CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

FREE, TAKE ONE!



GOLDEN VALLEY HEALTH CENTERS

FEATURE STORY

MEDI-CAL RENEWAL

SPRING 2023

A message from
OUR CEO & CMO

Over the past fifty years, the community has grown to rely on and trust Golden Valley Health Centers (GVHC) for providing quality primary health care for families across the Central Valley. We know that life has gotten more complicated in many ways since the early days, but we have worked hard to ensure that the care we provide has remained constant, and that the quality of our services has steadily improved.

In this issue of Check-Up magazine, we will showcase a lot of what we do for patients that you may not know. In the spirit of Mental Health Month (May), we will introduce you to one of our excellent Behavioral Health Clinicians, Lupita Serrano. Our behavioral health clinicians spend time counseling multiple patients every day, helping individuals who are dealing with mental illnesses like depression, anxiety, and emotional disorders. Mental health struggles are a growing problem in our culture and our need for clinicians has grown as well.

Another program we introduce our readers to in this issue is the HIV Health & Wellness program. You will hear directly from a patient whose life-saving experience, seeking treatment and support through this program, is incredibly inspiring. We love to celebrate patient success stories.

We are also proud to celebrate the growth of our Central Valley PACE program (see cover photo). At the end of 2022, we broke ground on a brand new building which will house our CV PACE Merced program, on track to open next summer. Finally, we have some valuable information for you about the process change for Medi-Cal benefits renewal. This year, all of our Medi-Cal patients should make sure their personal information is updated, and renew their eligibility to keep their health insurance coverage. Our goal is to ensure all of our patients enjoy a healthy life with reliable and continuous access to healthcare.

We encourage you to familiarize yourself with the list of clinic locations in the middle of the magazine. GVHC has multiple locations across the Central Valley to schedule your Annual Wellness Check-Ups and Vaccination needs.

We are thankful for each patient who has trusted us over the years. And we want to recognize our incredible staff who work hard every day to bring the best possible care to each patient. That is the excellence that sets Golden Valley Health Centers apart.



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



Spring 2023

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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

MEDI-CAL RENEWAL

During the COVID-19 Public Health Emergency, special rules came into effect that kept your Medi-Cal coverage intact without the need to take any action. However, earlier this year, President Biden announced that the COVID-related Public Health Emergency would officially end on May 11, 2023. This means most Medi-Cal members will need to review and renew their benefits this year.

Golden Valley Health Centers (GVHC) is working to ensure that our Medi-Cal patients have continued coverage to live their healthiest, best lives. During the COVID-19 pandemic, Medi-Cal re-enrollment or redetermination was not required. That changes this year after the Public Health Emergency ends.

Because of these changes, members are being asked to review and renew their eligibility information. You could lose your coverage if your contact information is out of date and you are unable to receive critical updates. Please keep an eye out and open letters related to your coverage. Make sure you follow the instructions provided so that you keep your Medi-Cal benefits.

In the meantime, make sure your address, phone number, and email address are up to date. You can call the number on the back of your medical card or reach out to our enrollment specialists for help making sure your information is current and your benefits are intact.

High-quality, affordable health care is important to all of us. GVHC is working with our County Public Health Departments, our health plans and our enrollment partners on a strategy to ensure benefits remain in place for our patients. We are committed to informing our patients as best we can to avoid a lapse in coverage.

Sometime this year Medi-Cal patients will receive information in the mail from their health plan. Please pay attention to these notices in order to keep your coverage. Enrollment specialists are available between Monday and Friday, 8am – 6pm to help patients verify their benefits and re-enroll. The enrollment assistance phone number is **209-237-1610.** There is also helpful information on our website GVHC.ORG.



INSURANCE INFORMATION

62.74%	of Merced County patients carry Medi-Cal
76.71%	of Stanislaus County patients carry Medi-Cal
67.27%	of San Joaquin County patients carry Medi-Cal

STRENGTH IN NUMBERS

Golden Valley Health Centers (GVHC) saw nearly 10% more patients in 2022 than in the prior year. We continue to innovate and grow to meet the needs of our growing population. Increasing access to care is a top priority for GVHC.

