CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

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GOLDEN VALLEY
HEALTH CENTERS

CELEBRATING DIVERSITY AT GOLDEN VALLEY HEALTH CENTER

2024

A MESSAGE FROM
OUR CHIEF EXECUTIVE OFFICER

Diversity among healthcare providers plays a crucial role in delivering equitable, effective, and compassionate care. At Golden Valley Health Centers, we proudly celebrate the tapestry of cultures we see throughout our organization within our patients, providers and staff.

GVHC has a powerfully diverse team of healthcare providers, representing 16 countries and 26 different languages with 50 Foreign Medical Graduates on our clinical staff. Providers from varied ethnic backgrounds bring unique perspectives, experiences, and cultural understandings that enhance patient care in meaningful ways. This cultural and linguistic competence makes us a more effective organization.

One primary benefit is improved patient-provider communication. Language barriers and cultural differences can impede the delivery of care, resulting in misunderstandings, mistrust, and sometimes reluctance to follow treatment plans. When healthcare providers are familiar with their patients' cultural and linguistic backgrounds, it enhances trust. This is essential for ensuring that our patients feel comfortable sharing symptoms, asking questions, and adhering to medical advice.

This is one reason we look forward to participating in the Doctors from Mexico program, which you can read more about in this issue. This new program will be instrumental in bridging gaps, advocating for our patients, and providing care that acknowledges and respects the cultural differences we see. Understanding the community's values and beliefs is essential to offering competent care.

Diversity among our healthcare workforce enhances communication, fosters trust, and leads to more compassionate care. These are benefits that don't just sound good, they lie at the core of what we do and why we do it. As healthcare must be patient-centered, the need for a workforce that represents and understands diverse communities is more important than ever before.



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SPONSORSHIP OPPORTUNITIES

olden 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**

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

ADVANCING DIVERSITY, EQUITY, AND INCLUSION IN HEALTHCARE

At Golden Valley Health Centers we understand that Diversity, Equity, and Inclusion (DEI) are critical components to create a more just and accessible healthcare experience. Diversity refers to the representation of various identities within healthcare, including race, ethnicity, gender, sexual orientation, age, and disability. Equity focuses on ensuring fair access to healthcare services and addressing systemic barriers that lead to health disparities. Inclusion means fostering an environment where all individuals feel valued and respected, regardless of their background.

There are several key points where DEI is vital for improved patient outcomes, reduction in health disparities, enhanced team performance, community engagement, positive workplace culture and ethical responsibilities.

Improved Patient Outcomes:

- Cultural Competence: A diverse staff can better understand and respond to the cultural, linguistic, and social needs of patients, leading to more effective care.
- Trust and Engagement: When patients see themselves represented in healthcare providers, they are more likely to trust and engage with the clinic, improving adherence to treatment plans.

Reducing Health Disparities:

- Equitable Access: DEI initiatives help identify and address barriers that marginalized communities face in accessing healthcare services.
- Tailored Interventions: Clinics can develop programs and interventions that specifically address the unique health challenges of diverse populations, leading to better health equity.

Enhanced Team Performance:

- Varied Perspectives: A diverse workforce brings different perspectives and ideas, fostering innovation and improving problem-solving within teams.
- Better Decision-Making: Inclusive environments promote collaboration and allow for more comprehensive discussions, leading to well-rounded decisions in patient care.

Community Engagement:

- Building Relationships: Clinics that embrace DEI can foster stronger relationships with the communities they serve, enhancing outreach and participation in health programs.
- Feedback and Improvement: Diverse perspectives can help clinics gather meaningful feedback, leading to continuous improvement in services and patient satisfaction.

Positive Workplace Culture:

- Employee Satisfaction: An inclusive environment promotes belonging and respect, which can lead to higher employee morale and lower turnover rates.
- Recruitment and Retention: Clinics that prioritize DEI are often more attractive to a broader range of applicants, enhancing talent acquisition.

