

**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

**INSIDE
THIS ISSUE:**

Overwhelmed?	1
New Scheduling Feature	1
Hrs. of Operation	1
After-hours Number	1
Behavioral Health	2
POLST Form	2
End Of Life Act	2

Happy New Year!

Long Valley Health Center

VOLUME 5, ISSUE 1

NEWSLETTER

ARE YOU OVERWHELMED?

Many changes are occurring in our lives daily. Family stresses or concerns regarding changes in economics, medical problems, weather, or government can make us feel overwhelmed. Like we're barely able to make one more decision or live one more day.

On a psychological level, feeling overwhelmed can be considered a good sign. It means we are feeling instead of being numb. It means we are alive. The problem is how we respond. Do we get lost in it or dance with it?

Being lost sees us saying, "I can't handle this" or "This shouldn't be happening." We often overlook that we've handled many things in our lives before this time. Thus we can lose confidence in ourselves and our abilities.

Dancing with overwhelm-

ing feelings can mean we are appreciating our ability to grow. We understand there is a bigger picture at play. The following helps us dance with overwhelm:

- 1 – Rather than trying to hold it all together, we can just try to hold a space for the situation.
- 2 – We make sure we choose which priorities are the most important to us. Rather than trying to manage everything, give responsibility to others.
- 3 – We can also choose which comforts we wish to have around us. We might want to visit friends, pamper our minds and bodies, eat nourishing snacks instead of falling into vices like fatty foods, wine, TV, or others.
- 4 – We can build better boundaries between our-

selves and bad habits or bad company. We can prevent the leaching of our energy by not taking care of things or people who give us nothing in return.

- 5 – We can keep communicating with our friends and families. Separating from them does not allow them to support us in our time of overwhelm.
- 6 – We can build better systems to keep things organized. With a little bit of planning, some details can get taken care of easier and not become excess baggage.
- 7 – Taking time to release pent up feelings in our muscles or psyche can help us have more energy to accomplish our tasks. Chopping or hauling wood, cleaning house, or crying can take the pressure off our bodies and our minds.

FLU SHOTS ARE AVAILABLE WITH APPOINTMENT

New Scheduling Feature

If you wish to be reminded of your appointment by text messaging, you can sign up to be "Message Enabled" with our Medical or Dental Front Desk Representative.

Your reminder will be sent via text two days before your scheduled appointment, whether it be for Medical, Dental, Behavioral Health, Chiropractic, or Acupuncture.

You can confirm or cancel your appointment by text also. We hope this will be more convenient for you. We are always trying to find ways to have you keep us informed about your intention to keep your appointment schedule.

We hope you will like our newest addition to our technological support of our services. Signing up is optional.

BEHAVIORAL HEALTH DEPARTMENT NEWS

Jessi Maness, LCSW, has been with us since March, 2016. She enjoys working with adults and older adults as well as teens and families. She has experience with grief and loss counseling and has a canine helper named Isau who assists her in special circumstances. Her hours are from 9-5, Mondays through Fridays

Larann Henderson, LCSW, began seeing patients at LVHC at the end of 2016. She works with a diverse population of all ages. She has experience with issues surrounding adjustment disorders, mood and anxiety disorders, dual diagnoses, and trauma. She can address other challenges relating to gender-identity including gay, lesbian, bisexual, and transgender (LGBT) issues. Her hours are 9-4, Monday-Friday.

Nathan Bevins, Assistant Social Worker, is looking forward to providing counseling for clients with a variety of needs: depression, family crises, and lifestyle changes. He will be seeing patients by the end of January, Monday-Friday, 9-5.

Ashlee Milenewicz is from Project Sanctuary. Ashlee is a Domestic Violence/Sexual Client Advocate and sees patients ages 18 and up. Her hours are M, W, F from 8:30 to 4:30 and Tuesdays, 8:30 til 12:30. She will take appointments and walk-ins and will be teaching free classes in Anger Management and/or Empowerment soon. To apply for classes, call for an intake appointment with Ashlee. (ext. 144)

PLEASE call us, as soon as possible, 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.

Have you filled out your POLST form?

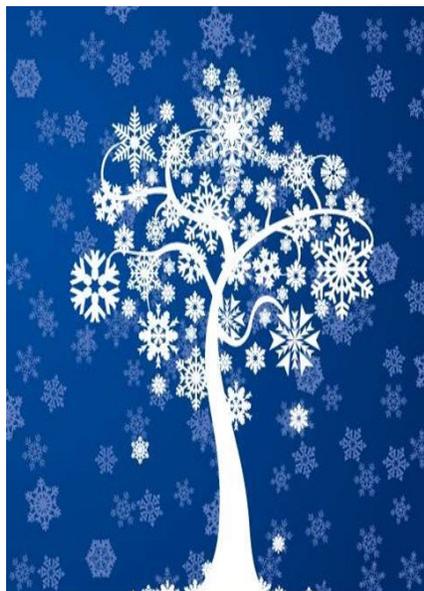
POLST stands for Physician Orders for Life Sustaining Treatment. This form goes one step further than an Advanced Directive. Because you and your doctor discuss what you want at the end of life care, the form carries a doctor's signature and makes it a doctor's order.

This means that emergency personnel can follow the order, whenever or wherever you may have a medical emergency and can't speak for yourself.

This form benefits you and your family. It can also be changed at any time and is easy to complete.

If you wish to complete this form, speak with your provider at your next appointment. These forms are available through our Health Information Department.

MEDI-CAL now covers Acupuncture, Chiropractic Care, Pediatric/Adult Dental Care, Mental Health Counseling, as well as Medical Care.



End of Life Option Act

California is the fifth state in the U.S. to allow death with dignity.

LVHC is a strong supporter of the philosophy behind this new law and will provide referrals and counseling around this issue.

However, because this is a State law and LVHC receives some financial assistance from the Federal Government as a Federally Qualified Health Center, we must comply with the Federal law from 1997 which prohibits the use of federal funds on services related to "Assisted Suicide." For this reason we are not able to provide certification or medications directly for this purpose.

Please speak with your provider if you have further questions.