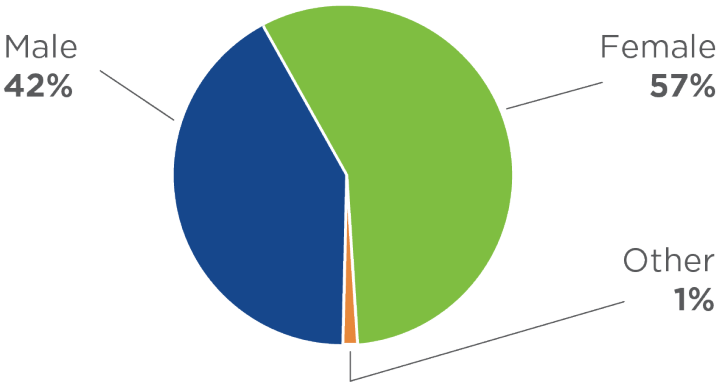
TOTAL PATIENTS SERVED IN 2022 **145,305**

TOTAL VISITS IN 2022 **579,036**

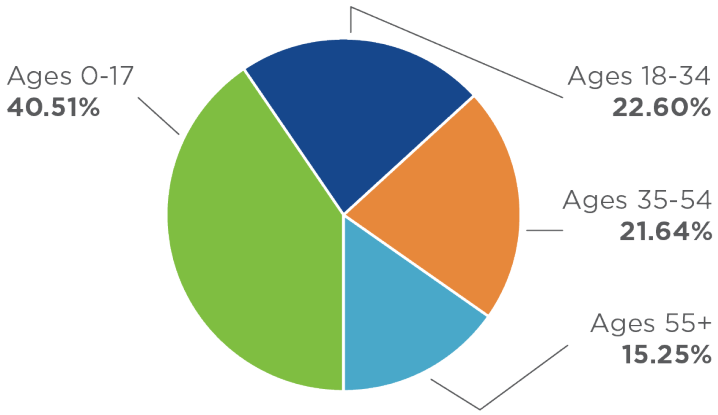
CLINIC	430,243
VIRTUAL	148,793

PATIENT PROFILE

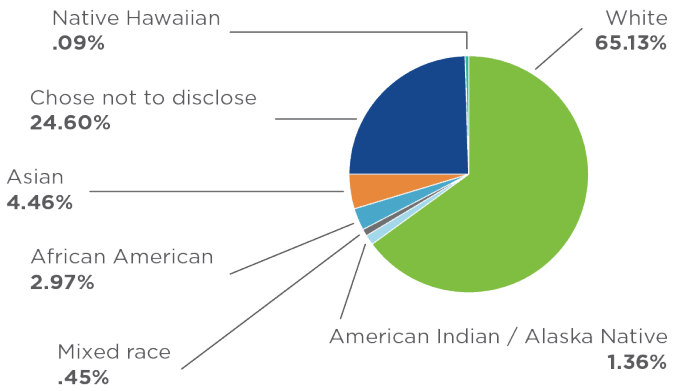
GENDER



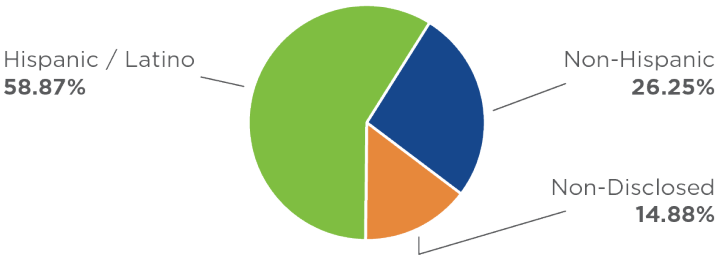
AGE RANGES



RACE



ETHNICITY



PACE

Program of All-inclusive Care for the Elderly

Central Valley PACE (Program of All-inclusive Care for the Elderly) is an alternative to nursing facilities that provides customized healthcare and social support to aging adults to help them stay independent.

IS PACE RIGHT FOR YOU?

YES	NO	
☐	☐	I am 55 years or older.
☐	☐	I have made multiple trips to the hospital or emergency room in the past 6 months.
☐	☐	I need help from other people with activities like bathing, dressing, eating, or walking.
☐	☐	I need help with transportation assistance for medical appointments.
☐	☐	I am able to live in my home with help from others.
☐	☐	I live within the Central Valley PACE service area.

If you answered "yes" to any of the questions above, you may be eligible for the Central Valley PACE program.