Ethical Responsibility:

- Social Justice: Prioritizing DEI is part of a broader commitment to social justice and human rights, ensuring that all individuals receive fair and equitable treatment in healthcare.

Incorporating DEI into healthcare delivery not only leads to better health outcomes but also fosters an environment of respect and collaboration.

By embracing these principles, clinics like us can better serve their diverse patient populations and contribute to a more equitable healthcare system.



KIDS DENTAL DAYS

Golden Valley Health Centers recently held Kids Dental Day events at our Newman and Ceres Dental Clinics. These special events offered free dental check-ups for kindergarten and TK students, giving young children a chance to see the dentist in a friendly and caring setting.

For many families, Kids Dental Day is not just about meeting a school requirement—it's about helping kids feel comfortable with dental visits and keeping their smiles bright and healthy all year. The best part? Families didn't need to be patients of Golden Valley Health Centers to join in; Kids Dental Day was open to all children in the community!

At both events, children were given gentle, caring dental exams to help them feel safe and welcome. By focusing on prevention and creating a positive experience, Kids Dental Day teaches kids that visiting the dentist can be comfortable and easy.

To learn more about future Kids Dental Day events or the dental services we offer, visit GVHC.org or reach out to our team. We're here to help your child feel great about their smile!





NO APPOINTMENT, NO PROBLEM

Find an URGENT CARE near you.



Merced County:

857 West Childs Ave. Merced, CA 95341
Monday – Friday: 8:00 a.m. – 6:30 p.m.
Saturday: 8:00 a.m. – 5:30 p.m.

3940 Sandpiper Ave. Merced, CA 95340
Monday – Friday: 8:00 a.m. – 7:00 p.m.
Saturday: 8:00 a.m. – 6:00 p.m.

Stanislaus County:

1510 Florida Ave. Modesto, CA 95350
Monday – Friday: 7:45 a.m. – 8:30 p.m.
Saturday: 8:00 a.m. – 6:00 p.m.

401 Paradise Rd. St. E103 Modesto CA 95351
Monday – Friday: 12:00 P.M. – 9:00 P.M.
Closed 4:00 P.M. – 5:00 P.M.
Saturday: Closed

2240 W Monte Vista Ave. Turlock, CA 95382
Monday – Friday: 8:00 a.m. – 8:30 p.m.
Saturday: 8:00 a.m. – 5:30 p.m.

200 C St. Patterson, CA 95363
Monday – Friday: 8:00 a.m. – 8:30 p.m.
Saturday: 8:00 a.m. – 4:30 p.m.

San Joaquin County:

250 Northgate Drive, Suite 102 Manteca, CA 95336
Monday – Friday: 8:00 a.m. – 7:00 p.m.
Saturday: Closed

gvhc.org

DIA DE LOS MUERTOS IS A DAY TO CELEBRATE LIFE

Día de los Muertos, or Day of the Dead, is a holiday celebrated in various parts of the world and by those of Mexican heritage throughout the world.

While this holiday is typically held around the same time as Halloween, it is its own separate holiday with its own traditions and intentions. While Halloween is a spooky type of holiday, Día de los Muertos is a celebration of life.

Día de los Muertos originates back to pre-Hispanic times with the indigenous peoples the Aztec, Maya, Toltec, and other Nahua people. These pre-Hispanic cultures considered mourning the dead to be disrespectful. They saw the dead as still being members of the family, who came alive through memory and spirit. Once the Spanish arrived in Mexico, this holiday got intertwined with All Saints' Day (celebrated November 1) and All Souls' Day (celebrated November 2). Today Día de los Muertos is typically celebrated on November 1 and 2. November 1 is a day to remember children who have passed, and November 2 is set aside to remember adults who have passed.

Día de los Muertos seeks to celebrate life — of the memories and bonds that tie us together that most certainly survive one's death into the beyond. It is believed that for a brief 24 hours during Dia de los Muertos, loved ones who have died can be reunited with the living for a big celebration of life.

