Donate to FHCSD’s 2016 Capital Campaigns

**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 3,000 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/mmu-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.

**AmazonSmile**
You Shop. Amazon gives.

AmazonSmile is an easy way to give back to FHCSD. Amazon will donate a portion of the purchase price of eligible items to our organization with all proceeds going towards funding our residency program.

Simply follow these easy steps:
- Log into your Amazon account.
- Choose “Family Health Centers of San Diego” as the charitable organization to receive donations from your eligible purchases.
- Start shopping! Millions of Amazon products are marked “Eligible for AmazonSmile.”
- Spread the word to family and friends about this easy way to give back to FHCSD.

**Double Your Impact!**
Every dollar you give to FHCSD may be matched by your employer! Check with your human resources department to see if your employer has a qualified matching donation program.

**Expanding Services: FHCSD Adds Chiropractic Care**

Chiropractic services will now join physical therapy as part of Family Health Centers of San Diego’s (FHCSD) new Physical Rehabilitation Services Department. The goal of this new department is to promote the patient’s ability to move, reduce pain, restore function and prevent disability. Currently, FHCSD offers physical therapy at City Heights Family Health Center and Hillcrest Family Health Center. In July, FHCSD will expand chiropractic care and physical therapy to Chula Vista Family Health Center site and in fall 2016 will add sports medicine at several FHCSD clinics. Our sports medicine physicians will treat musculoskeletal and sports-related injuries to help maximize each patient’s mobility and function.

As part of our continued commitment to promote access to comprehensive health care services, chiropractic care was added to help those patients who suffer from neuromuscular disorders.

The new service, now available at Hillcrest Family Health Center and Diamond Neighborhoods Family Health Center, emphasizes state-of-the-art, compassionate care. Our chiropractic program works with patients to reduce pain, speed recovery following surgery or injury and improve mobility and function. Education is a vital part of the program as patients learn to take responsibility for their overall health and wellness.

“We are excited to expand our new Physical Rehabilitation Services Department,” said Fran Butler-Cohen, FHCSD CEO. “These services provide treatment alternatives for those who suffer from pain or reduced mobility and want to improve their quality of life.”

This drug-free, hands-on approach allows patients to experience progressive and sustainable relief without the potential side effects that accompany most medications. We want to do more than relieve symptoms; our mission is to treat the whole person.

To learn more about our new Physical Rehabilitation Services, please visit www.fhcsd.org/physical-rehabilitation-services.

If you are interested in making a contribution to support this new service, please consider joining our Legacy Program, which allows donors to place their name, company name, name of a loved one or family name on a clinical exam room, physical therapy room, lobby or building exterior. For more information about this incredible giving opportunity, please contact Director of Development Chris Larkin at (619) 515-2315 or christopherl@fhcsd.org.
Every year at the ISS medical schools across the nation, students find out the results of the National Resident Matching Program. That third Friday of March is indelibly seared in the minds of medical students because it is on that day they find out where they will spend the next 3-4 years training to become doctors.

“Match Day,” as it is dubbed, is the culmination of the grueling process where fourth-year medical students cross the country interviewing with residency programs, sometimes dozens of them, to hopefully find the perfect match for their continued training.

The Match is an automated, national process for pairing medical residents with residency programs. In short, the students rank their top choices, and the residencies rank their top students. Like in love, and marriage, many times you get it right!

The Family Medicine Residency Program at Family Health Centers of San Diego (FHCSD) got it right this past Match Day. Meet our new residents: Dr. Priscilla Campos, USC; Dr. Diane Dy, University of Washington; Dr. Meghan Marcelly, University of Hawaii; Dr. Sheeren Masafi, Drexel University; Dr. Phillip So, Wayne State University; and Dr. Sarah Wells, Sidney Kimmel Medical College. All incredibly committed to community medicine, they represent the future that FHCSD can bring to the patients and communities we serve.

With the “Match” of these residents, our Family Medicine Residency Program now has its full complement of 18 residents. As the six residents from our inaugural class move to the Post Graduate Year 3, or PGY-3 status, it is bittersweet. We celebrate their accomplishments, and acknowledge it is the beginning of their last year of residency training with us. On a bright note, three of these residents are already choosing to practice within our clinic system, and we are grateful to them and to our amazing faculty for instilling in these residents a love of community medicine.

Yes, another Match is over, and we could not be more excited!

KGTU ABC10 San Diego Shines Light on FHCSD Community Impact

The strongest relationships have three common characteristics—shared values, trust and mutual respect. This includes philanthropic relationships like the one between Family Health Centers of San Diego (FHCSD) and our Media Partner and Sponsor, 10News. Not only do they share our values through their support of our mission, 10News goes much further by shining a trusted and expected light upon the needs of our region’s vulnerable populations and the nonprofit organizations who serve them.

Recently, 10News featured FHCSD in two separate on-air stories, which allowed FHCSD to raise awareness about two critically important issues—the looming national shortage of doctors, which will have a significant impact on low-income communities across the country, and the tensuous federal government funding of training programs for new physicians in community health care clinics. Both stories were thorough and thought-provoking, educating and inspiring people to support the program through an impassioned “call to action” of our region’s philanthropic community.

KGTU ABC10 News is proud to partner with organizations like FHCSD who are dedicated to improving the lives of vulnerable individuals and families in the region. Owned and guided by The E.W. Scripps Company, KGTU’s mission is to serve the San Diego community by focusing on five principals of leadership: model the way, inspire a shared vision, encourage the heart, challenge the process and enable others to act. The E.W. Scripps Company also challenges and enables their employees to be involved in their community, and commits valuable resources to provide their employees the ability to support organizations of change, such as FHCSD.

The E.W. Scripps Company serves audiences and businesses through a growing portfolio of television, radio and digital media brands. For decades, it has held to the motto, “Give light and the people will find their own way.” KGTU certainly lives up to its founder’s values. It’s because of community partners like 10News that the delivery of critical, high-quality health care services to our most vulnerable populations will remain uninterrupted for many years to come.

Thank you, KGTU and 10News, for being a community leader that cares about the individuals and families of our region.

For more information about this or other Spirit of the Barrio events, or to purchase tickets, please visit www.fhcsd.org/spirit-of-the-barrio. For sponsorship inquiries, please contact Caroline Harrington, Development & Special Events Manager, at (619) 515-2306 or carolineh@fhcsd.org. Let’s go Bolts!

30 YEARS OF Spirit of the Barrio

Energetic Spirit of the Barrio Crowd Greeted the SDSU Aztecs in May

Speaking of football, FHCSD is excited to welcome the San Diego Chargers to the Barrio for the July 15th Flambe luncheon! That’s right, Special Advisors to the Chargers, Fred Maas and Jeffrey Pollack, as well as other Chargers guests, will take the stage and talk about the Stadium Initiative Project. They’ll share the most current project renderings and discuss the proposal for the new stadium as well as the impact it may have on the community, specifically Barrio Logan.

Don’t miss the chance to have your voice heard on the stadium issue. The luncheon will have a Q&A session for guests to talk with Chargers representatives about the proposed stadium, convention center and surrounding area.

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