centers. I have been fortunate to enjoy a long and very fulfilling career and I'm grateful for all of the opportunities that I have had along the way. I am thankful that I have been able to work consistently for 42 years! Almost 40 of those years were spent in the healthcare field, and nearly 30 of those years have been with Community Health Centers.

The last 10 years of my career, serving as the President & CEO of Golden Valley Health Centers, have been life changing for me and my family. I have met so many wonderful people, and made some of my closest friends. There are experiences and friendships that I will never forget.

I am so proud of the work that we do here. There is no better way to find happiness than to serve others. And an added bonus is the opportunity we have to advocate for, and provide much needed health care services to, some of the most vulnerable populations in our area. Without the work that we do, thousands of our community members and friends would go without much needed medical, dental and behavioral health care. I am so appreciative of the staff who have decided to dedicate their lives to working here at GVHC, and continuing the legacy of our founders that started this great work 52 years ago.

As I prepare to retire, I want all of the GVHC staff to know how much I appreciate and respect them for what they do, and their commitment and passion for this work. I want to thank my executive team for all of their support over the years. We are lucky to have such a great group of leaders that are fully capable of moving GVHC even further ahead into greater success. I also want to thank our Board of Directors who have been so supportive of me, and of this great organization. I have cherished every minute of my time here.

Finally, I want to thank all of our patients for trusting us with their health care. You are in good hands with the staff and providers of Golden Valley Health Centers.

It's difficult to say good-bye, but I am very excited for the future.

Thank you all for the opportunity to serve you.

– Tony Weber



Tony Weber, GVHC Executive Team, and GVHC Board President

CLINIC UPDATES



MERCED RANCHERO HEALTH CENTER

Ranchero School Based Health Center, located on the campus of Stefani Elementary School, will open this summer in time for the new school year. School Based Health Centers can play a crucial role in promoting the health and well-being of students and their families, ultimately contributing to a healthier community. This will be the first Golden Valley Health Centers school based clinic in Merced County.



WEST MODESTO HEALTH CENTER

We're pleased to announce that our West Modesto clinic on 6th street is now accepting walk-ins! Whether you're due for a check-up, experiencing a headache, or have a non-emergency but urgent medical concern, feel free to drop by our clinic at 1114 6th Street, Modesto, any time, Monday through Friday between 8am and 5pm.



CENTRAL VALLEY PACE MERCED

Golden Valley Health Centers Program of All-Inclusive Care for the Elderly (PACE) is estimated to be open to serve the community in July, 2024. PACE offers a great alternative to skilled nursing facilities for seniors at least 55 years old who are able to live safely at home, but need assistance with care. Find out if you or someone you know might qualify by calling (209) 724-6000.

NEW PROGRAM



ENHANCED CARE MANAGEMENT

Enhanced Care Management is a new program offered by Golden Valley Health Centers for select patients. The program is a wonderful Medi-Cal benefit available to select members with complex needs. Patients who enroll receive comprehensive care management from a lead care manager who coordinates all their health and health-related care, including physical, mental health, and dental care, as well as social services, making it easier for members to get the right care at the right time.

If you want to enroll in this special program, please call or text us at:
(209) 382-8848



Questions about your child's health?

Ask the doctor! Checkups with your child's doctor are a great time to:

- ✓ Ask questions.
- ✓ Make sure your child's health is on track.
- ✓ Keep up with vaccines your child needs for school.

Appointments fill up *fast*.

Call your child's doctor today to schedule a checkup!

In partnership with

MERCED COUNTY Office of Education
NURTURE • SERVE • LEAD
Steve M. Tietjen, Ed.D.
County Superintendent of Schools

CENTRAL CALIFORNIA ALLIANCE FOR HEALTH®

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BEHAVIORAL HEALTH: LESS STIGMA + FEWER BARRIERS = MORE ACCESS

Current statistics demonstrate the increasing need to destigmatize Behavioral Health (BH) services, remove barriers, and provide more avenues and resources to access services. According to the National Alliance on Mental Health Illness (NAMI), approximately one in five adults in the United States experiences a mental illness each year and about one in six youth (age 6-17), experience a mental health disorder each year. The American Foundation for Suicide reports suicide as the 11th cause of death in the United States. On average, there are 132 deaths by suicide per day.