This celebration is an energetic, colorful event designed to demonstrate love and respect for family members who have died. It's believed those who have died get to join in on the Día de los Muertos celebrations. Costumes, parades, and dancing are often a large part of the celebration. There were several events honoring Dia de los Muertos in the communities we serve, there were some in Modesto, Merced and Riverbank that we are able to showcase with these pictures. Hope you enjoyed learning more about Dia de Muertos.



Plaza del Rio - Downtown Riverbank, California

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Protect yourself and others – Get your flu vaccine today.

Who should get it? Everyone 6 months and older, unless your doctor says no.

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Want to learn more? Check out **www.thealliance.health/flu**

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NO FLU,
HEALTHIER YOU

Fighting The Flu Is Easy To Do!

Protect yourself and your family from the flu this season.

Call or text us to schedule your appointment today!

209-722-GVHC (4842)



gvhc.org

LUPE GONZALEZ'S EXPERIENCE ON THE PATIENT ADVISORY COMMITTEE

For Lupe, being part of the Patient Advisory Committee at Golden Valley Health Centers isn't just about attending meetings—it's about making a real difference. Lupe has become a bridge between Golden Valley Health Centers and her community, helping the organization shape its services to meet the needs of its patients.

A lifelong resident of Merced, Lupe's journey with Golden Valley Health Centers began over ten years ago. Like so many others in the Central Valley, she found support through the clinic's accessible care, especially during times when she didn't have insurance. Over the years, she watched Golden Valley Health Centers grow—not only supporting her and her family's health but also becoming a trusted resource for her friends and neighbors.

But Lupe didn't stop at being just a patient; she wanted to give back. "I joined the Patient Advisory Committee because I've seen how healthcare can be confusing and intimidating, especially for those unfamiliar with the system," Lupe shared. As a proactive patient herself, she often finds herself educating others on the importance of advocating for their health. "Being on the committee lets me amplify the voices of those who may feel unheard. I want people to know that Golden Valley Health Centers value their feedback and are listening."

Through the Patient Advisory Committee, Lupe has connected with others who share her commitment to improving local healthcare. Meeting department heads and learning about the decision-making process has shown her just how dedicated Golden Valley Health Centers is to patient perspectives. "It's amazing to see that clinic leaders genuinely care about what we have to say," she said. "We bring up real patient experiences, and Golden Valley Health Centers listens."

When asked what she'd say to someone considering joining the Patient Advisory Committee, Lupe encourages people to get involved: "If you've got ideas or concerns, this committee is a place where you can help make positive changes."

If you're interested in joining the Patient Advisory Committee to make your voice heard, visit GVHC.org or text (209) 628-6784 for more information or to apply.

Golden Valley Health Centers welcomes all perspectives and offers Spanish translation for those who need it.



Left to right: Luciana Chavez, Guadalupe Gonzalez, Onalee Miller, Celia Miller, Alurial Ceballos, Jovan Pulido, Rosalind Honnes, Adriana Navarro, Marco Moreno, Dr. Carrie Janiski



DOCTORS FROM MEXICO PROGRAM

Golden Valley Health Centers (GVHC) will soon be participating in an innovative new program that will make it easier for many patients to get medical appointments and communicate effectively with their doctors. The Doctors from Mexico program, which will be implemented at GVHC in early 2026, is an exciting opportunity to expand services and healthcare access in the Central Valley.

The Doctors from Mexico Pilot Program was initially signed into law in 2002. The purpose of the program was to make an immediate impact in the Latino community when it comes to accessing culturally competent care and addressing the significant shortage of experienced, Spanish-speaking doctors. The program took years to develop, with policy and program design challenges along the way.

On September 14th, 2024, Governor Newsom signed an extension of this program into law to help address the state's notable doctor shortage and simplify the terms of the program. The Doctors from Mexico program brings licensed physicians from Mexico to the United States to practice medicine for a period of three years. This will improve healthcare access for communities in need, especially communities that experience cultural and language barriers.

