FHCSD: A Beacon for San Diego’s Vulnerable Communities

Family Health Centers of San Diego (FHCSD) is once again ramping up its efforts to build relationships with families in our most vulnerable communities. In the coming months, 26 unique events—from free mammograms and dental screenings to HIV/STD testing—are planned to help our diverse patient population make informed decisions about their health and receive the quality care they need.

Each event is designed to educate individuals and families about their health and the development of healthy habits. FHCSD also offers health screenings to help identify serious issues and begin treatment when necessary. In the first quarter of 2017, our community health events provided approximately 329 blood pressure screenings, 28 mammograms, 56 HIV tests, 48 Hepatitis C tests, 135 dental screenings and 133 fluoride applications to kids ages 1-18.

In April, FHCSD hosted the 2nd Annual Healthy Heroes Wellness Fair at Sherman Heights Community Center where families listened to live music, participated in Zumba classes and received free health screenings. FHCSD medical staff performed 60 vision screenings and 48 dental screenings and fluoride applications at no cost to patients.

By providing these services to our patients, we can address their urgent health care issues in our clinics and help enroll them in health care programs. This helps keep patients out of emergency rooms, where costs are significantly higher.

“FHCSD is proud to provide services to communities in need to ensure they receive high-quality preventive care,” said CEO Fran Butler-Cohen. “It’s important that we help young children and adolescents develop healthy habits now, so as adults they will practice regular check-ups, healthy eating and engage in daily exercise. These fundamental habits make healthier communities and lower our nation’s high cost of health care.”

We also encourage FHCSD’s generous donors and other new community business partners to work with our organization to better serve the needs of our current and future patients.

Are you or your business looking for an opportunity to make an impact in our San Diego community?

FHCSD is hosting backpack drives for two exciting events this year—our Back-to-School Fair at our Rice Family Health Center and our annual Kids’ Autumn Health Fair at our Lemon Grove Family Health Center. All backpacks benefit children living in low-income neighborhoods and will be distributed at one of these events. You can contribute by hosting a backpack drive on behalf of FHCSD! Here’s how:

• Contact Katie Gomez, Development and Special Events Manager, by Tuesday, August 1, to let her know that you’re interested in participating.

• We’ll provide you with tips about how to host and market your backpack drive, including how to share on your social media profiles. We’ll even help you promote your drive by providing you with flyers to hand out to those interested in donating.

• Once you’ve collected your backpacks, contact our fundraising team to arrange a pick-up time.

• If you’re pressed for time and don’t have the resources to conduct a drive, FHCSD will accept donated backpacks and/or monetary contributions to help you make an impact. To make a donation to FHCSD through our website, visit www.fhcsd.org/how-to-help-us and earmark your contribution to our 2017 backpack fundraiser.

For more details about how you or your company can sponsor one of our upcoming health fairs or community events, or to learn about other exciting ways you can contribute to our mission of providing quality care to the uninsured and underinsured, contact Katie Gomez, Development and Special Events Manager, at (619) 515-2306 or katieg@fhcsd.org.
Protecting the “littles” is a cornerstone of Family Health Centers of San Diego’s (FHCSD) mission. Children are the most vulnerable and disadvantaged when it comes to health care prevention. Nationally, pediatric practices are challenged with retaining their patients after four months of age. Contributors to this decline in pediatric wellness visits may be busy single parents, families living at the federal poverty level or those parents managing 2-3 jobs just to survive. All these causes may result in children’s preventive health care falling to the lowest level in a family’s priorities.

Routine pediatric visits call for standardized lead screening at 12 and 24 months. This schedule complies with California Department of Public Health Management Guidelines for Childhood Lead Poisoning. All children brought to routine pediatric appointments at those times will be screened for lead. The importance of lead screening cannot be overestimated. Lead poisoning can damage kidneys, the brain and the nervous system of young children. It can cause severe behavioral and learning problems and create irreversible damage.

Lead is found in lead-based paint, contaminated soil, glazed pottery from other countries, numerous imported candies and in drinking water leached through lead pipes. Should a lead questionnaire lead a pediatrician to suspect an exposure in a child younger than 12 months, earlier testing may be ordered. But in the early stages of lead exposure, symptoms might mimic other childhood ailments—sleeplessness, headaches, nausea, tummy aches and muscle soreness may not always suggest lead testing. Plain and simple—how are families supposed to know about lead screening and the importance of early detection?

Our answer is Family Health Centers of San Diego just received a five-year grant to bring the message of Lead Awareness and Education to over 10,000 families and caregivers across San Diego County. Early environmental awareness is key to limiting or stopping children’s exposure to lead. Leveraging FHCSD’s expertise in outreach and education activities, and banking on its almost 30 member Outreach Worker’s Network (“OWN” Program), FHCSD intends to identify lead exposure and reduce the incidence in our communities. It is an aggressive goal, but one worth our effort if we can reverse the damaging effects of lead on our communities’ children.

The goal of this five-year lead eradication grant is simple: Protecting children, eradicating harm, and making healthier communities. So yes, I am proud to say, we are at it again!

Donor Spotlight

FHCSD Baby Boutique Provides Needed Supplies to Moms and Babies

Created in 2010 as a way to encourage new and expecting moms to follow through with important postpartum visits, the Baby Boutique serves as a vital resource for the families of FHCSD. Mothers attend a series of pre- and postnatal appointments, including lactation support, nutrition education, and wellness check-ups, to earn “Baby Buck Points.” These points are then redeemed in our Baby Boutique for infant necessities, such as diapers, strollers, baby clothes, hygiene products, toys, books and more.

