CHECK UP

GOLDEN VALLEY HEALTH CENTERS MAGAZINE

FREE, TAKE ONE!



GOLDEN VALLEY HEALTH CENTERS

FEATURE STORY

FAMILY HEALTH

SUMMER 2023

A message from
OUR CEO & CMO

Last year Golden Valley Health Centers provided 579,000 services to people living in our communities. While that sounds like a lot of visits, there is more we can do. Every year, we strive to grow and expand in order to meet the increasing needs of our patients. We are prioritizing access to better health and preventative care as if our lives depend on it. Because indeed, our lives do depend on it!

Access to healthcare is an essential right in America, critical to ensuring our overall well-being. However, despite being one of the wealthiest nations in the world, communities across the United States continue to experience challenges in providing access to health care, especially areas like ours that struggle economically. Golden Valley Health Centers is working to make sure that our patients and our families get the care they deserve.

During the pandemic, we initiated a highly effective telehealth program that has served individuals with transportation barriers and those who prefer accessing care virtually. This program has allowed us to see more patients in less time. Additionally, we are expanding urgent care services at select clinics and have introduced virtual urgent care options. Patients can now consult with a provider from anywhere using a smart phone or computer. We are doing more with our outreach teams and bringing healthcare into community events with our street medicine van and mobile health unit. We also just broke ground on our first School Based Health Center in Merced County (at Joe Stefani Elementary School) and completely renovated and expanded our West Modesto clinic on 6th street.

We are committed to increasing access to health care, which is crucial to improving health outcomes of the population at large. Individuals who lack access to health care are more likely to suffer from chronic illnesses and diseases, resulting in higher medical costs and mortality rates. Access to preventive care such as regular check-ups, vaccinations, and screenings can help detect health issues before they become severe. We encourage you to stay on top of your preventative care and keep your family as healthy as possible.

In this issue, you will read about all the ways that Golden Valley Health Centers is working to provide high quality care to all of our community members, young and old. Join us as we strive to improve health outcomes and improve overall quality of life in the Central Valley.



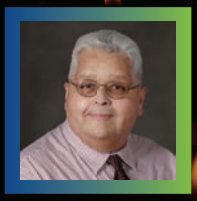
Left: Tony Weber, MBA, President & CEO
Right: Eduardo Villarama, MD, Vice President & CMO



IN MEMORIAM

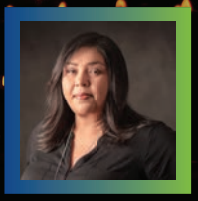
TOM MARTINEZ

1948 - 2023
GVHC Board Member



VERONICA PACHECO

1976 - 2023
GVHC Board Member



Summer 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

FAMILY HEALTH THROUGHOUT THE GENERATIONS



Taylor was just 11 years old when she met Dr. Danielle Myers, MD, for the first time. They forged an instant bond born of kindness and compassion. Nineteen years later, they are more like family than patient and provider. “I thought she was really nice and very thorough. She made sure to explain everything in a way that I could understand,” Taylor recalls. “She wouldn’t let us leave unless all of our questions were answered and she’s still that way with me today,” she added. “She has a way of making people feel cared for.”

Now, at thirty years old, Taylor cannot remember the time before she was a patient of Dr. Myers and wouldn’t consider entrusting her healthcare to anyone else. Theirs is a rare and special relationship. For Dr. Myers, that is what fuels her passion for healthcare.

“This is why I became a doctor,” said Myers. “I get to watch these beautiful girls grow up. I feel like a proud Doctor Mom,” she added. “I am like an adopted part of her family and it has been wonderful. It’s the definition of being a Family Medicine Doctor. I’ve been able to take care of Taylor through her adolescent years, follow her into young adulthood, through both of her pregnancies and now I get to serve as the pediatrician to her daughters.”

“Having Dr. Myers as my doctor for such a long time is really great because I don’t have to tell her about any issues that are going on,” added Taylor. “She knows everything. She’s been there for literally everything…including the birth of my children.” Both Dr. Myers and Taylor have heartfelt memories surrounding Taylor’s first pregnancy and the day she went into labor with her first-born child.

It was a difficult time, at the start of the COVID-19 pandemic, when Taylor gave birth the first time. The hospital would only allow one guest in the delivery room. “My mom couldn’t be there with me,” Taylor explained. “Only my husband was allowed, but Dr. Myers, being the kind of person she is, took on the mom role. She took photos, made sure my husband was ok and I was ok. She helped us so much. She kept me going and supported me while I brought this baby into the world. Because of that, I come to the clinic and bring her Mother’s Day cards like I do my own mother. She is that special to us.”

