

## 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 3

NEWSLETTER

### *Dental Clinic Has a New Dentist*

Long Valley Dental Clinic is happy to announce that Dr. William Jacobson has joined our Dental Staff.

He completed a Bachelors at University of San Francisco, Masters in Public Health and a Doctorate in Dental Medicine at Case Western Reserve University in Cleveland, OH and is looking forward to caring for the individual needs of your entire family. His experience includes a 12-month General Practice Residency at University of Southern California during which time he treated Veterans in downtown Los Angeles and worked with medically compromised



patients at the LAC and USC Medical Center.

"My goal is to listen to your chief complaint, and address your needs," he says and believes, "Your oral health is related to your overall health and quality of life." He joins with Dr. Brian Chun and Nancy Miller, Dental Hygienist, to provide complete services.

He adds an additional message here to our Spanish-speaking patients:

"¡Saludos a todos y bienvenidos!

"Soy el Dr. Jacobson el nuevo dentista general aquí en Long Valley Health Center. Soy de Los Angeles California, mi madre es mexicana y hablo español. Estoy feliz de poder servirles.

"En nuestra clínica, mi meta es escuchar sus quejas principales, y conversar con ustedes de lo que más necesitan para mejorar su salud oral y dental. Hay una relación entre la salud dental y general del cuerpo."

The dental clinic is open Monday - Friday, 8:30 - 5:30. For an appointment, please call 707-984-8222

### *WE WILL MISS YOU, DR. NORVELL*

At the end of June, Laytonville and the Long Valley Health Center will be saying "Best of Luck" to our long-time friend, provider, and Medical Director, Dr. Cindy Norvell.

Dr. Cindy will be moving with her daughter to Arcata. She admits, "This was a difficult decision, but many

factors contributed to its making."

Over the past 17 years, Dr. Cindy says she has appreciated the dedication of the staff, even those who worked here only a few months. She believes that she is leaving at a time when our Medical team, Behavioral Health team, Complementary Health Team, and Dental Team are the

strongest they have ever been.

"I am so glad I have had so many years to practice medicine in Laytonville and to be a part of this community. I am grateful to everyone at LVHC for making this the best, most supportive, and positive environment I have ever had the pleasure to work in."

## THE CHANGING FACE OF MEDICINE

Over the past many years, LVHC has seen multi-provider pass through its clinic rooms. Our situation of continually trying to find, recruit, and keep medical personal, both support staff and providers, is not unusual. In fact, it has become the norm for all rural health centers across the United States. Often, a patient's first question, instead of being "Who are you?" is now "And how long will you be staying, doctor?"

While the top discussion for our country recently has been about health insurance, the shortage of physicians and dentists who wish to work in a rural health care setting is more the primary concern.

Twenty percent of the US population is rural, but only 11% of physicians practice in rural settings.

This fact has created a common complaint of

patients: "Why can't I just see one doctor?" Although we try, seeing 'your' doctor is less and less possible.

What becomes important is for LVHC and a patient to create a partnership. This is why we ask you to bring in your medication bottles each time you come for an appointment. This is the reason LVHC has worked hard to develop a digitally-connected Health Information Department between you, our providers, the laboratory, and local hospitals. LVHC then becomes your primary health care provider with each individual provider you see being our representative.

LVHC works hard to hire providers who are qualified, skilled, and compassionate. Be assured that our entire staff also works to keep your information up-to-date so that each provider can attend to your health needs.

**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.**

## Men's Health Facts Are Alarming

American men live sicker and die younger than American women.

Men are the victims of over 92% of workplace deaths. Depression in men is undiagnosed and contribute to the fact that men are 4X as likely to commit suicide.

Women are 100% more likely to visit the doctor for annual examinations and preventive services than men.

Encourage the men in your life to take their health seriously. Help them see a provider with any concern they may have before it becomes an unsurmountable problem.

## New Faces

In our Dental Department, Genevieve Landry is a new Dental Assistant who is working on her license as a Registered Dental Assistant.

Nickie Rousseau, LVN, will join our nursing staff on May 22nd. She has lived in Mendocino County since 2012 and is also a wound care specialist.

On June 5, Katheen Sharpe, FNP, will join our Medical Team. She has been working as a Registered Nurse for 20 years. She worked in Labor/Delivery and enjoys working with pregnant women and newborns.

## Dental Screenings Follow-up & Survey

In the last two months, your elementary or preschool student at Laytonville Elementary may have had a dental screening. Our Dental department also screened students at Room To Bloom in Willits.

If you received a red notification, please make an appointment with one of our dentists as soon as possible. If you received a yellow notification, an appointment should be made soon. A green notification suggests that you keep to your routine exam schedule.

During June, LVDC will run a patient satisfaction survey with a special raffle ticket attached. Fill out the form and your name will be entered to win a cordless Waterpik.