



## IN HEALTH...

### South County Pharmacy Grand Opening

#### Inside this issue:

Message from the CEO	2
Homeless Project - Going Full Speed Ahead	3
Pink Day - Mammograms	4
Emerging Leaders	5
I2i - interface 2 information	6
Food For Thought	6
WIC Update	6
Sobrato Family Foundation	7
Mission Statement	8



Photo courtesy of Wendi Hodgen

Assemblyman Paul Fong, Congressman Mike Honda and Gardner CEO Reymundo C. Espinoza

Gardner South County Health Center celebrated its Pharmacy Ribbon Cutting Ceremony on May 29, 2009. Congressman Mike Honda attended to share in the ribbon cutting and talked about the importance of Gardner's role and contribution in our Gilroy Community. With his help and support we received the funding for this new pharmacy building.

Over 100 people attended along with many State and Local Legislators including Assembly Member Paul

Fong, Gilroy Mayor, Al Pinheiro and representatives from Assembly Member Anna Caballero's office and San Jose Vice Mayor Judy Chirco's office.

The Gilroy Chamber of Commerce CEO, Susan Valenta attended as well as Gardner Board Members Lloyd Alvarado, Irma Terrazas, Dr Armand Sanchez, Frank Serrano and Esther Duran, Board Chair. It was a grand time for all and a very special day in history for our Gilroy South County Health Center!



Photo courtesy of Larry J. Mickartz

Assembly Member Paul Fong, Gardner Pharmacist, Sandy Chung, Congressman Mike Honda, Gardner COO, Efrain Coria, Gilroy Mayor, Al Pinheiro, and Gardner Board Member, Irma Terrazas



Photo courtesy of Wendi Hodgen

Gardner Board Member, Irma Terrazas, Gardner CEO, Reymundo C. Espinoza, Congressman Mike Honda, Assemblyman Paul Fong, Gilroy Mayor, Al Pinheiro and Gilroy Chamber of Commerce President/CEO, Suzanne Valenta

# From our CEO



## GARDNER BOARD OF DIRECTORS

.....  
*Esther Duran, PA-C*  
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*Armand Sanchez, Ph.D.*

*Frank Serrano*

*Irma Terrazas*

## GARDNER EXECUTIVE STAFF

.....  
*Reymundo C. Espinoza*  
*Chief Executive Officer*

*Efrain Coria*  
*Chief Operating Officer*

*Ignacio Perez*  
*Chief Financial Officer*

Dear Friends,

I want to thank all of you for your support for Gardner Health Services and our commitment to making sure that primary medical care is accessible to members of our community regardless of their income level or ability to pay for services. As last year was Gardner's 40<sup>th</sup> year of providing high quality medical care and serving as healthcare safety net to low income residents of Silicon Valley; we reflected on our past and mapped the course for our future. Our future is filled with the promises offered by healthcare reform efforts, newly awarded Recovery Act funding and the commitment of new corporate and foundation partnerships. Our future will also require navigating unprecedented State budget cuts and shaky economic times.

Gardner has a committed Board of Directors and a talented staff team that has anticipated, and responded to, the challenges of the current economy and State budget cuts. We have charted a course that will allow us to continue to provide high quality medical programs to more than 50,000 people a year to create a healthier Santa Clara County.

We are proud to be part of a healthcare delivery system that is being recognized for its efficiency, high quality and affordable approach to care. We are excited to be a part of the changes that are sweeping healthcare and will be launching a new electronic health records system that will improve and increase our capacity to provide quality care to those most in need. We look forward to working with our partners and communities to address disturbing health trends such as increased rates of diabetes and obesity and to support our families and patients in securing the resources needed to have a sound, healthy mind and body -- helping everyone achieve their potential.

We are committed to providing safety net and primary care services to Santa Clara County for another forty years and will do by continuing to provide high quality comprehensive health and behavioral care. We will continue to provide prevention and education, early intervention and treatment, mental health, and advocacy services in a manner that is affordable, respectful and linguistically and age appropriate. In Health,

Reymundo C. Espinoza  
Chief Executive Officer



Reymundo C. Espinoza, Gardner CEO

Photo by Kohl Photography



# HOMELESS PROJECT - Going Full Speed Ahead!



## Out with the Old...



Gardner's Homeless Program received a new mobile health clinic in February of this year. Now, with 2 mobile clinics the program has added new service sites to their route.

