

## LONG VALLEY HEALTH CENTER

Hours  
of Operation

### MEDICAL CLINIC

Monday — Friday  
8:30AM — 5:30PM

### DENTAL CLINIC

Tuesday — Friday  
8:30AM — 5:30PM

#### Phones:

**Medical:**  
**707-984-6131**  
**Fax:**  
**707-984-6990**  
**Dental:**  
**707-984-8222**  
**Fax:**  
**707-984-8032**

**After Hours  
Number:**  
**1-888-214-3763**  
**Website**  
[www.longvalley.com](http://www.longvalley.com)

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# Our News is on the Web!

## Long Valley Health Center

VOLUME 5, ISSUE 2

NEWSLETTER

### Put Your Best Fork Forward

It's been a long, wet winter. One tendency is for house-bound families to treat themselves to luscious snacks while socializing. With exercise being a distant thought, many of us look in the mirror and wonder where our figure went. Moving our bodies in preparation for spring and summer sports and garden activities are one way to shed some pounds. Shifting our diets to healthier food and beverage choices can make a more permanent change.

The Dietary Guidelines for Americans recommend that you:

- Emphasize fruit, vegetables, whole grains and low-fat or fat-free milk and milk products
- Include lean meats, poultry, fish, beans, eggs and nuts
- Make sure your diet is

low in saturated fats, trans fats, salt, and added sugar.

- Think nutrient-rich food rather than "good" or "bad" foods
- Focus on variety.

These changes become important, not only for individuals concerned about their weight but also those who are struggling with the limitations of Diabetes.

The following are some balanced Protein and Carb 100 Calorie Snacks:

- \* One sliced bell pepper and 2TBSP of hummus
- \* ¾ cup cherry tomatoes and 1 oz. of Feta cheese
- \* 2 deli-slices turkey (or roast beef) and ½ cup blueberries (or 2 Clementines)
- \* 1 cup sliced apple and 2 TBSP peanut butter.
- \* 2 1/2 cup popcorn and 1

TBSP nutritional yeast

- \* 1 cup strawberries and 1 oz. low fat Swiss cheese
- \* 1 1/2 cup sliced jicama with dip of 1 TBSP Greek yogurt, 1 TBSP mustard and 1 tsp Honey

- \* 1/2 cup low-fat cottage cheese with 1/2 cup diced cantaloupe

- \* 1 medium cucumber with 2 TBSP cream cheese mixed with 2 TBSP diced roasted red pepper and 1/4 tsp cracked pepper

- \* 14 almonds

- \* One rice cake with 1/4 mashed avocado sprinkled with a little cracked back pepper and paprika

- \* 1/2 medium potato cooked topped with 1 TBSP Greek yogurt mixed with 1 TBSP salsa



### Patient Portal Helps Patients and Providers

#### New Faces/News

Medical Assistant **Haley Morse** has expanded our nursing crew with her considerable experience in medical practice.

**Dr. William Jacobson** will begin seeing patients in our dental office on April 5<sup>th</sup>. He hails from Ohio, attended UCSF for his Masters in Public Health, and did a two year residency at University of Southern California.

Our new Dental receptionist is **Misty Harmon** who

spent seventeen years in a different area of the medical field.

**Jennifer Kim** is now in our Health Information Department.

**Nathan Bevins** is fully licensed and seeing Behavioral Health clients. His men's group for 18-25 year olds is on Thursday from 4-5:30 to discuss topics affecting young adult men and finding solutions in a safe and judgement-free environment.

Make an appointment with

**Michelle Downes, RN**, Health Educator, for diet and exercise counseling especially those with Diabetes and/or weight loss issues.

**Board of Directors** raised funds for a college scholarship award by raffling a cord of wood. Winner is Art Tuttle. Next raffle, from March 27 to April 24, will be for 46 bags (2 cubic foot size) of Happy Frog dirt. Tickets will be on sale at the receptionist desk, from Board members, and Healthy Start office.

## Cal Fresh/Food Stamps

Eating healthy need not be dependent on whether or not you can afford to buy good food. Long Valley Health Center is now able to assist you with your application for Cal Fresh/Food Stamps. This service is already provided for those in our community at the Family Resource Center, also known as Healthy Start.

After you have completed the screening and informational application, there is a 30 day turn-around before you receive your Cal Fresh credits. In some cases, if you can show an urgent need, this wait time can be reduced. Other requirements are that you live in the Laytonville area. No other resident documentation is necessary.

You can use this debit card to buy food at the local Farmer's Markets, where the money you spend will be matched. Matching funds is not a benefit at grocery stores. You can also purchase any plant starts for your garden which will provide food for you and your family.

Ask for your application at the Medical receptionist desk.

## Retinal Scanning Machine

The medical team is excited to announce the purchase of a Retina Scan machine for our Diabetic patients. This is a yearly test for which you usually need to have a referral to an ophthalmologist. Now you will not have to travel north or south to obtain this needed service.

Retinal scanning is important for early detection of problems with the complex structure of the capillaries that supply the retina with blood. Many diseases and communicable illnesses can be seen in changes in these capillaries. The equipment allows us to provide the annual Diabetic screening to detect any changes that this Diabetes can cause.

Staff has been trained to perform the test with this special digital retinal eye camera. If you are Diabetic, ask your provider to order this test.

**Please call us, if you are unable  
to use your scheduled appointment with any of our  
Medical, Dental, Chiropractic, Acupuncture,  
and Behavioral Health providers.  
We then can offer your appointment time  
to someone else.**

## Patient Survey Results

The best news for LVHC staff is that 98.6% of our patients strongly agreed that they would recommend LVHC services to their friends and relatives. An increased number of patients were pleased with less waiting time in the waiting room and clinic rooms before being seen by their provider. Many more patients are using more of our services.

Patient's comments/suggestions were, as always, welcomed. Some included requests for more health and wellness classes, new carpets, bigger parking lot, and concern over the new national policy on controlled pain medication.

## Have you signed up for Patient Portal and/or Text Messaging Alerts?

Signing up for your personal Patient Portal Account will help you receive lab results and see if you have an appointment scheduled with one of our providers. You can keep your medication list and allergy list up to date for us, access patient education information that your provider has sent you and request a non-urgent appointment.

This is one way LVHC is trying to make our communication with you more convenient.

Another new service is our ability to send you a text message as a reminder of an appointment.

You can sign up at the receptionist desk or call in to set up your accounts on either service.

## WE GOT A VISIT

Jim Wood, our CA Assembly Member, visited Long Valley Health Center on February 10th to see what we do.

His visit was in response to a letter writing campaign done by our Board of Directors. They wrote in support of the many local health centers which provide safety-net health services to people in need throughout California.

"With so much unknown at this time, all providers of health care are waiting for more information," he said.

He also visited our local Family Resource Center.