YOUR PACE, OUR CARE



Provided Benefits:

- Dental
- Transportation
- Rehabilitation
- Personal Care
- Specialty Medical Care
- Institutional Care
- Medication
- Vision
- Hearing
- Behavioral Health
- Primary Care
- Health Education
- Social Interaction Day Center
- Home Health

For more information please call: 209-724-6000

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

or visit www.cvpace.org

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

H1228_006

CENTRAL VALLEY PACE
GOLDEN VALLEY HEALTH CENTERS

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ASK A PROVIDER

"Lately, my child seems a bit off from his normal self- not as outgoing, not wanting to socialize with friends, and his grades are starting to suffer. I'm worried that he might be depressed. How can I make sure he's ok?"

In and of itself, when a child or adolescent reduces their social activities, it does not necessarily mean that something is wrong. It may simply mean that they are socially exhausted or feel overstimulated after spending time with others and they might need time alone to reenergize and center themselves. This behavior can also be considered a normal developmental aspect, especially in adolescents who tend to want more time alone as they begin to want more autonomy, are in the process of identity development, and use alone time to regulate emotions. However, if the sudden lack of socialization is a significant change from the child/adolescent's typical behavior and is being noticed along with symptoms such as sadness, irritability, mood swings, changes in appetite, sleeping patterns or lack of interest in previously pleasurable activities, it could be a reaction to difficult emotions or situations they may be dealing with.

To engage and support your child, calmly and without judgment point out your concern about the changes in behavior and mood you have observed. Find a private and confidential space and express your desire to help them. Make sure your body language and tone of voice do not sound frustrated, annoyed, or anxious, as this may result in the child or adolescent shutting down and not wanting to have an honest and open conversation with you.

You can begin with general questions that point out your observations and concerns for them and your desire to help. You can say something like, "I've noticed you stopped going out with your friends and your grades have gone down. I'd like to know if there is something that is going on or bothering you so I can help you or get you help." "How are things at school?" "Is someone bullying you?" "How are you getting along with your teachers?" "Has anyone offered you drugs or are you using drugs or alcohol?" "Are you having any dating problems?" "Is anyone hurting you in any way?"

Don't be afraid to ask difficult questions about suicide. Contrary to popular belief, you will not put the idea of suicide in someone's head. Most people feel relief that the question was asked so they can then talk about it. Try saying something like, "You know sometimes when people are going through a rough patch, they just want the pain to end and may get ideas of wanting to end their pain and suffering. Have you had or do you currently have any thoughts of wishing you were dead or taking your own life or the life of someone else?" If the answer is yes to the suicide or homicide question, don't react with shock, disbelief, or anger, and thank your child for trusting you. Reassure him or her that you will help them find solutions and resources.

For a mental health evaluation, take your child to their medical doctor or make an appointment with a mental health therapist. If they are experiencing active suicidal or homicidal thoughts and express to you that they have a plan, take them to the nearest emergency room or call law enforcement for an evaluation for crisis stabilization. If you or someone you know is experiencing a mental health crisis, thoughts of suicide, substance use crisis, or emotional distress, call or text the National Suicide Prevention Lifeline at 988 to connect to a trained crisis counselor. You can also text the word "hello" or "home" to 741741.

MEET A PROVIDER



Lupita Nabil Serrano, LCSW

WHAT MADE YOU WANT TO BECOME A PROVIDER?

It all started with an interest in the human brain. During my high school years, I had a special interest in the brain and in psychology. I wanted to teach people how they could enhance their way of living via cognitive and behavioral strategies. I also wanted to provide people a safe place to process trauma and distress, especially those lacking psychosocial support.

WHAT DO YOU WISH YOU COULD TELL EVERY PATIENT ABOUT THEIR HEALTH AND WHY?

I would tell every patient that their mental health is as important as their physical health. It can be liberating when we can control and shift our own thoughts. I would tell them the time is now to take charge and to heal. There are strategies and skill sets that, if practiced, can lead to a more fulfilling life.

WHAT DO YOU LIKE MOST ABOUT WORKING AT GVHC?

I like how GVHC has multiple departments and specialties; it feels like a one-stop shop for patients. More importantly, I like the integrated care and collaborative care model we use that incorporates mental health and physical health. I enjoy collaborating with Medical Staff and support staff, because together we can improve a patient's overall health. In addition, I like the team work and support within the Behavioral Health Department. Kudos to the BH Director and the Assistant BH Director!

WHAT ARE THE MOST UNDERUTILIZED SERVICES IN YOUR SPECIALTY?