The location of Golden Valley Health Center’s (GVHC) Roberston Road Clinic (a School Based Health Center at the site of Robertson Road Elementary school), is very convenient to residents of South Modesto. Many patients walk to the clinic from their homes in the neighborhood. Families with students attending Robertson Road Elementary School find it easy to access healthcare services there. The clinic is open to everyone, but for those with transportation issues living in this part of the community, it is an excellent option.

Currently, there are five GVHC school-based health centers: two in Modesto, one in Empire, one in Westley, and one in Riverbank, with a sixth opening in the Spring of 2024 in Merced. These centers provide health education, offer health services to students who do not have health insurance, and provide support for at-risk students. School-based Health Centers are a convenient option for many students and families. They provide an important point of access for students, by bringing high-quality healthcare directly to where students and families are already spending much of their time – at school.

Family Medicine is a critical offering for Golden Valley Health Centers. More than 40% of the patients are less than 18 years of age and many patients want one provider who can meet the healthcare needs of the entire family. GVHC medical providers can treat generations from the same family and make it a priority to serve anyone who needs healthcare in the community, regardless of language, financial or cultural barriers.

For Taylor, it has never been more important to keep up with her medical appointments and pay attention to her health. “If I’m not healthy and taking care of myself, I can’t take care of my girls,” she says. “So I make sure to stay up to date on my preventative medical care. I absolutely recommend Dr. Myers. The care that I receive and my children receive is great. I feel like everyone should have access to this kind of care.”

For Dr. Myers, the patient-provider relationship is what it’s all about. “I am honored that Taylor has trusted me all of these years, not just with her health but her family’s. I am very grateful that she has made me a part of her family and that I have had the opportunity to share in parts of her life that are so important.”



Health Net is proud to support Golden Valley Health Centers.

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CLINIC UPDATES



VIRTUAL URGENT CARE NOW AVAILABLE

Golden Valley Health Centers now offers Virtual Urgent Care (VUC) services, allowing patients to see a provider via video, using MyChart or Zoom. Regardless of their physical location, all GVHC patients can access this service. VUC will be available starting on June 20th and will be open from Monday to Saturday, 8 AM to 5 PM.

On August 1st, the VUC hours will expand to Monday to Friday, 8 AM to 9 PM, and Saturday, 8 AM to 5 PM. Patients can call (209)722-4842 to access this service.



EXPANDED SERVICES IN PATTERSON

Golden Valley Health Centers Patterson Clinic is adding Urgent Care to its services, which would expand same-day access to patients not only in Patterson but for all West Stanislaus County residents. Effective June 20th, in-person visits will be available at the Patterson Urgent Care location from Monday to Saturday, 8 AM to 5 PM. Extended hours will be offered starting August 1st, with the clinic open Monday to Friday, 8 AM to 9 PM, and Saturday, 8 AM to 5 PM.

Patterson Urgent Care is located at 200 C St. Patterson, CA 95363



WEST MODESTO NOW OPEN

Golden Valley Health Centers held a grand reopening ceremony for the West Modesto clinic on May 25th. The event was attended by over 100 staff members, elected officials, and community members. The 6th Street clinic in West Modesto was first opened in June 1987 and is now open Monday to Friday, 8 AM to 5 PM.



PLANADA CLINIC REOPENS AFTER RESTORATION

After undergoing several months of flood restoration work, the Planada Medical and Dental building reopened during the first week of June. Both the Medical and Dental clinics are now open Monday to Friday, 8 AM to 5 PM. Throughout the restoration period, Golden Valley Health Centers ensured Planada patients continued to receive care through a mobile health van parked adjacent to the Planada Medical Clinic and by referring patients to nearby clinics.



LOS BANOS RENOVATION PROJECT

Los Banos Medical temporarily closed for renovations on June 12th. However, Golden Valley Health Centers is operating a Mobile Clinic conveniently located in the parking lot of the Los Banos Medical Clinic to provide comprehensive medical services. The Mobile Clinic is equipped to deliver family medicine, pediatrics, and psychiatric care. It is open from Monday to Friday during the remodel, with operating hours from 7:30 AM to 4:30 PM.

ASK A PROVIDER

When should I go to the Emergency Room (ER) or GVHC's Urgent Care?

