

## LONG VALLEY HEALTH CENTER

Hours  
of Operation

### MEDICAL CLINIC

Monday — Friday  
8:30AM — 5:30PM

### DENTAL CLINIC

Monday — 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 6

NOVEMBER-DECEMBER NEWSLETTER

### Welcome our Newest Staff Members

**Tom Bertolli, MD,** stepped forward to become our Medical Director in August of 2017. With thirty years of experience in Family Practice Medicine, he joined LVHC early in 2016 to help us during a staffing crunch. Then he decided to stay. He believes medicine is about relationships and puts every effort into getting to know his patients.

**Kathy Sharp, FNP,** has been with us since August and already hosted a Women's Health Day in October, 2017. She has worked as an RN in acute care hospital settings since 1982 and specialized in labor and deliver for 17 years. As an FNP she is interested in

all aspects of Family Health and also stands as an advocate for having mental health be on a par with physical health. "I hope that my work makes a difference in someone's life for the better."

**Carrie Guilfoyle, ANP,** has started seeing patients. Carrie is an Adult Nurse Practitioner who graduated from Johns Hopkins University where she focused on Adult/Gerontological medicine. She lives in Laytonville with her partner, David, and their son.

We now have Dental Hygienist services four days (M-Th) a week because **Rebecca Miranda** comes to us from So. California and is very

excited to be offering her skills and experience to our community. "I try to treat each person as an individual and keep them comfortable during their cleaning procedure. I am passionate about patient education."

#### OPEN ENROLLMENT NOW \* Nov 1—Dec 15

**LVHC has Certified Open Enrollment Counselors to assist you**

### Caregiver Tips

During the Holiday Season, the stress on anyone who is a caregiver for their loved one can be intensified. If you are responsible for someone else, here are some tips that may help.

- \* Seek support from other caregivers. Local Sr. Centers may have a support group or there are groups on line.
- \* Take care of your own health so that you can be strong enough to take care of your loved one.
- \* Make a list of inside and outside tasks for which you could use help. It's easier

when you have specific chores so people can have a choice.

- \* Learn how to communicate effectively with doctors. Create a written list of questions for each visit.

- \* Watch yourself for signs of depression. If you are concerned, see one of our counselors when you become aware of a lack of joy.

- \* Caregiving is hard work so take respite breaks. Can a friend, neighbor, or family member be with your loved one and give you a few hours to shop or be on your own?

- \* Organize medical information so it's up to date and

easy to find. Three ring binders are great for this.

- \* Make sure legal documents are in order.

- \* Give yourself credit for doing the best you can in one of the toughest jobs there is!

[www.caregiveraction.org/resources](http://www.caregiveraction.org/resources)

### FREE FLU SHOTS

**You can make  
an appointment or  
you can drop in to  
LVHC during our office  
hours,  
9:00AM — 5:00PM**

## Suicide Prevention Awareness.

There's no single cause for suicide. Suicide most often occurs when stressors exceed the coping ability of someone suffering from a mental health condition. Depression is the most common condition and is often undiagnosed or untreated. Other conditions include anxiety and substance abuse problems, and, when unaddressed, can increase the risk of suicide.

Currently in our world society, as well as in our country, there are many stressors. It is important to note that most people who actively manage their mental health do lead fulfilling lives. Yet, there are others who are struggling to maintain their balance.

Are you concerned about a change in behavior of a friend or family member, or detect an entirely new behavior? Use this as an alert with regards to their mental health, especially if it is related to a painful event, loss, or change. Schedule an appointment with one of our Behavioral Health Team for yourself or the individual who is giving you this concern, if you can.

**You might hear other warning signs in their speech. Do they talk about:**

- Being a burden to others?
- Feeling trapped?
- Experiencing unbearable pain?
- Having no reason to live?
- Killing themselves?

**More signs can be detected in their behavior. Look for:**

- + Increase use of alcohol or drugs
- + Acting recklessly
- + Withdrawing from activities
- + Isolating from family and friends
- + Sleeping too much or too little
- + Visiting or calling people to say goodbye
- + Giving away prized possessions
- + Aggression

If you or someone you know is having thoughts of suicide, contact the National Suicide Prevention Lifeline at **1-800-273-TALK (1-800-273-8255)** or visit the [National Suicide Prevention Lifeline](#).

**Help us avoid "Missed Opportunities!"  
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.**

## THE UPWARD SPIRAL

Sometimes it doesn't feel like your brain wants you to be happy. You may feel guilty or shameful. Why? According to UCLA neuroscience researcher, Alex Korb, pride, guilt, and shame activate the brain's reward center. His brain research, which can be seen on <http://www.theupwardspiralproject.com/>, shows four ways that will help make you happy.

**1. Ask, "What am I grateful for?"** Even if you don't have any answers, the searching helps.

**2. Label those negative emotions.** When you give each of them a name, your brain isn't so bothered by it.

**3. Decide.** Go for 'good enough' instead of 'best decision ever made on Earth.'

**4. Hugs, Hugs, Hugs.** Don't text – hug!!!

This can really start an upward spiral of happiness in your life.



Research studies show that most adults gain some weight over the holidays. But don't despair — this year can be different! Here are some great ways to enjoy the holidays without adding pounds.

**Get moving.** Regular, sustained aerobic activity is one of the most effective ways to maintain or lose weight. But check with your doctor before you start.

**Cheat a little, but only once a day.**

If you must indulge in a holiday treat, allow yourself 1 small serving. Savor the texture and aroma. Then compensate later on by reducing your calorie intake or burning a few extra calories through exercise.

**Control the risk for temptation.**

Clear your office and home of tempting holiday goodies. When you bake, keep a small amount for your family. Then give the rest away. (And share any

gifts of food.)

**Eat your veggies and fruits.**

Aim for 7 or more servings of fruits and vegetables each day. They'll satisfy your stomach without adding empty calories. And the fiber will help you feel full.

**Never go to a party hungry.**

Eat 1 serving of fruit, fat-free yogurt or raw nuts beforehand. Approach the party food only if you feel hungry. Then take your time, and choose mindfully.

**Be in charge of your party choices.**

Bring a heart-healthy appetizer or dessert so you'll have at least one nutritious option. Use a smaller plate to control portion sizes. Bypass the rich sauces, the high-fat meatballs, the wings. (And remember not to drink too many calories.)

**Say no politely.** You're not obliged to eat high-calorie foods. Even when they're home-made and your host encourages you. Learn to say no politely.

**Focus on socializing, not food.**

Conversation is calorie-free, and standing burns more calories than sitting. So get out and mingle.