

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

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Our News is on the Web!

Long Valley Health Center

VOLUME 5, ISSUE 4

JULY-AUGUST, 2017 NEWSLETTER

Helping Solve A Health Crisis

"Americans over 50 are using narcotic pain pills in surprisingly high numbers, and many are becoming addicted." This was the lead sentence in an AARP article regarding the overuse and addiction to opioids. In the past, concern has been focused on young people, but dependence on opioids can begin at any age.

When OxyContin was approved in 1995 by the Federal Drug Administration, doctors began prescribing this new drug to their elderly patients for everything from pain after surgery to arthritis. Doctors were told,

1.) senior citizens can't get addicted, 2.) OxyContin will work as well long term as it does in the short term, and 3.) opioid medication is not addictive as long as it is given to someone in legitimate pain. All these adages are now known to be false.

The medical staff at LVHC is aware of this health crisis. In March 2014, we began gathering statistics regarding the number of patients actively taking opioids in our clinic.

Providers started offering new strategies for pain management, such as physical therapy,

massage, yoga, stress reduction, chiropractic adjustments, even ice packs. They created a revised prescribing protocol, plus began offering Suboxone. Now statistics show a 55% decline in the number of our patients taking opioids.

If you are interested in stepping away from your dependence on opioids or want to learn other strategies for chronic pain management, please call 707 984 6131 for an appointment.

Please state your intention so our Patient Service Representative can schedule you for a longer appointment time.

Free Prescription Disposal at LVHC

Save a fish and a life

Do you have extra prescriptions sitting in your medicine cabinet? You can bring them to Long Valley Health Center for disposal anytime during business hours.

Please do not throw medications down the toilet or in the trash as it

often ends up in our rivers, lakes, streams, and can even end up in our tap water.



Leaving unwanted medications in the medicine cabinet can also provide easy access to dishonest or too curious hands, often those of our youth.

Mendocino County has an average of two deaths from unintentional prescription opioid overdose each month, which is twice the California average.

LVHC is working hard to keep our community safe. Please bring your unused medicines to us or you can also drop off medications at the HazMobile or the Mendocino County Sheriff's office.

WE ARE HERE

Listening to the news recently, the information or speculations regarding federal funding for health care is confusing. No one has a sense of how the future of insurances and financial support programs will look. Who will be covered remains a big question. This is as concerning to us here at Long Valley Health Center, as we are sure it is for you. We cannot control or predict what might happen, but we are doing everything we can to ensure we will be here for you.

To this end, we have addressed the staffing problem we have had since 2015. We are proud to say we have a full complement of medical, dental, and behavioral health providers and specialists.

Dr. Sharon Paltin has been with us through this challenging time and is working three days a week. Dr. Bertolli is now also working three days a week and will be stepping forward as our Medical Director. Kathy Sharpe, FNP, who came to us from Pennsylvania is working four days a week. A locum, Kevin Price, PA, is working four days a week temporarily until our newly hired Adult Nurse Practitioner

begins working for us this fall.

Our dental department is staffed with two dentists, Brian Chung, DDS, and William Jacobson, DMD, and Nancy Miller, DH. They will be joined by a second Dental Hygienist before the end of the year.

Our Behavioral Health Department is staffed five days a week by Jessi Manness, LCSW and Larann Henderson, LCSW, as well as Nathan Bevens, Associate Social Worker. Our Chiropractor, Audrey Jade, and Acupuncturist, Marlin Press are seeing patients each one day a week.

We know it may have been difficult for members of our local community to be seen in a timely fashion in the past few years. For those times when this occurred, we apologize. We are and will be making every effort to schedule you according to your needs.

If you want help enrolling into any of the current programs available or have questions regarding the coverage of Medicaid or Medicare, please call 707 948 6131 and speak to one of our Patient Service Representatives. We will connect you with the appropriate resources so your care can be supplied in a timely fashion. In this unsteady world, we are here.

**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.**

Summer is Check-up Time

Summer is the time to look toward getting those preventative well checks. Since there are less colds and flu, your waiting time for an appointment is less.

If your student is planning to participate in sports, he/she will need a sports physical. Your Kindergartener, First grader, or Middle or High School student are also due for immunization boosters.

Students heading for college are being required to have well checks, certain immunization updates, and may need some information regarding STDs and pregnancy prevention.

This is also a good time for women to schedule their well exams.

Dental checks are now part of the Kindergarten list of pre-enrollment requirements. Yearly dental exams are always a good plan to keep ahead possible gum or tooth disease.

Just call 707-984-6131 for a medical appointment and 707-984-8222 for a dental one.

IT'S SUMMER!!!

Remember your water,



Your hat,



And your



sunscreen

August will be Special

August 13-19 is National Health Center Week. Each year, LVHC has offered different activities during this to help you get the word out about our services and have you know LVHC better. We have had free testing for diabetes, high blood pressure, and bone density testing.

This year we are planning a more social get-together. We have so many new faces on our health team, we want you to meet them and we want to meet you. Please watch for the announcement in the Observer or keep an eye on our website, www.longvalley.org for date and time of our gathering.