Undoubtedly, there is work to do, but we have made significant progress with destigmatizing BH treatment, normalizing what it means to have a mental health condition, and asking for help in the form of behavioral health therapy, psychiatry (psychotropic medications), and receiving treatment for substance use disorders.

Historically, having a BH condition was viewed with a negative lens. Having conditions such as anxiety, depression, post-traumatic stress disorder, schizophrenia, or a substance use dependence/addiction, could have resulted in viewing the person as defective, tainted or lacking the rational mental capacities that are required to make good choices. Persons with BH conditions were marginalized, ostracized, and labeled as "dangerous," "abnormal," or "crazy." They were often institutionalized in asylums, not necessarily as a form of treatment, but as a form of enforced segregation from society considered appropriate for social deviants. This form of treatment was inhumane and unethical in comparison to today's treatment standards, resulting in individuals with a mental health illness distrusting the professionals and experts, and refraining from seeking treatment for their conditions.

At Golden Valley Health Centers (GVHC), through our integrated, whole-health approach to patient care, we are destigmatizing BH services by providing various services in a medical setting. When our patients come to our clinics, others do not know what type of service or provider they are seeing, as compared to when they receive services through a clinic or provider who only provides BH services. We have BH services available at the mild-to moderate level of care, Psychotherapy (counseling), Psychiatry (medication), and Substance Use Treatment (including a Medication Assisted Treatment "MAT" program for opioid addiction). We also offer case management services to help patients meet their basic needs and get referrals to other community services. We are proactive, screening patients 12 years and older for mental health conditions such as depression, anxiety, and alcohol and drug dependence during medical visits. These screenings may result in a referral to one of our BH Clinicians, Recovery Services Specialist (RSS), or Case Manager (CM), where further assessment is done to screen for adverse childhood experiences and trauma.

The telehealth flexibility allowed during the COVID-19 Pandemic, continues to be available to our patients. This is another way of removing barriers to access services and provide better access to treatment and the appropriate care at the right time, and in their preferred setting. With telehealth services, patients do not have to worry about transportation, driving time, taking time off work or school to drive to and from a clinic. Patients are given the option to receive BH services via telephone, video platform, or in person at one of our clinics in San Joaquin, Stanislaus, or Merced county.

In order to continue meeting the BH needs of our patients, we must learn from the past, adapt to the present, and make use of the current resources. Our providers at GVHC treat individuals with BH conditions with dignity, respect, and kindness. We see their potential. We facilitate their healing journey in becoming healthy, functioning and productive members of society. In order to receive our BH services, medical care needs to be established first with one of our GVHC medical providers. If you are interested in establishing care with us, you can call the appointment line at 1 (209) 722-GVHC (4842).

If you or someone you know is experiencing a Behavioral Health Crisis call the (209) 558-4600 in Stanislaus County, (209) 468-8686 in San Joaquin County, or (888) 334-0163 in Merced County. You can also call or text the National Suicide & Crisis Lifeline to their number, 988. And text "HELLO," "HOME," or "START" to number 741741. For services in Spanish, text the word "AYUDA" to 741741. As always, if it's a matter of life or death, call 911 or go to a nearby Emergency Room.



STRENGTH IN NUMBERS

TOTAL PATIENTS

148,196

TOTAL VISITS

615,571

492,938 CLINIC

122,633 VIRTUAL

STREET MEDICINE VAN FOR UNHOUSED

PATIENTS SERVED

4,804

Merced County 2,304

Stanislaus County 2,500

WOMEN HEALTH MOBILE EVENTS

MAMMOGRAM EVENTS **10**

Patients Servied 404

PAPANICOLAOU SMEAR EVENTS **6**

Patients Servied 59

OUTREACH TOUCHPOINTS

PRESENTATIONS AND HEALTH EDUCATION

108,433

Merced County

55,208

Stanislaus & San Joaquin County

53,225



FOOD PHARMACY

GOLDEN VALLEY HEALTH CENTERS FOUNDATION

STANISLAUS COUNTY

Number of bags/boxes distributed

1,998

Pounds of food

34,861

Number of individuals served (4 people per family)