In California, there are approximately 3 million people with limited English proficiency, according to a California Health Interview Survey*. This population is more likely to have lower incomes, be enrolled in Medi-Cal, or be uninsured. People with limited English proficiency have reported feeling discriminated against by the healthcare industry and are more likely to report trouble understanding medical providers. While it took almost twenty years to launch the Doctors from Mexico program, it has been working successfully as a pilot program at several community health centers in California. The program currently includes 29 doctors from Mexico serving at Clinicas de Salud del Valle de Salinas, San Benito Health Foundation, Altura Center for Health, and AltaMed. The doctors represent many areas of practice, including Family Medicine, Internal Medicine, Pediatrics, and OBGYN.

The new legislation signed into law this year means the program will no longer be a pilot and is now guaranteed for fifteen years. Beginning in 2026, the program will bring in 65 doctors from Mexico. It will also extend the medical licenses of the current pilot program doctors practicing at community health centers throughout the state. Additionally, there are plans to add 30 psychiatrists to the program, resulting in 125 total doctors from Mexico working primarily in farmworker and rural areas, like the Central Valley.

GVHC President and CEO, David Quackenbush looks forward to growing the pool of qualified doctors at GVHC, noting the greatest need locally is in the area of primary care. "In California, there is a significant primary care provider shortage and we are looking to add primary care capacity through this program," said Quackenbush. "We will be interviewing prospects early next year and will be looking specifically for doctors from the Mexican states of Zacatecas, Jalisco and Michoacán due to many of our patients originating from these regions of Mexico," he added.

While the population grows in the Central Valley, the provider shortage worsens. The federal recommendation for a healthy ratio of primary care physicians to residents is about 80 per 100,000 people. In GVHC communities, there are just under 50 physicians per 100,000.

In 2026, when the program is fully implemented, Golden Valley Health Centers hopes to recruit 10 new doctors from Mexico, and plans to contract with 10 new physicians every 3 years as long as the program remains in place.

*California Health Interview Survey (CHIS), UCLA Center for Health Policy Research, accessed April 29, 2024.

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.

CELEBRATING DIVERSITY IN OUR PROGRAM

CENTRAL VALLEY PACE

One of the many things we take immense pride in is the rich diversity and unique cultural backgrounds that each of our participants brings. This variety of perspectives creates an incredible opportunity for us all to learn, share, and grow together. Our commitment to inclusivity means every participant feels safe, respected, and valued—a community where everyone belongs.

Our activities reflect this commitment by encouraging participants to engage in experiences that enhance cognitive, physical, social, emotional, and vocational well-being. For instance, this past September, we celebrated Hispanic Heritage Month, honoring the independence of several Spanish-speaking countries. Together, we created beautiful crafts inspired by Hispanic cultures, danced to traditional music, and embraced the joy of these festivities, sharing a vibrant experience with one another.

Each participant brings something special —a unique story, perspective, and experience that makes our program stronger and more vibrant. By embracing these differences, we create a community that celebrates diversity and fosters inclusion, allowing everyone to thrive. Join us and become part of a place where everyone's journey is respected, valued, and celebrated!









CENTRAL VALLEY PACE IS NOW SERVING 400+ 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 - 727 West Childs Merced, CA 95341

CVPACE.ORG

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GROWING STRONG AND BUILDING COMMUNITY CONNECTIONS

Since our July grand opening, our PACE program in Merced has been growing steadily, with about 50 participants now enrolled and an average of 10-12 new participants joining each month. This reflects our deep commitment to enhancing senior care and building a supportive community where each participant can truly thrive.



Our outreach—through local radio, TV, and partnerships with community organizations—has helped raise awareness, while our strong connection with Golden Valley Health Centers has been invaluable in providing referrals and ensuring seamless access to top medical resources.



With an ambitious goal of reaching 2,000 participants across all locations by 2030, we're excited to continue making a positive impact. We're here to make sure our participants feel safe, comfortable, and valued every step of the way.