If you are experiencing a life-threatening medical emergency, such as a heart attack, stroke, or serious injury, you should go to the ER immediately. Call 911 or go to the nearest ER if you are unsure whether your condition is life-threatening.

For non-life-threatening medical problems that need to be treated right away, such as cough, colds or minor aches and pains, you can go to urgent care. Urgent care clinics are open for walk-in patients and can provide you with the same level of care as an ER, but with shorter wait times and lower costs.

Here are some examples of conditions that require immediate Emergency Treatment:

- Burns of moderate to severe intensity
- Compound fractures (broken bones that protrude through the skin)
- Convulsions, seizures, or loss of consciousness
- Deep wounds, such as from a knife, gunshot, or accident
- Difficulty breathing, such as from a severe asthma attack, illness, or anaphylaxis
- Fever in babies that are less than 3 months old
- Heavy, uncontrollable bleeding
- Impaled objects
- Poisoning of any sort
- Pregnancy-related issues, such as abdominal pain, signs of miscarriage, or preterm labor
- Serious head, neck, or back injuries
- Severe chest pain, or other heart attack symptoms
- Stroke symptoms
- Moderate to severe headaches or dizziness

If you are experiencing any of these conditions, you should go to the ER immediately. Do not wait.

Here are some examples of conditions that can be treated at any GVHC Urgent Care:

- Accidents and falls
- Animal bites that break the skin or show signs of infection, or any bite from a wild or stray animal
- Mild to moderate breathing difficulties (such as those due to asthma)
- Eye irritation and redness
- Fever that has been persistent or high, especially if you have difficulty breathing
- Minor broken bones, such as fractures in fingers or toes
- Severe cough and/or sore throat
- Skin rashes or infections
- Sprained or strained limbs, especially if you are experiencing mild pain or swelling, or an injury that doesn't improve after a few days
- Urinary tract infections
- Prolonged vomiting or diarrhea
- Mild headaches or dizziness

If you are experiencing any of these conditions, you can go to urgent care. Urgent care clinics are open for walk-in patients and can provide you with the same level of care as an ER, but with shorter wait times and lower costs.

If you are not sure whether your condition requires emergency treatment or can be treated at urgent care, you can always call your doctor or the urgent care clinic to ask for advice.

The ER is for emergencies that threaten life or limb. It is not a stand-in for your regular provider as it is a place for rapid or advanced care of serious conditions. You can potentially save yourself a large medical care bill by going to urgent care rather than the ER for non-emergency treatment.

MEET A PROVIDER



Dr. Pacha Dharma, M.D.

Dr. Pacha Dharma, a pediatric hospitalist M.D., has dedicated nearly two decades to the field of pediatrics. Inspired by the simple yet powerful interactions between doctors and children, Dr. Dharma fell in love with pediatrics during medical school. After completing her undergraduate studies in India and pediatric residencies in England and the United States, she has been serving the community of Modesto, California, with Golden Valley since 2008.

Dr. Dharma's personal journey took a poignant turn when her own child experienced seizures at the age of nine. This experience made her acutely aware of the vulnerability faced by parents with sick children, enhancing her compassion as a medical professional. Her primary goal is to ensure the speedy recovery of her young patients and provide comprehensive support services to parents, empowering them to care for their children effectively.

Golden Valley Health Centers is committed to providing essential health services to youth and families. The organization plays a crucial role in the well-being of the community, emphasizing the importance of regular healthcare visits to assess a child's growth, development, nutrition, and milestone achievements. Dr. Dharma's unwavering dedication, fueled by personal experience and a passion for children's health, continues to positively impact countless families, delivering a high standard of care and nurturing healthy children throughout the community.

$25,000 in Nursing Scholarships Distributed to Worthy Students

On June 8th, Golden Valley Health Centers Foundation presented a total of $25,000 in scholarships to five deserving college students pursuing degrees in nursing.

The scholarship program, named after one of Golden Valley Health Centers (GVHC) founding board members, Flora R. Martinez, is a tribute to the respect held by the organization for the essential care provided by nurses. Flora R. Martinez was a GVHC Board Member for 43 years. She believed in GVHC's mission and had a heart for nurses because she understood their love and dedication to the profession. Upon her passing in 2014, her son promised to continue her legacy, and thus the Flora R. Martinez Nursing Scholarship was established.