7,992

GVHC FOUNDATION VALUES
COLLABORATION

COLLABORATION is one of the five core values recently adopted for GVHC. These core values are important and they guide us as an organization. We value and promote collaboration at all levels, creating a culture built on trust, empathy, positivity, clarity and accountability. Collaboration can occur both inside the organization and outside, within the community.

A great example of collaboration is GVHC Foundation's Food Pharmacy project. The Food Pharmacy provides food bags for GVHC patients who are in need of healthy food. The Food Pharmacy is housed at two GVHC clinic sites – Florida Suites and West Modesto. These two sites also provide food to patients from Women's Health, Coolidge, Robertson Road and Hanshaw clinics. Every patient at these sites is screened for food insecurity using a survey. The Medical Assistant assesses the patient's level of food insecurity from the survey and if needed, the patient is given a "prescription" for the Food Pharmacy. The patient is able to redeem the prescription at the Food Pharmacy once a week and receive a bag of healthy food. How does this project highlight collaboration?

The saying, "It takes a village." rings true with this project. Community collaboration is the way the Foundation is able to get food from the food bank to the patient's table. There are three organizations involved in this collaboration – Golden Valley Health Centers and the Foundation, Second Harvest of the Greater Valley and Amazon DCK1 in Tracy. These organizations are doing what they do best!

- Golden Valley Health Centers provides the space to house the food bags, provides the patients who access the food and Community Health Workers who distribute the food one day a week.
- The Foundation provides the oversight and management of the Food Pharmacy.
- Second Harvest of the Greater Valley provides the food at no cost to GVHC along with volunteers who pack food bags.
- Amazon DCK1 in Tracy provides transportation of 400 food bags every month, at no cost to the Food Pharmacies.

To date, the Food Pharmacy collaboration has distributed over 2,500 food bags feeding over 10,000 individuals. The Food Pharmacy is an example of practicing the value of collaboration both inside and outside of GVHC on a weekly basis!







NEW LOCATION OPENING SOON

In February, Central Valley PACE Merced aced its site readiness review and the City of Merced approved the sign permit. So, mark your calendars because July 1st, we will be throwing the doors wide open to welcome incoming PACE participants to this beautiful new location! Stay tuned for upcoming events celebrating our newest PACE program. We will be providing tours and open house events. Please follow Central Valley PACE on social media for news and updates!



WANT TO JOIN PACE?

We are currently enrolling seniors in the San Joaquin and Stanislaus County areas. If your friends or loved ones are looking for comprehensive care and tailored support to meet their needs, please refer them to Central Valley PACE.

For more information, please don't hesitate to contact the Outreach & Enrollment Team at **(209) 724-6000**. We're more than happy to assist you and provide all the information needed to enroll with Central Valley PACE.



Larry McMahan (CV PACE Participant)

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

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

CV PACE IMPROVES LIVES OF PARTICIPANTS

Orlando De Melo and Eunice Bambino De Melo recently joined Central Valley PACE, supported by their daughter Juliana, who recognized their struggles living alone in Brazil. The transition to the United States was challenging for her father, leaving behind friends and familiarity.

Orlando, previously unmotivated and depressed, has found solace and companionship at the day center. Juliana has observed significant improvements in her parents' well-being, particularly in medication management and medical care. She expresses gratitude for finding Central Valley PACE, providing peace of mind knowing her parents are receiving excellent care.



Orlando and Eunice (CV PACE Participants)

PATIENT ADVISORY COMMITTEE AT GOLDEN VALLEY HEALTH CENTERS

Golden Valley Health Centers (GVHC) is thrilled to introduce its newest initiative: the **Patient Advisory Committee (PAC)**. This committee is composed of diverse patients who gather regularly to share their insights and help shape the future of healthcare at GVHC. Here's what you need to know about this exciting opportunity:

What is the Patient Advisory Committee?

