Family Health Centers of San Diego (FHCSD) has opened a new location on 3rd Avenue adjacent to Hillcrest Family Health Center to expand our comprehensive services and programs and further meet the health care needs of the diverse Hillcrest community.

Opened on July 5th, Hillcrest Family Health Center on Third Avenue houses behavioral health services, including the Concentrated Outpatient Mental Health Program, a comprehensive mental health clinic; substance abuse services, and HIV Case Management. In the fall, FHCSD will add dental services on the third floor of the building.

“From Physical Rehabilitation Services to HIV screening and mental health services, we’re incredibly proud of our organization’s positive impact on the patients we serve,” said CEO Fran Butler-Cohen. “This new campus demonstrates our commitment to providing comprehensive care to those who face obstacles to accessing health care.”

Hillcrest Family Health Center recently added physical therapy and chiropractic care. The new Physical Rehabilitation Services department is rapidly expanding locations and services to help more patients improve function and mobility.

Renovation of the second and third floors of Hillcrest Family Health Center will soon begin, which will provide additional space for expanded primary care, specialty care and sports medicine services to accommodate our growing patient population.

Join Our Legacy Program!

These new sites have been added to our Legacy Program. Through this program, donors may place their name, company name, family name or name of a loved one on a building’s exterior, clinical exam room or lobby area. Please contact Chris Larkin, Director of Development, at (619) 515-2315 or christopherl@fhcsd.org for more information about this giving opportunity.

Donate to FHCS’s Giving Opportunities

Fund One Year of Training for a Resident:
Our Family Medicine Residency Training Program ensures the next generation of professionally trained, culturally competent physicians is available to handle the growing demand for health care services in our communities. Donations of any size help contribute to our goal of raising $150,000, which will fund the equivalent of one year of training for one resident. Learn more by visiting www.fhcsd.org/fund-a-resident.

Keep Our Mobile Medical Units Moving:
Since 1998, our Mobile Medical Units (MMUs) have provided health care to individuals at locations across San Diego County. Our three units serve over 3,400 men, women and children annually. Individuals or corporations can help sponsor these units by placing their name or logo on them. Learn more by visiting www.fhcsd.org/fmmu-donations.

Contribute to Our Baby Boutique:
Our Baby Boutique lets new and expecting moms receive necessary baby supplies if they complete wellness checkups and educational classes. The easiest way to help us keep our Baby Boutique stocked is to make a financial contribution. In-kind donations are also accepted. Learn more by visiting www.fhcsd.org/baby-boutique.
CEO’S CORNER: an update from Fran

What’s in a Tamal (or Tamale)?

It’s just a little corn meal, some chill sauce, some meat, chicken or cheese, wrapped in a husk. Sounds simple, right? Every kitchen has its own recipe. And every grandchild claims their grandmother’s was the best.

But Laura Rodriguez, the founding spirit behind Family Health Centers of San Diego (FHCSD), made tamales special in Barrio Logan. Laura’s wonderful hands crafted thousands of tamales because this was the way she told the story of “La Clinica,” by cooking, serving and sharing. By my best estimate, Laura made and served over 1,000 tamales each month at our Spirit of the Barrio for 10 years, and continued cooking and sharing stories of the clinic until she could no longer manage this time-honored tradition. Laura passed the responsibilities of the Barrio to Martha Saavedra, who knew her clinic was a diamond in the barrio.

Laura’s tamales were anything but simple. They symbolized her devotion, commitment and enduring love of “La Clinica.” She understood the important work of the clinic and the importance of giving something special to those she asked for help. These tamales helped raise the funds to build a new women’s clinic in 1989, pediatric clinics in 1987 and 1994 and a dental clinic in 1995. Laura’s tamales helped us raise needed funds for a massive remodel of the clinic in 2007-2010, and it continues to give us the opportunity to talk about Laura, her dream and our mission.

Next time you bite into your tamales at the Spirit of the Barrio luncheons, remember the woman who stood hours in the clinic’s kitchen each month and crafted those tamales. They were the gift she gave to others so she might share how those in her barrio desperately needed health care.

Laura’s tamales were anything but simple. They symbolized her devotion, commitment and enduring love of “La Clinica.”

Donor Spotlight:
FHCSD Community Partner: San Diego Chargers Organization: The Team That Keeps Giving

Throughout the entire San Diego Chargers organization, there exists a powerful commitment to giving back. The Spanos family, the players, coaches and club personnel freely share their gifts of voluntarism and personal philanthropy throughout the region. The San Diego Chargers have a complete understanding of a culture of philanthropy and it’s demonstrated by their ability to identify programs and services that make a significant and lasting community impact.

The Chargers have sponsored Family Health Centers of San Diego’s (FHCSD) Spirit of the Barrio luncheons for more than a decade. Like FHCSD, the San Diego Chargers have long had a rich tradition of partnering with the San Diego community, a tradition that dates back to the early 1960s. Thanks to the ongoing generosity of the Spanos family, the Chargers have contributed tens of millions of dollars to the community. From a medical center in 1989, has also been a driving force in San Diego County for more than 20 years. It provides grants, programming and critical dollars in times of emergency. All told, the Foundation has provided more than $41.5 million in community support.

FHCSD is proud to be a partner with the San Diego Chargers in their community efforts. The team’s ongoing commitment to supporting FHCSD directly impacts our ability to continue delivering high-quality, affordable health care and supportive services to everyone, with a special commitment to uninsured, low-income and medically underserved persons.

We are honored to receive their support and grateful to call the San Diego Chargers organization, our friend. Go Chargers!

To learn more about the Chargers’ work in the community, visit www.fhcsd.org/community.

Thank you to all of our Spirit of the Barrio Sponsors

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