The 2023 scholarship recipients come from areas within GVHC's service region including:

- Steven Hannah who is working toward a Bachelor's of Science in Nursing from Grand Canyon University
- Guadalupe Palomo, who is working on receiving an Associate Degree in Nursing at Modesto Junior College
- Alexa Duarte, pursuing an Associate Degree in Nursing from CSU Stanislaus
- Jennifer Seymore, who is currently a first semester nursing student at Modesto Jr College, with goals to earn a Bachelor's in Nursing
- Ana Veloz, who is a current CSU Stanislaus student, working towards Bachelors of Science in Nursing and Psychology

"Healthcare is a great career with life-long learning and life-long employment opportunities," said Tony Weber, President & CEO, Golden Valley Health Centers. "This scholarship program demonstrates our commitment to cultivating a strong workforce from the talent in our own communities. We know the need for skilled nurses is going to continue and hope that these students might consider GVHC when looking for a place to work."

Scholarship recipients were selected based on the applicants' academic performance, financial need and details of the application letters submitted. A committee of volunteers representing Golden Valley Health Centers Board of Directors and Foundation Board reviewed over fifty applications.

For more information on the Flora R. Martinez Nursing Scholarship or the GVHC Foundation, visit: gvhc.org





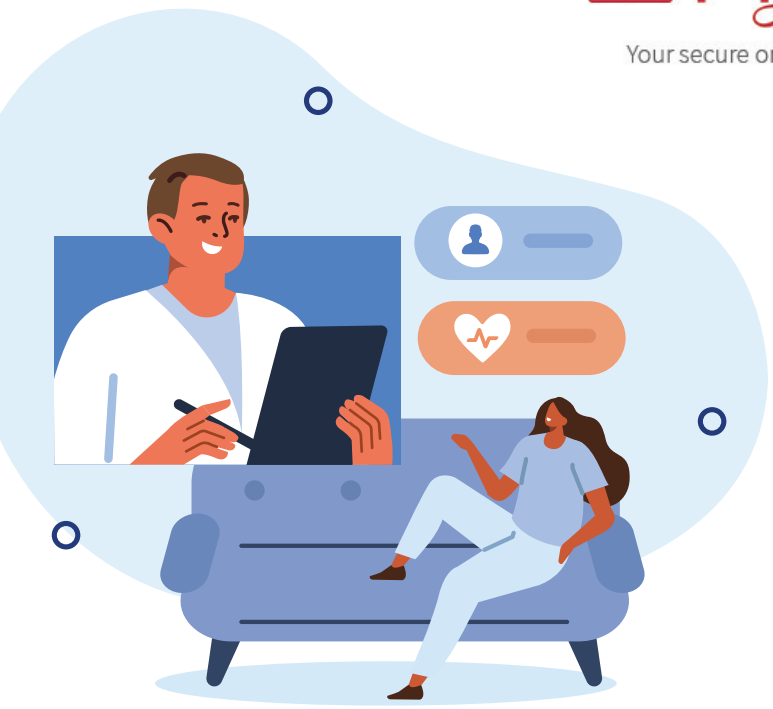
Making a Difference Gala

Saturday, August 19, 2023
The Grand Oak Ballroom
1450 N Soderquist Rd, Turlock, CA 95380
5:30pm: Reception & Silent Auction
7:00pm: Dinner & Program
Moroccan Inspired or Cocktail Attire Encouraged
https://www.gvhc.org/gala-2023/

GOLDEN VALLEY HEALTH CENTERS FOUNDATION
foundation@gvhc.org | 209.359.5933

MyChart

Your secure online health connection



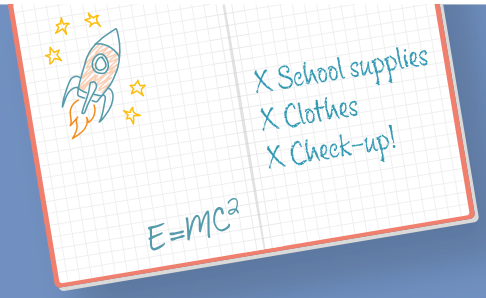
CONNECT WITH YOUR PROVIDER IN THE COMFORT OF YOUR HOME

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!