The Patient Advisory Committee (PAC) is a group of patient volunteers who provide valuable input regarding the services and care at Golden Valley Health Centers.

Am I the Right Person for this Committee?

GVHC is seeking individuals from all walks of life who are passionate about enhancing healthcare services. If you're interested in making a positive impact on the lives of patients and their families, this could be the perfect opportunity for you.

Roles & Responsibilities

- Commit to a one-year term
- Attend all possible PAC meetings
- Provide honest feedback, ideas, and suggestions
- Maintain confidentiality
- Advocate for patients
- Collaborate respectfully with staff
- Uphold GVHC's core values: Collaboration, Advocacy, Integrity, Innovation & Respect

Who Can Join the Patient Advisory Committee?

- Current patients of Golden Valley Health Centers
- Individuals over 18 years of age
- Those dedicated to improving the quality of care at GVHC

We are excited to welcome you to the Patient Advisory Committee and look forward to working together to enhance the healthcare experience for all patients at GVHC.

If you're interested in joining or have any questions, please email marketing@gvhc.org or call/text **(209) 628-6784**



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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GO PLAY!

ACTIVITIES FOR KIDS HAPPENING THIS SUMMER

MERCED COUNTY



Merced College - College for Kids

Registration for summer 2024 is now open. The first session begins June 10th with many programs running until August.

Visit: https://www.mccd.edu/schools-programs/community-education/college-for-kids/ or call (209) 384-6224.

Activities and programs:
- Aquatics
- Sports (soccer, baseball, volleyball, basketball, tennis, golf, etc.)
- Science
- And more!



Merced 4-H - Science & Adventure Camp

Visit: https://merced4h.ucanr.edu/Camps/

Begins June 23rd and runs until June 27th for 4th-8th graders.
To register call (209) 385-7418

Boys and Girls Club Merced County - Summer Camp

Visit: https://www.bgcmerced.org/summercamp

Begins June 5th and runs until July 28th for ages 5-17.
For registration and scholarships call (209) 722-9922

S.T.R.E.A.M. Activities:
- Science
- Tech
- Recreation
- Engineering
- Arts
- Math

Los Banos Parks and Rec Guide

Visit: https://losbanos.org/city-government/departments/recreation/

Beginning June
- Movies in the Park (Elemental and Super Mario Bros)
- June 29 - Fourth of July event
- June 15 - Dad's Day Out Car Show
- August - National Night Out

STANISLAUS COUNTY

Modesto Junior College - MJC Summer Camp4Kids

Registration is now open for ages 5-17.
Register online at: www.mjc4life.org

Activities:
- Archery
- Cooking
- Art
- Chemistry
- And more!

Modesto Summer Camps

Visit: https://modestosummercamps.com/

Activities:
- Recording Arts
- Dance
- Sports
- Funworks
- Special Needs
- And more!

CSU Stanislaus - Warrior Programs for Children and Youth

Visit: https://www.csustan.edu/agriculture/summer-leads-program

Sundar STEM Warriors Camp - Ages 8-12

Beginning June: Summer LEADS Program Agricultural & Agribusiness Summer Camp - High School, College Freshman & Community College Students

Patterson Aquatic Center - Recreation Swim

Visit: https://www.ci.patterson.ca.us/424/Patterson-Aquatic-Center

Summer Hours for Programs/Activities
Monday - Sunday: 9:00 AM - 9:00 PM

Recreation Swim (Begins June 10 - August 10):
Mon-Sun, 12:15 PM - 3:15 PM

Junior Giants - Ages 5-13

Begins June, visit: https://www.ci.patterson.ca.us/922/Junior-Giants

PRYS Soccer

Begins August for ages 5-13, visit: https://ci.patterson.ca.us/923/Patterson-Recreation-Youth-Soccer

SAN JOAQUIN COUNTY

Manteca Unified School District - Summer Learning K-12

Free June Summer Camp - Available at all MUSD Elementary sites.

