FAMILY HEALTH CENTERS OF SAN DIEGO’S

A-DE-LAN-TE (ADV) – FORWARD, AHEAD

AUGUST 2015

FAMILY HEALTH CENTERS OF SAN DIEGO

Don’t Forget to Add FHCSD to Your Back-to-School Checklist!

Family Health Centers of San Diego helps families ensure their kids are healthy and prepared to start the new school year strong! Consider donating today to help fund these vital programs and services.

Contact Chris Larkin, FHCSD Director of Development, at christopherl@fhcsd.org or (619) 515-2315.

Back-to-School

- Notebooks
- Highlighters
- Flash drives
- Calculator
- Pens/Pencils
- Donation to Family Health Centers of San Diego

CONNECT WITH US ONLINE

www.fhcsd.org
www.facebook.com/FHCSD
@FamilyHealthSD

To donate to our pediatric programs, help fund the purchase of essential medical equipment or become a Spirit of the Barrio sponsor, please contact:

Chris Larkin
Director of Development
christopherl@fhcsd.org
(619) 515-2315

Please visit www.fhcsd.org/donations.cfm for additional information about giving opportunities!

FHCS D Gives Kids a Head Start for the New School Year

August marks the unofficial end of summer and the beginning of preparations for a new school year. For many San Diego families, this includes ensuring their children are up-to-date on their vaccinations and have received their annual health and dental checkups. Family Health Centers of San Diego (FHCSD) is a valuable resource to help check these items off families’ back-to-school lists.

With 21 primary care clinics across San Diego County, families have many options when selecting an FHCSD facility to access vital health care services, such as vaccinations, dental care, physicals, sick visits and mental health. Additionally, FHCSD is proud to offer three school-based clinics that provide convenient access to affordable health care to parents, teachers and students. These clinics are located on the campuses of Rice Elementary School in Chula Vista, Sherman Elementary School in Central San Diego and Ibarra Elementary School in City Heights.

The back-to-school excitement isn’t just for younger kids, though. As adolescents and college-age students prepare for a new year of studies, making sure their health care needs are met is important. Students ages 12 to 24 can find age-appropriate health care services at FHCSD’s Teen Health Center, located in Barrio Logan, including sports physicals, peer education and confidential screening and information about STDs and family planning.

Similarly, FamilyHealth at City College, located on the campus of San Diego City College, offers a wide range of comprehensive health care services at an affordable price to students, teachers and residents of the surrounding downtown neighborhood.

FHCSD also believes that healthy families equal healthy kids. With this in mind, FHCSD offers numerous programs that create a positive and supportive experience for kids, and their families.

Healthy Habits, Healthy Kids is a weight-management program that is designed for the whole family and helps kids 2 to 18 years old who face health challenges because of their weight. The program focuses on food groups, meal planning, healthy school lunch choices, snacks, how to read food labels and more.

Also, FHCSD Developmental Specialists conduct screenings starting at birth and continuing until the child is 5 years old to review key milestones related to development. If a developmental concern is identified, FHCSD also offers support services, such as physical, speech and occupational therapy, through group or one-on-one sessions.

As another school year ramps up demand for health care services, FHCSD relies even more on donations from our supporters to help continue to provide these vital services and programs for families who need it most. Please consider adding a small donation to FHCSD on your back-to-school checklist! Additional information is available on the back of this newsletter.
CEO’S CORNER: an update from Fran

It’s a Crying Shame...

It is a crying shame that a country as rich as ours lacks a progressive mental health agenda. I am not talking about folks who wake up with the blues, nor am I talking about those with the means to pay for expensive psychotherapy or adjustment counseling. I am talking about people who are truly sick and unable to work, those who struggle daily with thoughts of suicide, which sadly leads to their own child spirals downward from depression, and at the mean to pay for expensive psychotherapy or adjustment counseling. I am talking about Folks who wake up with late-life depression.

M.W. Steele Builds the “Spirit” of Giving

Thank you Archstone Foundation for this grant to help fund a collaboration between Serving Seniors and Downtown Family Health Center.”