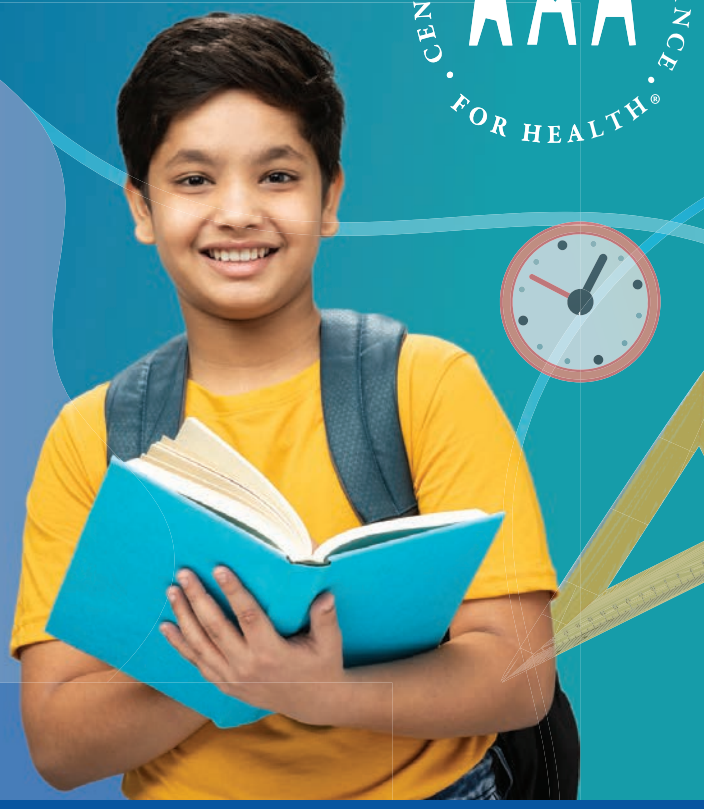


Add **checkups** to your **checklist**!

Checkups are an important part of back-to-school prep. During a checkup, your child can get the screenings and vaccines they need to start the school year strong.

If your child is starting transitional kindergarten, kindergarten or 7th grade, they are required to get certain vaccines.

Call your child's doctor today to schedule an appointment.



CENTRAL CALIFORNIA ALLIANCE FOR HEALTH®

Central California Alliance for Health is Merced's Medi-Cal provider, serving locals since 2009.

www.thealliance.health

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Health Plan of San Joaquin

Check in
Check it off

Put a spring in your step. Make an appointment today!

From adolescence to elder years, a yearly visit with your doctor is helpful to reduce the chance of illness and injury.

During your visit, vaccines or tests may be recommended to make sure you stay healthy and well. They may also ask you about your family history, medical history, and check in for any feelings of sadness or anxiety. Your doctor is your partner in health - provide them with information to best serve you.



Screenings

Females
- Cervical Cancer
- Mammogram

Males
- Prostate Cancer

Everyone
- Blood Pressure
- Cholesterol
- Colorectal Cancer
- Diabetes A1c
- Hearing
- Lung Cancer
- Mental Health
- Osteoporosis
- Sexually Transmitted Infections
- Skin Cancer
- Vision

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HPSJ members may be eligible for a reward by completing certain health exams. Visit www.hpsj.com/myrewards for details.

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SOCIAL MEDIA & GAMING

BY JEFFREY LEWIS

Too much social media is like a poison for the brains of America's youth. It has been linked to increased depression, anxiety, loneliness, anger, negative body image, sleep deprivation, difficulties forming relationships, and suicidal ideation. Numerous studies consistently demonstrate that the duration of time spent online by teenagers and children directly correlates with the worsening of these harmful outcomes.

The pervasiveness of technology in teens' lives is undisputable today:

- 96% of teens and young adults own a smartphone.
- 90% of teens ages 13-17 have used social media.
- 72% of teens play video games on a computer, game console, or portable device like a cellphone.

U.S. Surgeon General Dr. Vivek Murthy recently issued a sobering warning about children and social media. His report underscored that 95% of young people ages 13-17 use a social media platform, and more than a third say they use social media "almost constantly." Children are attached to their cell phones or other devices at ever more youthful and younger ages.

Our children have greater access to social media and video gaming platforms than ever. Parents must actively manage their children's screen time, understand their activities, implement appropriate safety measures, and safeguard them from harm. The responsibility lies with parents and grandparents to ensure the well-being of their children.

Imagine if the threat was a physical one to children and teens. There is no way parents would not step in immediately and do something about it or demand action from others. It should be the same with mental health.