The most underutilized services include services for alcohol and drug abuse and dependency. The Behavioral Health Department has recovery support specialists trained to assess and treat alcohol and other drug conditions. Other underutilized services include case management services, also available, and include linkage to other community services (such as grief support groups, financial resources) and education related to parenting, stress management, and anger management.

CLINIC UPDATES



MERCED PHARMACY OPEN IN APRIL

We're excited to announce the opening of our very own Golden Valley Health Centers' pharmacy in Merced! Conveniently located at 857 W. Childs Ave, our pharmacy will provide patients with the added ease of having their prescriptions filled at the same location as their healthcare appointments. Stay updated on our progress by following us on social media or simply ask about our pharmacy during your next appointment.



WEST MODESTO CLINIC

Golden Valley Health Centers' West Modesto clinic, located at 1114 6th Street, is reopening this Spring. After a temporary closure in 2022, this sizable clinic has been beautifully rebuilt with twenty-four exam rooms and is ready to serve patients again.



MERCED RANCHERO HEALTH CENTER

The Merced City School District and Golden Valley Health Centers (GVHC) have teamed up to bring a brand-new School-Based Health Center to Merced! Construction at Merced Ranchero Health Center is set to begin later this Summer, and the clinic is expected to open early in 2024. GVHC already operates five successful School-Based Health Centers in the Central Valley, and this new clinic will expand their offerings to include Medical, Dental, and Behavioral Health services for students and the wider community.



LOS BANOS DENTAL

Golden Valley Health Centers' Los Banos Dental Clinic has reopened after a fresh new makeover. The clinic was completely remodeled from top to bottom at the end of 2022 and is now open to serve your oral health needs. You can make an appointment for a dental cleaning or exam and see our beautiful new clinic by texting (209) 826-1094.

HIV Health & Wellness

GVHC Patient Story

"I never had healthcare before. I always worked jobs that didn't provide healthcare. I think my risky behaviors led down the road to HIV," said Robert, one of Golden Valley Health Centers (GVHC) HIV Health & Wellness patients. "I was an intravenous drug user in my past life. I don't do that anymore. The consequences are dangerous."

Last year, Robert didn't want to go to the doctor but knew he needed to. In fall, 2022 he went to the doctor reluctantly, with symptoms that he hoped would be treatable. He was in a lot of pain and could barely walk. He knew this was something he had been dealing with for years but he had tried to ignore it. He didn't want to ask for help, "I've always relied on myself," he said, "but I knew I couldn't face this alone."

As he walked into GVHC's Urgent Care, he entered feeling nervous and says that he left the clinic that day with what he considered the worst diagnosis imaginable. "I was terrified to learn that I had contracted HIV, but I was scheduled for a follow-up appointment with the staff at the HIV Health & Wellness program in Ceres. When I got there, Dr. Diep made me feel like it was going to be ok. He said that this virus is treatable and gave me hope."

"Robert was afraid of what this diagnosis would mean for him and how it could impact his life," according to Dr. Diep, Regional Medical Director at Golden Valley Health Centers, who oversees the HIV Health & Wellness Program. "We see patients like him all the time, who might think that HIV is a death sentence and don't understand that many individuals living with HIV lead normal, healthy lives. We can help them get there".

Robert felt an immediate connection with the GVHC HIV Health & Wellness staff. Roxana, a Program Specialist, offered support for Robert throughout his care journey. "This staff is amazing," said Robert. "They are just as concerned about my emotional well-being as my physical health. The HIV Health & Wellness program treatment staff get to know people and who they are. You aren't just a number or a name on a chart. You feel safe to share information and the fear I walked in with quickly evaporated because the staff is so helpful." Robert was impressed with the appointment system and text message reminders that have kept him on schedule and helped him organize his medication. Now he feels better than ever.

"The program is amazing," he said. "Dr. Diep and the Ceres nurses know me by name and they take great care of me. I trust them to tell me the truth and I know they aren't there just for a paycheck. I trust the entire clinical team and appreciate them all so much," he added. "They have educated me about how to take care of myself and given me so much hope for the future."

HIV can affect anyone, regardless of sexual orientation, race, ethnicity, gender or age. The HIV Health and Wellness program provides quality care in a comfortable, inclusive, and welcoming environment. There is a simple process for enrollment into the program and patients across the GVHC service area (Merced, Stanislaus and San Joaquin Counties) are eligible.