Photos courtesy of Roberta Gundersen

### FRUIT AND VEGGIE FEST

This event was held in Gilroy at Arteagas Super Save on May 2, 2009. The festival celebrates Cinco de Mayo by providing music, produce sold at cost by the growers and health services. **GFHN Homeless project provided free blood pressure checks for the primarily migrant patrons.** Gardner provides guidance and information to those with high blood pressure results. St Louise Hospital partnered with Gardner by conducting glucose testing.



Project Homeless Connect

### PROJECT FAMILY CONNECT

On May 14, 2009 Gardner Homeless Project participated in Project Family Connect (PFC). PFC is a program that provides one stop shopping for those without housing. Participants are given resources and assistance to find housing, medical care, dental care, mental health screenings, employment opportunities, food, legal services, job search resources and much more. **Gardner provided medical services by performing glucose checks and general medical care.**

For more information about PFC: <http://www.collabsc.org/phc/>

**ARTURO OCHOA MIGRANT FARMWORKER CENTER** - a Housing Authority of Santa Clara County program. On June 5, 2009 the center celebrated their grand opening. This is the largest migrant camp with 100 families that reside on the premises. The apartments also have a Montessori School on the premises for the children.

From early April to late November, the center provides a housing community and on-site infant care center for migrant families. During the off-season, the center is used as a shelter for homeless families. Amenities of the center include:

*Day Care Center  
Laundry Facilities*

*Infant Care Center  
Classroom Building*

*Community Room*

**SOMOS MAYFAIR PROGRAM** - GFHN's Homeless Project provides glucose checks, height and weight measurements and other health services to the patrons of the Mayfair Community through the Somos Mayfair Project. For the past two years, groups of 15 - 20 women join Mayfair's *Diabetes and Obesity Prevention* program. The women learn preventative habits through coaching about healthy lifestyles, dietary education, exercise programs complimentary YWCA gym memberships and more.

### UPCOMING EVENTS:

August 29, 2009 – **Celebracion del Campo** – 11am-4pm at Uesugi Farms in Morgan Hill. This fair celebrates the migrant workers. GFHN Homeless Program in conjunction with Sister Rachela, Director of Community Health Saint Louise Regional Hospital will conduct blood pressure and glucose checks. There will be music, radio stations, rides & food. Information and services for families that cannot afford health insurance will be available. Nick Butterfield, N.P. from South County Health Center will provide medical services.

# GFHN Medical

## PINK DAY



Veronica Reyes, M.A. and Patient

Pink Day is a special day of education and testing for female patients. The program is through Community Health Partnership. "Pink Day" was created to provide mammograms at the patient's home clinic. Inner Images, a mobile mammography unit, conducts the screenings. This allowed them to remain in their community for testing which more comfortable and accessible for them. There has been a significant decrease in missed appointments as well. Gardner Health Center was the first pilot program three years ago. CMAP is in its 3rd year. The participating GFHN clinics see on average 40 to 50 women in a day during this event. This past May, Gardner Health Center screened 40 women out of 44 appointments. St James Health Center, CompreCare Health Center and Alviso Health Center also participate in Pink Day.

Pink Day screenings are by appointment only. After the clinician completes the preliminary breast exam of the patient, the clinician will, if necessary, recommend a mammo-

*"We're turning a stressful test into something fun and important. The program has encouraged repeat visits," says Gloria Sanchez of Gardner Health Center.*

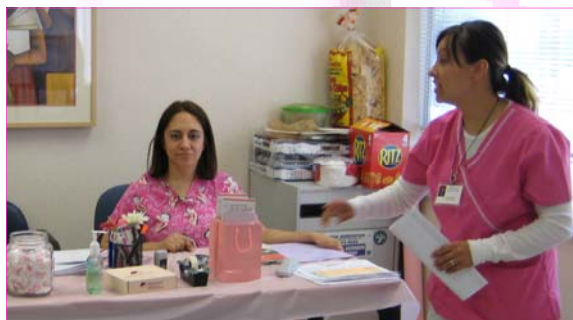
gram. The patient is given information about "Pink Day" and schedules their appointment. Once the screening is completed by the mobile mammography unit, they are sent to Valley Medical Center to be evaluated. A report is then sent from Valley Medical Center to the GFHN clinic and the results are shared with the patient.