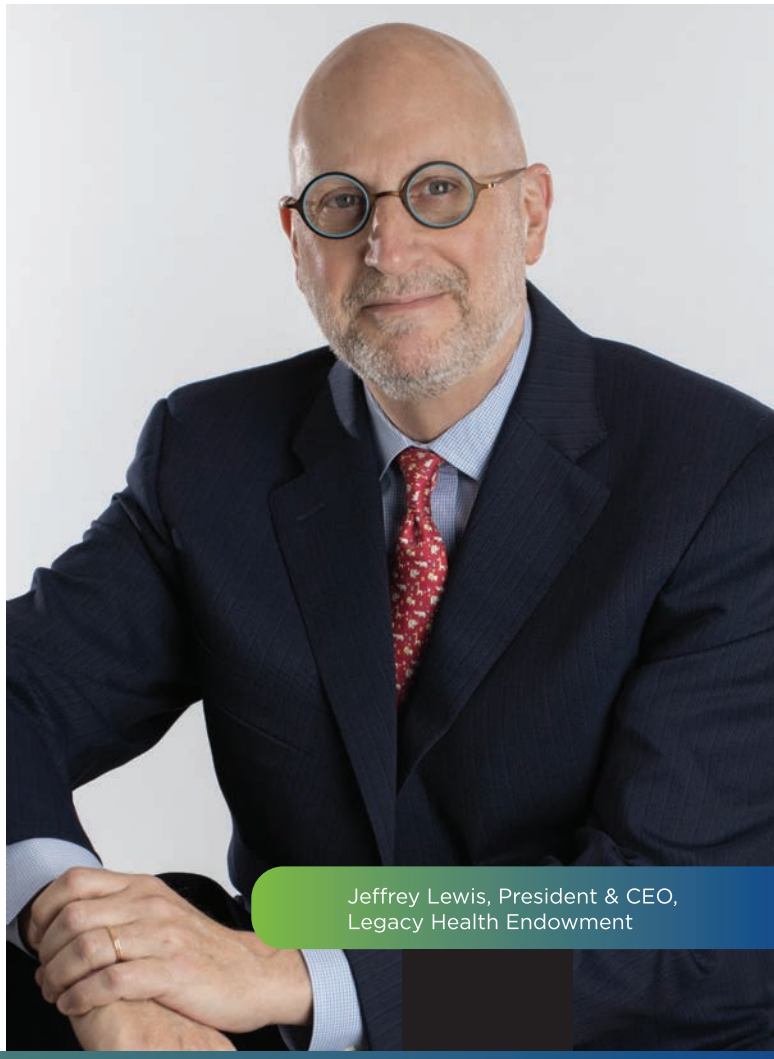
Mental health still carries an unfair stigma or remains a taboo topic that some families are uncomfortable discussing. It is hard to identify the reasons. I know that protecting children's mental health is as severe as any threat to their physical well-being … and that parents are the first line of defense.

Legacy Health Endowment just issued its third edition of guides for parents – one on social media, the other on video gaming. Both are available in English and Spanish and can be downloaded at https://www.legacyhealthendowment.org/parental-guides for free from our website.

The guides provide accessible information regarding popular social media platforms and gaming websites. They offer practical tips, a glossary of essential terms, and other advice to assist parents in enhancing the safety of their children.

The issue of children's and teenagers' mental well-being poses a significant public health crisis; let's not deny it and address it.

Jeffrey Lewis is president and CEO of Legacy Health Endowment in Turlock, Calif. The organization aims to improve and increase access to all healthcare services.



Jeffrey Lewis, President & CEO, Legacy Health Endowment



CENTRAL VALLEY
PACE
GOLDEN VALLEY HEALTH CENTERS

Program of All-Inclusive Care for the Elderly

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CENTRAL VALLEY PACE

MERCED PACE COMING SOON!

A new PACE program will soon be open in Merced, on the campus where it all began 50 years ago! We are excited to see the progress of our 2nd PACE location we will keep you posted on developments and look forward to showing off the new building in 2024. Stay tuned!



VIDAL RIOS, PACE KARAOKE KING ON THE BILLBOARD!

Vidal has been with PACE since July of 2021 going on his 2nd year. Vidal is happy at PACE and is also happy to notice his health has improved by having his blood pressure and diabetes controlled. He has been treated with respect by the team, and is very grateful to all the staff that have helped him. His billboard on Scenic is a frequent topic of conversation at PACE. Vidal likes to say that he is famous now!