"I'm feeling great these days thanks to the HIV Health & Wellness team. I actually have not felt this healthy in a long time and I treat my body better. My medications are all managed and soon I won't be seeing the doctors as much, but I'll always keep my HIV under control with the help of GVHC," Robert said. "I've made mistakes in life but I won't make those mistakes again."

GVHC respects and values the privacy of all patients and has changed this patient's name to respect confidentiality.



Health Plan of San Joaquin

Keep your family's health in check



Do not wait until you are sick. Get a head start by setting up routine exams. These preventive measures can help lower risk for health problems in the future.

Well Child Visits

Size measurements weight, length and head circumference (until 2 years old), Body Mass Index (BMI).
Vision as recommended.
Hearing as recommended.
Fluoride Varnish when first tooth appears or at first birthday.
Cholesterol as recommended.
Hemoglobin or Hematocrit (Blood Iron Tests) to test for anemia.
Lead Screening at 12 months and 24 months; if no lead test prior, a catch up test before 6 years old.
Developmental Screening measures how your child grows and changes over time and whether your child meets the typical milestones.

Adult Annual Physical

Vitals blood pressure, pulse, temperature, height and weight, Body Mass Index (BMI).	**Medical History** questions about behaviors like smoking, alcohol use, diet, and exercise.
Heart and lung exams to listen for irregularities to detect heart or lung disease.	**Neurological exam** to test reflexes, strength, and balance.
Head, neck, and abdominal exams for color, shape and consistency.	**Skin exam** to look for any abnormal spots.
Females	**Males**
Pelvic exam to check the internal reproductive organs. If sexually active, a Pap smear or HPV test may be done to screen for cervical cancer.	**Genitalia exam** to check for lumps, changes in size, and tenderness.
Breast exam to feel for abnormal lumps. Females should discuss mammograms after they turn 40.	**Prostate exam** to screen for cancer.
Other screenings as necessary for chronic conditions and diseases.	

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

We get it to protect

Us both from Flu & COVID-19



When you're pregnant, your flu and COVID-19 shot counts for two. Not only does it reduce your risk of being hospitalized, it also protects your baby for several months after birth—when they're too young to be vaccinated.

Expecting? Get your flu and COVID-19 vaccine today.

Call to schedule your vaccine today
209-722-GVHC (4842)

For more information about Flu and COVID-19 visit: gvhc.org

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IMPORTANCE OF DENTAL CARE



Our oral health is important. As a matter of fact, our ability to talk, smile, eat, and show our emotions all rely on good oral health and hygiene. We can improve our oral health by developing good habits early on, such as regularly visiting the dentist and keeping up with our oral hygiene practices.

It's important to have access to preventive oral health care, primarily because many oral diseases can be prevented with early treatment. For example, using dental sealants can stop 80% of cavities in kids. And losing teeth can have long-term effects on our overall health and well-being.

Secondly, taking care of our teeth starting at a young age, through regular dental checkups and good oral health practices at home can actually save us money in the long run.

Finally, visiting the dentist can help us avoid pain and suffering. By going to the dentist for regular checkups, we can identify and treat health conditions like gum disease or even oral cancer early enough to successfully treat these issues. Preventative care is key to a healthy life.

They say, "prevention is worth a pound of cure." At Golden Valley Health Centers, we have found that to be true. Our dental providers focus on prevention and early intervention for a happy, healthy childhood and adolescence.

To schedule a dental appointment at a location near you, call or text
209-722-GVHC (4842)



Start a career in Healthcare by enrolling in a training at a school near you!

Types of Trainings Availible:

- Vocational Nursing
- Medical Assistants
- Emergency Medical Technician
- Dental Assistant
- Phlebotomy Technician

Need help getting started?

Contact us today!
jobseeker@stanworkforce.com
(209) 558-WORK (9675)

Worried about the cost of training?

We have funding to cover your costs up to $10,000!*

**Financial assistance subject to eligibility requirements*

STANISLAUS COUNTY WORKFORCE DEVELOPMENT

This program is funded by the Workforce Innovation and Opportunity Act (WIOA) and is available to those who qualify. This WIOA Title-I- Financially assisted program or activity is an equal opportunity employer/program. Auxiliary aids and services are available upon request to individuals with disabilities

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CENTRAL VALLEY PACE UPDATE



Dr. Dunitz serves as the Medical Director for Central Valley PACE. He brings over 39 years of experience providing comprehensive care and managing both common and complex illnesses. He graduated from the University of Michigan Medical School and completed his internship and residency at the University of Southern California.