Registration information at https://www.mantecausd.net/students/outside-learning/summer-learning

STEM Camps

For students entering 3rd-8th grade.

Visit: https://www.sjcoescience.org/

Camps activites
- Engineering with Legos
- Coding Fun
- Game Engineering with Nintendo Switch and Sphero
- And more!

Exact Path

Visit: https://www.edmentum.com/products/exact-path/

An at home learning resource for K-12 students with opportunities to earn rewards.





MEET A PROVIDER

Dr. Chen

Richard Z. Chen, DDS, serves as a dentist at the GVHC Manteca Dental Clinic. Having attended Tufts University School of Dental Medicine and completed postgraduate training at UCLA, Chen brings a wealth of experience to his role. Prior to joining GVHC, he spent eight years at Mendocino Community Health Centers. For the past nine years, he has been an integral part of the GVHC team.

Dr. Chen sees patients at the Manteca Dental Clinic on Northgate Drive, where various specialties are offered under one roof, including medical, chiropractic, pediatrics, behavioral health, and dentistry. His passion for dentistry is evident in his commitment to making a positive impact on patients' lives by addressing their dental needs. Chen particularly enjoys crafting dentures, recognizing the profound effect they have on restoring smiles and enhancing chewing function. He emphasizes the importance of preventive care, such as regular checkups and teeth cleanings, which are often underutilized. Dr. Chen advises that dental care should begin as soon as a child's first tooth appears and says that everyone should get annual dental check ups.

Among the common questions patients ask, he frequently advises on the use of fluoridated toothpaste for effective cavity control. He believes that dentistry plays a crucial role in our community, providing essential services for medically underserved groups. Despite various barriers, such as language, transportation, and insurance, GVHC remains committed to educating and treating those in need.

Link to video: **https://www.youtube.com/watch?v=Kzqe3b7-9fU**





Richard Z. Chen, DDS. Staff Dentist at the GVHC Manteca Dental Clinic.

MyChart

Your secure online health connection



CONNECT WITH YOUR PROVIDER IN THE COMFORT OF YOUR HOME

Send a message, get online advice and treatment either face-to-face over video or in-person with your provider.

ALL YOUR HEALTH INFORMATION IN ONE PLACE

View & request prescription refills, get tests results, view upcoming appointments, pay medical bills, and more all in one place.

DOWNLOAD THE GVHC MYCHART APP TODAY!

Legacy of Leadership

We honor and thank Tony Weber for ten years of exemplary leadership at Golden Valley Health Centers!

Congratulations and best wishes in retirement,

Jeffrey Lewis
President - Legacy Health Endowment

Edward Lujano
President - Castle Family Health Centers

Leslie Abastas-Cummings
President - Livingston Community Health



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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

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

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

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

OUR AWARDS

CLINIC LOCATIONS

MEDICAL:

MERCED COUNTY

Merced:
- 847 West Childs Ave.
- 857 West Childs Ave.
- 3940 Sandpiper Ave.
- 797 West Childs Ave.
- 2768 Ranchero Ln. (coming mid 2024)

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.
- 1801 Tully Rd, Ste F.
- 209 Kerr Ave.
- 1717 Las Vegas St.
- 1500 Florida Ave.
- 1114 6th St.
- 401 Paradise Rd, Ste E. (coming mid 2024)

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.

SAN JOAQUIN COUNTY

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

DENTAL:

MERCED COUNTY

Merced:
- 747 West Childs Ave.

Los Banos:
- 725 West I St.

Planada:
- 9235 East Broadway St.

STANISLAUS COUNTY

Modesto:
- 1717 Las Vegas St.
- 1121 Hammond St.
- 1008 6th St. (coming mid 2024)

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:

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:
- 727 West Childs Ave. (coming mid 2024)

STANISLAUS COUNTY

Modesto:
- 2401 E Orangeburg Ave. Ste 330



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CLINICS ACROSS
THE CENTRAL VALLEY

FIND 10 HIDDEN OBJECTS IN THE PICTURE