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

SUMMERTIME SERVICES

Children's Health Day

On August 11, from 9am to noon, Golden Valley Health Centers will host Children's Health Day. This is an annual event held at GVHC's Childs Avenue, Merced Campus, featuring a mini health fair for children with children. This includes physicals and immunizations, free backpacks for pediatric patients, educational and resource booths with partners in community as well as games and entertainment.

Every August, the National Association of Community Health Centers sponsors National Health Center Week. The goal of National Health Center Week is to create public awareness of Community Health Centers. There are approximately 1,400 Community Health Centers in the U.S. that share a commitment and passion to provide healthcare services to more than 30 million patients in communities every year.



School Based Health Centers

Golden Valley Health Centers broke ground this spring on a brand new School Based Health Center in Merced at the Joe Stefani Elementary School campus.

The Merced Ranchero Health Center will be the sixth school based clinic under the Golden Valley Health Centers umbrella. Currently, GVHC operates five others: two in Modesto, one in Empire, one in Westley, and one in Riverbank.

These centers provide health education, offer health and medical services to students who do not have health insurance and community members living in the vicinity of the school. School based health centers are a very convenient option for many students and families, especially those with transportation barriers that can make it difficult to visit a clinic.

Golden Valley Health Centers is proud to partner with Merced City School District on the project, expected to open in Spring of 2024.



FOR KIDS AND FAMILIES

Back-to-School Readiness

GVHC is proud to provide kids with the vaccines they need to return to school protected. Vaccination hubs are held regularly throughout our service region.

Vaccination throughout childhood is essential because it helps provide immunity before children are exposed to potentially life-threatening diseases. All GVHC vaccines are tested to ensure that they are safe and effective for children to receive at the recommended ages. Many vaccines are required for students to enroll in public schools. For details talk to your school district. Additional information about child vaccinations and an assessment tool are posted on our website at www.gvhc.org/childhood-vaccines/

More information on vaccination hubs can be found on the following page



Backpack Giveaway

During July and August, Golden Valley Health Centers provides backpacks to pediatric patients.

The backpacks come stuffed with school supplies to ensure school-readiness for students. Any patient seen by a GVHC provider during the backpack giveaway will be offered a backpack before leaving their appointment. Supplies are limited to the first 3,000 patients.

The backpack giveaway is sponsored by the GVHC Foundation, in partnership with Health Plan of San Joaquin. Assembly member Esmeralda Soria has also agreed to provide free backpacks for youth who attend Golden Valley Health Center's Children's Health Day event (August 11th from 9am-12pm). Students ranging from kindergarten through 12th grade are eligible.



BabyLiveAdvice

We are excited to announce a new service for GVHC's expectant parents! BabyLiveAdvice is a virtual support service for parents and soon-to-be parents providing on demand support and counseling through a network of maternal-infant health experts to assure that all pregnancies and babies are safe and healthy. The care team will support patients throughout pregnancy, offering useful information about expected bodily changes, nutritional advice and supplements, birth planning and more. There is also support for new parents with babies up to one year old. This is a virtual program that provides the convenience of access to trusted experts right at your fingertips and in your own language. For an appointment, call or text us at 209-722-GVHC (4842).



GOLDEN VALLEY
HEALTH CENTERS

Vaccination 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

Mondays 8:00am - 4:30pm

Merced Northview
3940 Sandpiper Ave., Merced, CA 95340

Modesto McHenry
1524 McHenry Ave, 5th Floor, Suite 560
Modesto, CA 95350

Tuesdays 8:00am - 4:30pm

Turlock TPMG
1100 Delbon Ave Turlock, CA 95382

Los Banos
821 Texas Ave Los Banos, Ca 93635

Wednesdays 8:00am - 4:30pm

Merced Suites
847 W Childs Ave, Ste C, Merced, CA 95341

Florida Suites
1510 Florida Ave, Modesto, CA 95350

Thursdays 8:00am - 4:30pm

Ceres Whitmore
3109 E Whitmore Ave, Ceres, CA 95307

Modesto McHenry
1524 McHenry Ave, 5th Floor, Suite 560
Modesto, CA 95350

Fridays 8:00am - 4:30pm

Patterson
200 C St, Patterson, CA 95363

Modesto Tenaya (Drive up)
2101 Tenaya Dr., Modesto, CA 95354

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



NATIONAL HEALTH CENTER WEEK

THE ROADMAP TO A STRONGER AMERICA

GOLDEN VALLEY HEALTH CENTERS

National Health Center Week is an annual celebration with the goal of raising awareness about the mission and accomplishments of America's health centers over the past five decades.

