As you know, 'tis the season for giving, but why not give the gift that provides all year long? Each year, the residents from Family Health Centers of San Diego’s (FHCSD) Family Medicine Residency Training Program provide vital health care services, such as diabetes checkups, wellness exams and breast cancer screenings, to hundreds of patients from underserved communities across San Diego.

This holiday season, we need your help to continue funding this essential program into 2016 and beyond. Established under the Affordable Care Act as part of a nationwide Teaching Health Center Graduate Medical Education project, this program is designed to increase the number of primary care physicians trained in community-based health care settings, particularly in communities where access to quality, affordable health care is limited, in the hopes they will continue to serve these populations after completing their residency.

Though the Teaching Health Center (THC) program was recently extended by Congress, federal funding was cut by almost 50%. In addition, future federal funding is in jeopardy due to a lack of Congressional re-appropriation. Without continued legislative support from Congress, the nationwide network of Teaching Health Centers will be forced to subsidize the national obligation to training new physicians.

We are also looking to our generous donors to help us fund this gap! Every tax-deductible donation to this program, no matter how large or small, can help us continue this life-saving program and ensure that a new generation of professionally trained, culturally competent physicians is available to handle the growing demand for health care services in our communities.

Give the gift of sustaining health for our community this holiday season. Make a tax-deductible donation on our website (https://donation.fhcsd.org) and select the Family Medicine Residency Training Program from the drop-down menu. Or contact Chris Larkin, Director of Development, at christopherl@fhcsd.org, for more information about how to donate.

From all of us at Family Health Centers of San Diego, have a safe and wonderful holiday season and a Happy New Year!
CEO’S CORNER: an update from Fran

1-2-3 ... Go!

So you made a resolution this year to be more involved in your community, to do some charity work or ensure your social consciousness footprint leaves a lasting mark. Experts advise resolutions should start small. However, small should not be equated with meaningless. Margaret Mead said “Never underestimate the power of a small group of people to change the world. In fact, it is the only way it ever has.” Each of those small groups had one person who inspired them. We need you to be that person.

Here are three ways you can exercise the power of your one:

1. **Start a Baby Boutique Drive**
   It is simple, costs little to nothing and can help make a newborn and their family’s life much easier. We need new blankets, baby toys, diapers, baby wipes – anyone who has had a baby knows the needs are endless! Make it one and done, or a quarterly or annual gift event.

2. **Help with FHCSD’s Social Media Campaign**
   We are starting a campaign to educate our elected officials on the importance of Congressional funding for our Teaching Health Center program. If you can post and tweet, or want to learn, you need us. If you believe in our cause of educating young people to serve underserved communities, we need your time (not much!) and enthusiasm.

3. **Start a Book Drive**
   Our dedicated pediatrics, led by Dr. Marsha Spitzer, want their young patients to learn to read, but they need books. New or gently used books, even in this electronic age, still have the power to light up a child’s face, especially when the books are theirs to keep and a fabulous journey awaits inside the pages.

Stephen Covey said “… one person can be a change catalyst, a ‘transformer’ in any situation, any organization. Such an individual is yeast that can leaven an entire loaf.” Your resolution is now small, doable and life-changing. So pick 1, 2 or 3 … and go!

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**Keeping Our Mobile Medical Units Moving: A Corporate Sponsorship Opportunity**

As a way to help break down transportation barriers for individuals and families in need of health care, Family Health Centers of San Diego (FHCSD) purchased three buses and upgraded them to operate as fully licensed primary care health centers, called Mobile Medical Units (MMUs). These units have a set schedule of times and locations to visit each month. Since its inception in 1998, the MMU program has provided health care to uninsured and medically underserved children, teens and adults in underserved communities, schools, community centers, social service agencies, substance abuse rehabilitation facilities, battered women’s shelters, public housing complexes and homeless shelters. In the past year, the MMUs have served a total of 3,443 children, women and men through 4,628 individual health care encounters.

A well-recognized and vital community resource, this program needs additional support to keep delivering uninterrupted service to a growing patient population. In order to raise the resources necessary to keep pace, FHCSD created the MMU Corporate Sponsor Program.