A patient stated, “This program has benefitted me in many ways. It showed me simple ways to take care of my baby and encouraged me to breastfeed. Now, I’ve got baby clothes and other baby items that are so necessary. And the staff here is very friendly and helpful. Thank you!”

We currently have two permanent Baby Boutique locations—Logan Heights Family Health Center and City Heights Family Health Center. In addition, our Mobile Baby Boutique, funded by FOCUS, regularly visits seven other FHCSD clinic locations. In 2016, more than 2,500 new mothers visited our Baby Boutiques, the highest annual number of visits ever!

The Baby Boutique is stocked entirely from donations and, to keep pace with increasing demand, we need your help! The Baby Boutique provides a great opportunity to give your new or gently-loved baby items a new home and help ensure happy and healthy lives for FHCSD’s tiniest patients.

Thank you to our 2017 supporters, including the San Diego Cooperative Preschool, San Diego National Association of Hispanic Nurses, Temple Emanu-El, Caring Hooks & Needles, Jennifer Valleen and many gracious individual donors.

If you would like to donate, host a company drive or sponsor the Baby Boutique, please contact Katie Gomez, Development & Special Events Manager at (619) 515-2306 or katieg@fhcsd.org.
Join us as we celebrate Maritime Month and learn about the Port of San Diego, their plans for the future of the waterfront and the impact on the region. Our expert panel will highlight the history of the Port and new projects, including the 10th Avenue Marine Terminal and the Central Embarcadero redevelopment plans. They will also address potential community concerns and discuss innovations that will make the Port region safer, healthier and more prosperous for all.

Featuring
Commissioner Robert “Dukie” Valderrama, Chairman, Board of Port Commissioners
Diane Takvorian, Executive Director, Environmental Health Coalition
Mark Steele, Chair, Barrio Logan Planning Group
Dante Sitta, President, Propeller Club of San Diego

Emceed by
Jon Horn, 10News Reporter

Thank you to our Spirit of the Barrio Sponsors!

Mark your calendars for the next Spirit of the Barrio!
Friday, May 19, 2017
11:30am – 1:00pm
Logan Heights
Family Health Center
To purchase tickets, visit www.fhcsd.org/spirit-of-the-barrio.
For information, or to sponsor the event, please contact Katie Gomez, Development & Events Manager at (619) 515-2306.
**Ways to Give**

**Spirit of the Barrio**
Called the “Best use of a lunch hour” by San Diego Magazine, Spirit of the Barrio is Family Health Centers of San Diego’s signature fundraising event. Held five times throughout the year at our Logan Heights Family Health Center, this fun-filled luncheon promises to entertain, inform and educate attendees with relevant panel presentations and a delicious tamale lunch! Table sponsorships and individual tickets available.

**Mobile Medical Units**
Since 1998, our Mobile Medical Units (MMUs) have provided health care to uninsured and medically underserved children, teens and adults in collaboration with elementary schools, community centers, social service agencies, rehabilitation facilities, battered women’s shelters, public housing complexes and homeless shelters. By breaking down transportation barriers for individuals and families in need of health care, our three units serve 3,443 children, women and men through 4,628 individual health care encounters annually. Each donation helps keep these units on the road and providing care for San Diego’s underserved communities.

- Individual - Commit to support FHCSD with an annual pledge or one-time donation, and in turn your name/family name will be displayed on the back of an MMU for three years.
- Corporate - FHCSD offers three levels of corporate sponsorship, and in turn your logo will be prominently displayed on the side of an MMU for three years.

**Residency Program**
In 2014, Family Health Centers of San Diego (FHCSD) created the Family Medicine Residency Training Program. The mission of the program is to train physicians from diverse backgrounds who are interested in providing care to the underserved communities of San Diego, while providing high-quality, broad-based clinical education and experience. With limited funding and continual budget cuts, Family Health Centers of San Diego needs your help in ensuring this program continues!

**Naming Opportunities**
FHCSD offers donors exclusive opportunities to name exam rooms, waiting areas, labs and more!

**Baby Boutique**
Our Baby Boutique program was founded to encourage new and expecting moms to follow through with important wellness checkups and attend classes to learn the basics of infant care, including breastfeeding and nutrition. For every pre- and postnatal appointment or class they complete, parents can redeem “Baby Buck Points” at Baby Boutique locations for baby clothes, supplies, children’s books and toys. This innovative program was founded in 2010 as an initiative to encourage new moms to complete their postpartum care, while providing them with items to meet their baby’s needs.

**Reach Out and Read**
Do you have children’s books lying around collecting dust? FHCSD’s Reach Out and Read program can give those books a new home and ensure a deserving child starts school ready to learn! Throughout 2016, we distributed over 9,000 books to children, promoting literacy and language skills.

**Vehicle Donation Program**
You can support Family Health Centers of San Diego by donating your used car, motorcycle, RV or boat! We will even take care of the details so you do not have to. We provide you with a hassle-free pick up and can get the most value from your donated vehicle, and it’s tax-deductible!

**Programs & Services**
Family Health Centers of San Diego provides many vital services to our patients. You can designate your donation to ensure we are able to continue providing these critically needed services.

- Healthcare for the Homeless
- Pediatrics
- Women’s Services
- Mental Health Services
- Vision Services
- LGBT Services