EVENT DAYS

8/7 Agricultural Worker Health Day

Patterson Migrant Center:
456 Eureka St, Patterson, CA 95363
2 PM - 6 PM

- Mini Health Fair
- Medi-Cal Renewal Assistance
- B. Pressure & Glucose Screenings
- Entertainment & Kids Games
- Educational Booths
- Resource Booths
- Raffles
- Snacks
- Backpack Raffles

8/9 Stakeholder/Patient Appreciation Day

Manteca Health Center:
302 Northgate Drive, Manteca, CA 95336
8 AM - 9 AM

Chamber Coffee Hour-come celebrate National Health Center Week with us. Network with community and chamber stakeholders.

- Medi-Cal Renewal Assistance
- Education & Health Information
- Raffles

8/10 Patient Appreciation Day/Grand Reopening

Planada Health Center:
9235 E. Broadway St. Planada, CA 95365
9 AM - 12 PM

- Mini Health Fair
- Medi-Cal Renewal Assistance
- B. Pressure & Glucose Screenings
- Dental Screenings for Children
- Entertainment and Kids Games
- Educational Booths
- Resource Booths
- Snacks
- Raffles
- Backpack Raffles

For booth inquiries email - yvalladolid@gvhc.org

8/8 Patient Appreciation Day

MEDI-CAL RENEWAL

We will be providing assistance with Medi-Cal renewal resources to patients:
8 AM - 12 PM

- **Turlock West:** 1200 West Main St. Turlock, CA 95380
- **West Modesto:** 1114 6th St. Modesto, CA 95354
- **Ceres East:** 1920 Memorial Dr. Ceres, CA 95307
- **Riverbank:** 4150 Patterson Rd. Riverbank, CA 95367
- **Florida Suites:** 1510 Florida Ave. Modesto, CA 95350
- **Merced SHAW:** 857 West Childs Ave. Merced, CA 95341
- **Merced Suites:** 847 West Childs Ave. Merced, CA 95341
- **Northview:** 3940 Sandpiper Ave. Merced, CA 95340
- **Dos Palos:** 1405 California Ave. Dos Palos, CA 93620

8/11 Children's Health/Patient Appreciation Day

Merced Clinics Campus:
857 West Childs Ave. Merced, CA 95341
9 AM - 12 PM

- Mini Health Fair
- B. Pressure & Glucose Screenings
- Children Immunizations
- Dental Screenings for Children
- Children Physicals via appt. only, call: 209-722-GVHC (4842)
- Free Kids Backpacks - from Asm Esmeralda Sona
- Medi-Cal Renewal Booths
- Resource Booths
- Entertainment, Raffles, & Kid Games
- Snacks

PARTNERING SPONSORS: health net · Health Plan of San Joaquin · Central California Alliance for Health

For more details and updates about National Health Center information and events, please visit GVHC.ORG.

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.



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

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



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

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PATIENT SERVICES

MEDICAL:

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

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

DENTAL:

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

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 Express Diagnostic Lab



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

CLINIC LOCATIONS

Virtual Urgent Care Now Available
Call or text:
209-722-GVHC (4842)

MEDICAL:

MERCED COUNTY

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

Dos Palos:
- 1405 California Ave.

Le Grand:
- 13151 Jeerson St.

Los Banos:
- 821 Texas Ave.

Planada:
- 9235 East Broadway St.

SAN JOAQUIN COUNTY

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

STANISLAUS COUNTY

Modesto:
- 1524 McHenry Ave.
- 208 W. Coolidge Ave
- 2101 Tenaya Dr.
- 1510 Florida Ave.
- 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.

Patterson:
- 200 C St.

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








CELEBRATE NATIONAL HEALTH CENTER WEEK WITH US BY ENTERING OUR KIDS' COLORING CONTEST. YOU COULD WIN A GREAT PRIZE!

BIKE | SKATEBOARD | RIPSTIK | SCOOTER



HOW TO ENTER:

Use your best imagination, color this sheet and you can enter any of the following ways:
1. Tag us on a public post and add the two hashtags #GVHCColoringContest #NHCW2023
2. Email to marketingoutreach@gvhc.org
3. Drop off at your local Golden Valley Health Centers clinic

*Please include your child's name and age when you enter.

Age Categories 0-5, 6-10, 10-14, 14-17

GOLDEN VALLEY
HEALTH CENTERS