If you are interested in touring our PACE program in Merced or Modesto, call us at **(209) 724-6000**

MEET A PROVIDER

Yudelka Solano, PA

Yudelka Solano is a physician assistant working in family medicine at the Patterson clinic. She was born and raised in the Dominican Republic and is the tenth of eleven children. She received her Doctorate from the Universidad Autonoma de Santo Domingo, and worked as a family practice physician for three years before relocating to the United States. She has worked for Golden Valley Health Centers since November 2, 1992.

After getting married, she moved to Modesto and decided to work in the medical field while learning the language needed to take exams and apply for a residency. Solano was hired at Merced Family Health Center, which today is Golden Valley Health Centers. While learning English, she started working in a laboratory, next at the homeless clinic, and eventually as an OB medical assistant.

She cultivated great friendships with the physicians, PAs, and staff at GVHC and they motivated her to apply to the UC Davis PA program. She completed her preceptorship at Golden Valley Health Centers and before graduating, was hired as a physician assistant.

Solano decided to go into the medical field to help those who are in need. She was involved in different political and social organizations from a very young age. Her vision was to help humanity by becoming a physician assistant and serving the underserved. “I have been so lucky to work in a community like Patterson with hard working people and immigrants. After spending nearly 30 years in the Patterson community and providing medical care to multiple generations of people, I feel like I am a part of their families.”

Yudelka has helped International Medical Relief, going to Indonesia, Thailand, Dominican Republic, Malawi, and after a few years she had the opportunity to start work on her own in the country of Uganda. She has been visiting the landlocked country for the past 8 years, raising money for medicine and medical supplies, helping to establish clinics there in order to bring medical services and education to thousands of individuals. In the past two years, she was able to get other providers, nurses and even yoga instructors involved. “Imagine my satisfaction at having my own daughter as a nurse with me this past year.” Solano has also incorporated poetry workshops and yoga on her trips which she considers a huge success.



Writing poetry and working in the medical field, Yudelka feels that her two passions in life have come together. She explains that her poetry has many purposes. “Poetry can help us to educate, create awareness, improve mental well-being and heal people exposed to different types of traumas.” Solano uses her poetry to work with different groups in communities to speak out against sexual assault and domestic violence.

She just completed a large project with a grant from Heartland, Poesia Y arte Curando el Alma (Poetry and Art Healing the Soul) where she worked with 5 Modesto city schools. Students worked on poetry, music and art and at completion, student artwork was collected to create an anthology for each school.

Yudelka loves laughing, enjoying and celebrating life, a good glass of wine, and being in her backyard alone or with friends. She has two kids, son Richard Anrae, a daughter, Viel Richell, and a stepson, Colby Alan.

We Care About YOU!

This Flu Season

Protect Yourself and Your Loved Ones

A flu shot is important for everyone, but especially for kids 6 months and older, pregnant women, and people with health problems like asthma or diabetes.

The flu shot does not always prevent the flu, but it can reduce its symptoms. Ask your doctor or pharmacist about the flu shot and schedule your appointment today!

You might have questions about the flu shot*:

- When is the right time for a flu shot?
- Can my baby get sick from the flu shot?
- Where can me and my family get our flu shots?

Talk to your doctor during your visit or go to Colds & Flu at **www.hpsj-mvhp.org**.

**The flu shot does not include the COVID-19 vaccine. They are given separately.*



www.hpsj-mvhp.org
1-888-936-PLAN (7526) TTY 711
Monday – Friday | 8:00 a.m. – 5:00 p.m.

Health Plan of San Joaquin

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EMPLOYEE HOLIDAY RECIPES

As autumn settles in and winter approaches, gatherings with family and friends are on the rise! Ready to add something new to your holiday menu? Try these flavorful recipes from our employees to spice up your seasonal spread.