He continues to provide our participants with outstanding care along with our clinical staff. Dr. Dunitz prides himself on his compassion and innovative changes in healthcare delivery, for frail elders and individuals with complex medical challenges. He is enthusiastic to provide all of our participants with his best care.

MERCED PACE COMING SOON!

We are excited to share that we broke ground at our new location in Merced County – Central Valley PACE, Merced. The PACE center will serve as a new addition to the Childs Avenue site, where the original Golden Valley Health Centers clinic opened 50 years ago, and where the largest GVHC campus in our service region remains today.

Central Valley PACE takes an all-inclusive approach to the care of a senior, prioritizing the health of the whole individual. The program provides in-home support services including showering, meal prep and meal delivery, housekeeping, medication management, physical therapy and more. Transportation services are also available, allowing participants ADA compliant ride opportunities to and from appointments and the PACE day center.

Central Valley PACE in Merced is expected to open July, 2024.



Central Valley PACE welcomes over 200 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

CENTRAL VALLEY PACE
GOLDEN VALLEY HEALTH CENTERS



TK & KINDERGARTEN REGISTRATION

Make sure your child is ready for school by visiting Golden Valley Health Centers! We provide all three of the health and wellness requirements for registration.

Immunization Record

MUST INCLUDE:

- **4 Polio**
  (3) are acceptable if the last dose was given on or after the fourth birthday.
- **5 DTaP**
  (4) are acceptable if the last dose was given on or after the fourth birthday.
- **2 MMR**
- **3 Hepatitis B**
- **Varicella (chicken pox)** or proof that a child has had chicken pox confirmed by a healthcare provider.

Dental Screening

Proof of a dental exam within the last 12 months.

Health Screening

Proof of a health screening or physical exam within the last 12 months.

To make an appointment, call or text 209-722-GVHC (4842)
Visit **GVHC.ORG** for a list of locations.

GOLDEN VALLEY HEALTH CENTERS



CENTRAL CALIFORNIA ALLIANCE FOR HEALTH®

Make more memories. Keep your loved ones healthy.

Regular check-ups keep your whole family healthy. And, Alliance members can earn rewards for getting routine care.

Call your doctor to make an appointment!

For more information, visit our website at **www.thealliance.health/checkups**.

Central California Alliance for Health is your local Medi-Cal provider.
We have been proudly serving Merced County since 2009.

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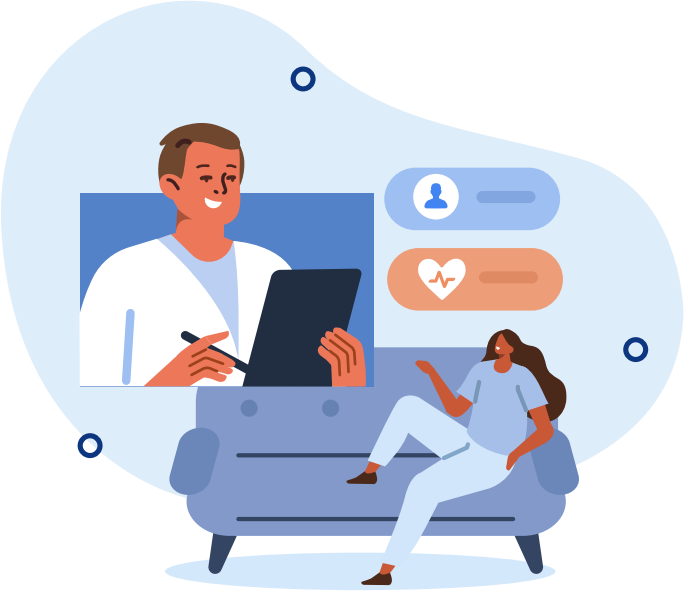
MyChart

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 & refill prescriptions, get tests results, view upcoming appointments, pay medical bills, and more all in one place.

DOWNLOAD THE GVHC MYCHART APP TODAY!

EMPLOYMENT OPPORTUNITIES

With over 40 clinical locations spanning across San Joaquin, Merced and Stanislaus Counties, the healthcare opportunity you are seeking may be closer than you realize. As an established provider of quality healthcare, Golden Valley Health Centers is where you can begin, or continue your healthcare career journey.