To participate, an organization makes a one-time investment and in return has its logo and branding message placed prominently on the driver side’s exterior of a vehicle, remaining in place for three years. This is an exclusive offer and limited to only nine participate! 100% of the funds from this program will go to support ongoing maintenance, operation and medical equipment for each vehicle.

For additional information or to participate, please contact Chris Larkin, Director of Development, at (619) 515-2315 or christopherl@fhcsd.org

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**Honoring Our Military Community at the Final Spirit of the Barrio of 2015**

Sandy Lehmkuhler spoke about her nonprofit organization, Warrior Foundations, which provides transitional housing, support and employment services to wounded service members.

On November 20, Family Health Centers of San Diego (FHCSD) hosted its last Spirit of the Barrio of 2015. This special luncheon honored San Diego’s military community by featuring Sandy Lehmkuhler, President of Warrior Foundation, as the guest speaker.

In an emotional and moving speech, Sandy recounted founding the organization after meeting two soldiers with amputations at Naval Medical Center San Diego in 2004. What began as a simple Christmas gift of electric shavers for the two wounded service members is now a 501(c)(3) organization that has raised more than $13 million to provide transitional housing, much-needed items and support services for our nation’s wounded heroes.

Among Warrior Foundation’s proudest accomplishments is its Freedom Station, which along with housing provides education and career guidance for injured service members readjusting to civilian life.

FHCSD was also honored to have Marine veteran Craig Meace speak at the event. He shared his journey to recovery from alcohol and substance abuse, noting that he was lucky to be introduced to the health care services at FHCSD through Veterans Village San Diego, one of our partner programs. His story of triumph after trial illustrated the importance of such partnerships and programs, and certainly closed out the day on a high note.

FHCSD is proud to serve almost 600 veterans annually. FHCSD also wants to give a special thanks to 10News anchor Robert Santos, who emceed the event and kept the audience engaged. For a full account of this Spirit of the Barrio luncheon, check out FHCSD’s Twitter account, @FamilyHealthSD, where we will have a recap of the event using the hashtag #SOTBVeterans.

Veterans are a vital part of San Diego’s community. To support the important health care services FHCSD provides to this population, please consider making a tax-deductible donation on our secure online donation page at https://donation.fhcsd.org.

Don’t forget to mark your calendars for the next Spirit of the Barrio on March 18, 2016!

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**We Need Onesies, Booties and All Things for Babies!**

An expecting mother faces an array of options, new tasks and prenatal and postnatal appointments. This new reality can be daunting for some expecting parents, especially if they are struggling to provide basic necessities for themselves and their family.

In order to provide support and help during this time in their lives, Family Health Centers of San Diego (FHCSD) started the Baby Boutique program to encourage new and expecting moms to follow through with important wellness checkups and attend classes that teach the basics of infant care, including breastfeeding and nutrition.

Expecting and new mothers receive “Baby Bucks” for every prenatal and postnatal visit or class they complete. These “Baby Bucks” can be redeemed at Baby Boutique locations for baby clothes, supplies, children’s books and toys. Plus, each family receives a car seat upon completion of the program, along with use instructions, so their newborn is protected while in a vehicle.

The Baby Boutique includes a storefront location down the street from Logan Heights Family Health Center as well as a mobile unit, funded by FOCUS, which travels to several FHCSD clinics. Since the popular program began, FHCSD providers have seen a 50% increase in attendance for wellness appointments and classes.

That means more babies and mothers have access to the vital care they need for a smooth pregnancy and a healthy start to life.

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**FHCSD’s Baby Boutique provides much-needed items, like baby clothes and diapers, for new and expecting mothers who attend important wellness appointments and classes.**

It is because of donor support that high-quality health care is accessible for these young San Diegans. If you’d like to donate to the Baby Boutique program, please visit https://donation.fhcsd.org.

You can also drop off new or lightly used baby items at the next Spirit of the Barrio. For more information, please contact Caroline Harrington, Development and Special Events Manager, at (619) 515-2306 or carolineh@fhcsd.org.