Risotto Verde

Joan Barnett Lee - Graphics and Marketing Specialist



Ingredients:

- 4 Cups chicken broth (to make vegetarian, substitute with vegetable broth)
- 2 Tsp olive oil
- 2 Scallions (Sliced)
- 1 ¼ Cups arborio rice
- 1 (10 oz) Frozen Spinach
- ¼ Cup dry white wine
- 2 Tbsp basil (Chopped)
- ½ Tsp salt and pepper
- ½ Tsp ground nutmeg
- 2 Tbsp grated parmesan cheese

Instructions:

1. Bring the chicken broth to a boil, and reduce the heat and keep at a simmer
2. Heat the oil in a nonstick saucepan; Add scallions, and saute until softened
3. Add the rice and cook, stirring until it is lightly toasted, for about 3 minutes
4. Add 1 cup of the broth and stir until it is absorbed. Continue to add broth, ½ cup at a time, stirring until it is fully absorbed. Continue until the rice is tender.
5. Add spinach, wine, and any leftover broth
6. Stir in basil, salt, pepper, nutmeg, and cheese
7. Serve and enjoy

Albondigas - Meatball Soup

Yamilet Valladolid, MPH - Director of Government and Community Affairs



Ingredients:

Meatballs:

- 2 lbs - Ground beef or pork
- ½ Onion (Finely chopped)
- 2 Large garlic cloves (Finely chopped)
- 1 Bunch (~2 to 3 tablespoons) - Fresh oregano (Finely chopped)
- ¼ cup - White rice
- 1 Egg
- 1 Tsp - Ground cumin
- 2 Tbsp - Chicken bouillon
- 1 Jalapeno (Finely chopped)

Broth:

- 10 cups of water
- 3 Zucchinis (Chopped)
- 3 Carrots (Chopped)
- 1 Jalapeno
- Chicken bouillon (or salt and pepper) to taste

Saute:

- 1 Tbsp of olive oil
- ½ large onion (Chopped)
- 3 tomatoes

Instructions:

1. Boil water with a jalapeno and chicken bouillon (or salt and pepper) to taste
2. In a bowl mix meat, ½ onion, garlic, oregano, rice, egg, cumin, chicken bouillon and jalapeno
3. Form meatballs to your size of choice. When water is boiling, add the meatballs in the broth one by one. Add zucchini and carrots
4. Add olive oil to a pan and saute the onions. Once the onions are caramelized, add tomatoes
5. When the onions and tomatoes are soft, add them in the pot with the albondigas
6. Let the broth boil and lower it to medium heat for about 20 minutes
7. Serve and enjoy

Shepherd's Pie

Sagan Lawson - PACE Administrative Assistant



Ingredients:

Meat Filling:

- 2 Tbsp Olive Oil
- ¼ Stick Butter
- ½ Tsp Salt & ½ tsp Black Pepper (to taste)
- 1 Medium Yellow Onion (Diced)
- 1 Tbsp Garlic (Minced or Pressed)
- 1 Tsp Thyme (Chopped)
- 1 Tsp Rosemary (Chopped)
- 2 Tsp Parsley (Chopped)
- 1 Tsp Garlic Powder
- ½ Tsp Coriander
- 1 Can Tomato Paste 6oz
- 2 Lbs Ground Beef
- 1.5 Cups Frozen Carrots & Peas Mix
- 2 Tbsp Worcestershire Sauce
- 1.5 Cups lager beer or red wine
- 1 Tbsp Better Than Beef Bouillon
- 1 Cup Water

Potato Topping:

- 6 Medium Russet Potatoes (Cubed 1")
- 1 Stick Butter
- ⅓ Cup Half & Half
- ½ Tsp Salt & ½ tsp Black Pepper (to taste)
- 1 Tsp Garlic Powder
- ½ Cup Cheddar Cheese (Shredded)
- 1 Tbsp Chives or Parsley (Chopped to Garnish)

Instructions:

Make the Meat Filling

1. Add the oil to a large skillet and place it over medium-high heat for 2 minutes. Add the onions. Cook for 5 minutes, stirring occasionally.
2. Add the 2 lbs of ground beef to the skillet and break it apart with a wooden spoon. Add the parsley, rosemary, thyme, salt, coriander, garlic powder, and pepper. Stir well. Cook for 6-8 minutes, or until the meat is browned, stirring occasionally. (Drain excess grease carefully.)
3. Add the Worcestershire sauce and minced garlic. Stir to combine. Cook for 1 minute until fragrant.
4. Add in tomato paste and 1.5 cups of lager beer or red wine. Stir until well incorporated and no clumps of tomato paste remain. Simmer for 3-5 minutes to reduce.
5. Add the Beef Bouillon, water, frozen peas and carrots. Bring the liquid to a boil then reduce to simmer. Simmer for 5-10 minutes, stirring occasionally. (Taste meat mixture,season with salt and pepper as needed to taste.)
6. Set the meat mixture aside. Preheat the oven to 400 degrees F.

Make the Potato Topping

1. Place the cubed potatoes in a large pot. Cover the potatoes with water. Bring the water to a boil over high heat. Reduce to a simmer at medium low heat. Cook until potatoes are fork tender, 10-15 minutes. (While potatoes boil, prepare packet of instant potatoes per the instructions)
2. Drain the potatoes in a colander. Return the potatoes to the hot pot. Let the potatoes rest in the hot pot for 1 minute to evaporate any remaining liquid.
3. Add butter, half & half, garlic powder, salt, and pepper. Mash the potatoes and stir until all the ingredients are mixed together.
4. Add half of the cheddar cheese to the potatoes, saving half to top the mixture once in the baking dish. Stir until well combined.

Assemble the Dish

1. Place the meat mixture into the 9x13 baking dish. Spread it out into an even layer. Spoon the mashed potatoes on top of the meat. Carefully spread into an even layer. Top the dish with remaining cheddar cheese.
2. Bake uncovered for 20-30 minutes, at 400*F until potatoes are lightly golden.
3. Cool for 15 minutes before serving, top with chopped chives or parsley.

PATIENT SERVICES

MEDICAL:

- Adult Medicine
- Family Medicine
- Health Education
- Immunizations & Vaccines
- Internal Medicine
- Mobile Medical Service
- Pediatrics
- Urgent Care
- Women's Health

BEHAVIORAL HEALTH:

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

DENTAL:

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

SPECIALTY SERVICES:

- Allergy Care
- Cardiology
- Central Valley PACE
- Chiropractic Care
- Gender Affirming Care
- General Surgery
- GVHC Pharmacy
- HIV Health & Wellness Program
- Medication Assisted Treatment Program
- Nephrology
- Obstetrics and Gynecology
- Occupational Therapy
- Optometry
- Orthopedics
- Podiatry
- Physical Therapy
- Quest Express Diagnostics Lab
- Rheumatology
- Sports Medicine
- Wound Care

To make an appointment call or text: (209) 722-GVHC (4842)

IMMUNIZATION HUBS

Vaccination hubs are provided to the community to help keep children up-to-date with their age-appropriate and school-mandated vaccines. On-time vaccination throughout childhood is essential and helps to prevent exposure to potentially life-threatening diseases.

Non-GVHC Patients Welcome | Most Insurances Accepted | Appointments Only

Please bring vaccination cards to immunization appointments

Monday
8:00am - 4:30pm
Merced Northview - 3940 Sandpiper Ave. Merced, CA 95340
West Turlock - 1200 W Main St. Modesto, CA 95380

Tuesday
8:00am - 4:30pm
Turlock Pediatrics - 1100 Delbon Ave. Turlock, CA 95382

Wednesday
8:00am - 4:30pm
Merced Suites - 847 W. Childs Ave., Ste C. Merced, CA 95341
Florida Suites - 1510 Florida Ave. Modesto, CA 95350

Thursday
8:00am - 4:30pm
Ceres Whitmore - 3109 E. Whitmore Ave. Ceres, CA 95370

Friday
8:00am - 4:30pm
Patterson - 200 C Street. Patterson, CA 95363

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.
- 1801 Tully Rd, Ste F.
- 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. (coming early 2025)

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.
- 401 Paradise Rd, Ste E.

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.

STANISLAUS COUNTY

Modesto:
- 1114 6th St. (coming early 2025)

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

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