We are a mission driven organization, passionate about the many lines of services provided. Competitive wages, generous Medical (0 Deductible, 2k out of pocket max), Dental, Vision, and Retirement are a few of the benefits provided.

INTERESTED IN APPLYING?

Please visit our company website at **www.gvhc.org/careers**

Follow us on Facebook, LinkedIn and Indeed! Available opportunities are updated regularly, with positions ranging from clinical to administrative.



Annual Flora R. Martinez Nursing Scholarship

Flora R. Martinez came to the United States from Mexico in 1941. Seeking a better life for herself and her children, she worked for many years as a field worker and spoke limited English. It was during this time that she saw the importance of child care, housing and healthcare. She began helping women from migrant camps with interpretation and addressing their basic health care needs. Flora decided to focus on her education and learning English so she could be of more assistance to her community. In 1962, she became a U.S. Citizen.

A founder of Golden Valley Health Centers, Flora served on its Board of Directors for 43 years from 1971 until her passing in 2014. Through this leadership position, Flora admired the work of nurses and recognized the critical role they play in the delivery of quality healthcare services.

The Golden Valley Health Centers (GVHC) Foundation is proud to honor Flora's legacy through an annual scholarship program. Tom Martinez, Flora's son, established the scholarship after her passing in 2014, as a promise to honor her memory. It is the hope that those receiving the scholarships from the San Joaquin Valley will join the nursing workforce in our communities. The scholarships are intended to carry on Flora's core ideals:

- Effectively promote access to healthcare for all people
- Advocate for Community Health Centers
- Carry on meeting the direct healthcare needs of the underserved in our communities.

Annually, the GVHC Foundation awards a total of $25,000 in scholarships. Five deserving college students, pursuing degrees in nursing and healthcare, receive $5,000 each to be used towards furthering their nursing education.

The scholarship recipients for 2022 included Luis Lomeli, Natalie Penate, Melanie Ruvalcaba, Rebecca DeStefano, and Alyssa Walker (not pictured). Each recipient is pursuing a degree in the field of nursing, with Lomeli working towards an Associate Degree in Nursing and RN, while the others are working towards a Bachelor of Science in Nursing.

Scholarship applications are now being accepted. For more information about the Flora R. Martinez Scholarship, or for an application, please email: **foundation@gvhc.org**



"This is not work to me. It's my life"
– Flora R. Martinez





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.

PATIENT SERVICES

MEDICAL:

- Family Medicine
- Pediatrics
- Women's Health
- Internal Medicine
- Urgent Care

DENTAL:

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

BEHAVIORAL HEALTH:

- Individual Therapy (for adults and children)
- Patient-Directed Treatment Plans
- Case Management
- Psychiatric Care

HEALTH EDUCATION:

- Nutrition
- Asthma
- Diabetes
- Hypertension
- Comprehensive Perinatal Services Program (CPSP)
- Dietitian
- Family Planning: Access, Care, and Treatment

SPECIALTY SERVICES:

- Chiropractic Care
- Optometry
- Podiatry
- Obstetrics and Gynaecology (OB/GYN)
- Medication Assisted Treatment Program (MAT)
- HIV Health & Wellness Program
- Sports Medicine
- Allergy Care
- Cardiology
- Nephrology
- Central Valley PACE
- GVHC Pharmacy
- Quest Diagnostics 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.
- 401 Lesher Dr.
- 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.
- 1540 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.

PHARMACY:

MERCED COUNTY

Merced:
- 857 West Childs Ave.

CENTRAL VALLEY PACE:

MERCED COUNTY

Merced:

COMING SOON
- 727 West Childs Ave.

STANISLAUS COUNTY

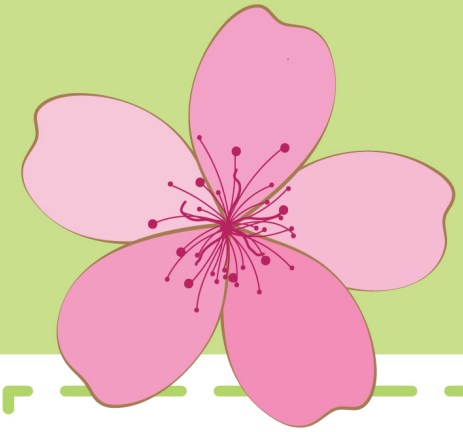
Modesto:
- 2401 E Orangeburg Ave. Ste 330











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