National Health Center Week: Celebrating Our Legacy, Shaping Our Future

During the week of Aug. 10-15, health centers across the country celebrated National Health Center Week (NHCW), a time that annually recognizes and honors the invaluable role community health centers play in towns and cities across our country. The theme of this year’s NHCW was “Celebrating Our Legacy, Shaping Our Future.”

From its humble beginnings as a simple clinic founded by Barrio Logan residents to becoming the largest community clinic provider of health care to the uninsured in the county, Family Health Centers of San Diego (FHCSD) has delivered comprehensive, high-quality preventive and primary health care to patients regardless of their ability to pay. It has created a health care safety net for families across San Diego County. FHCSD has played an essential role in national recovery and reinvestment efforts and helped with Affordable Care Act implementation.

But the work isn’t over yet. We need comprehensive, high-quality and affordable health care grows every year, and FHCSD and hundreds of other community health centers have stepped up to become the essential primary care medical home for millions of Americans, including some of the nation’s most vulnerable populations.

NHCW is an exciting way to recognize health centers across the nation each year, but it’s not the only time to celebrate our work and help shape our future. We need our community’s support year-round. Please visit FHCSD’s website (www.fhcsd.org) and select “Greatest Need” to make a secure donation in honor of NHCW. Also, like our Facebook (facebook.com/fhcsd) page and follow us on Twitter (@FamilyHealthSD) to see postings and photos from our NHCW-themed events. There is still time to join the conversation by using the hashtags #NHCW15, #FHCSD and #WhatsYourPlus.

More than 300 people attended “Fiesta” of the Barrio, enjoying delicious food, sunny weather and time to chat with neighbors. On July 17, approximately 300 people attended “Fiesta” of the Barrio, a special edition of Family Health Centers of San Diego’s (FHCSD) fundraising event.

10News Meteorologist Angelica Campos emceed the July 17 “Fiesta” of the Barrio. Angelica Campos, 10News Meteorologist, emced a short program during the event, which included the announcement that Family Health Centers of San Diego is partnering with San Diego County’s Live Well program.

Let’s hope it isn’t another two years before this property can truly be used for the good of the community. More than any other building project, M.W. Steele Group has completed, community is the most powerful concept they have cultivated,” said Chris Larkin, FHCSD Director of Development. “Their generous support of this community event is another way for them to extend their reach in the neighborhoods they serve and help those who are right in their own backyard.

M.W. Steele Group’s sponsorship will provide much-needed assistance to many FHCSD programs and services, including adult and pediatric health care programs for homeless and low-income families in the Barrio Logan neighborhood. We thank them for their continued support!

Supervisor Greg Cox was on hand to present a certificate commemorating the honor. Additionally, Union Bank Regional Vice President Kelly Wolters and Managing Director Anthony Perez presented FHCSD with a generous donation of $25,000 to continue fund health care services for underserved communities across San Diego.

“A string mariachi band helped make the special Spirit of the Barrio a lively event!”

Lastly, Gerrit Greve, Local artist and Hears for Healing organizer, was presented with a humanitarian award from Fran Butler-Cohen, Family Health Centers of San Diego CEO, and Jonathan Herrera, representative from Mayor Kevin Faulconer’s office, honoring his tireless commitment to supporting FHCSD’s mission.

The next Spirit of the Barrio will be on Sept. 18 and is a panel discussion focused on the issues of affordable housing and homelessness. Several high-profile speakers are already lined up for the panel, including Speaker of the Assembly Tony Atkins. Stay tuned for more information!

“Fiesta” Joins Fun with Funds

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Attendees enjoyed a strolling mariachi band, fresh churros and delicious tamales along with plenty of opportunities for networking in the casual, sunny atmosphere. This event also featured an expansive selection of unique silent auction items, which attendees were encouraged to bid on throughout the afternoon. Items included VIP tours of the San Diego Chargers football facility and 10News television studio; a complimentary skybox for an upcoming Padres game; wine tasting; dining gift cards; autographed sports memorabilia and more. All proceeds contributed to the vital services and programs FHCSD offers communities across San Diego County.

“We were incredibly honored to have so many wonderful people, including attendees, special guests, volunteers and doners, participate in this fun, special Spirit of the Barrio," said Chris Larkin, FHCSD Director of Development.

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