The staff tries to keep it as fun and stress free as possible for the women. Participating staff wear pink and pink balloons, footprints and handprints lead the path from the entrance to the "Pink Day" waiting room where snacks and breast health pamphlets are available. A self exam educational video is shown continuously in the waiting room. To continue improving the program, patients are given a survey to provide feedback of the experience.

For more information please visit: [www.gardnerfamilyhealth.org](http://www.gardnerfamilyhealth.org) or <http://www.chpscc.org/whpCMAP.htm#clnclsche> or call Women's Health Partnership – (408)556-6605



Gloria Sanchez (right) teaches a patient how to do a self exam.



Yadira Solis, M.A. and Veronica Reyes, M.A.



Pink Day patient enjoying healthy refreshments while the education video plays in the background.

## UPCOMING EVENTS:

October 2009 – **Breast Cancer Awareness Month**

### Pink Day 2009 Schedule

September 19 at **ALVISO HEALTH CENTER** 1621 Gold Street / Alviso, CA 95002 (408) 935-3900

October 7 at **ST. JAMES HEALTH CENTER** 55 E. Julian St. / San Jose, CA 95112 (408) 918-2600

October 9 at **GARDNER HEALTH CENTER** 195 E. Virginia St. / San Jose, CA 95112 (408) 998-8815

December 10 at **COMPRECARE HEALTH CENTER** 3030 Alum Rock Ave. / San Jose, CA 95127 (408) 272-6300

# Emerging Leaders

By Wendi Hodgen



Clinic Coordinator, Natalie Hodgen and Gardner COO, Efrain Coria

community clinics, receiving instruction and professional coaching from nationally renowned faculty and leaders, utilizing opportunities to apply leadership skills in real-world settings.

The Institute's program and course content is administered by the UCSF Center for the Health Professions and developed with input from regional and national experts in the field of leadership development. This unique and challenging program provides participants with career planning, seminars, professional coaching, and peer networking experiences.

Natalie Hodgen has been the Clinical Coordinator at Gardner Health Clinic since 2005. As an LVN, she enjoys being able to occasionally utilize her nursing skills while overseeing the day to day operations of the clinic.

She graduated from the CLI on June 20, 2009. There were 26 participants chosen from numerous applicants throughout California for the inaugural class that began January 2008. Natalie received training in finance, business management, project management, leadership skills, and much more. She feels this has enhanced her ability to affect positive change in the clinic and the Gardner organization.

Gardner COO, Efrain Coria, is a member of the CLI Working Group. CLI Working Group provides expert advice and counsel on key issues related to the development of the program's design, course topics, content, learning experiences, and core competencies. Working Group members, who also interview and select CLI participants, represent community clinics from across the state, as well as regional and national leaders and experts in the field.

## CLINIC LEADERSHIP INSTITUTE (CLI)

The CLI's goal is to "build the next generation of safety net providers and leaders." CLI engages and prepares emerging leaders of California's community clinics and health centers to be effective and passionate agents of change in today's rapidly evolving healthcare environment.

*"The Clinic Leadership Institute was an intense but rewarding experience. In spite of the additional demands it placed on my busy schedule, it was truly a privilege to be a participant."*

Blue Shield of California Foundation recognized the importance of cultivating leaders to strengthen health clinics so they created CLI which works through a partnership with UCSF Center for the Health Professions. Participants commit to an 18-month, part-time program to build their skills in areas such as decision-making, financial management, and strategic planning. They become leaders in the community clinic field by attending seminars designed specifically for



CLI "Cohort 1" Inaugural Graduating Class

*CLI is a project of Blue Shield of California Foundation, a private foundation committed to making health care effective, safe, and accessible for all Californians, particularly underserved people, and to ending domestic violence.*

*UCSF Center for the Health Professions is a nationally recognized resource on health workforce, organizational change, and leadership development and training.*

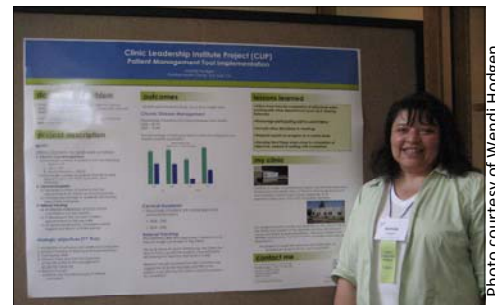


Brenda Solorzano, Blue Shield of California Foundation Chief Program Director



Marty Lynch, Ph.D., MPA - Lifelong Medical Care CEO / Executive Director & incoming Chair of California Primary Care Association

Commencement speakers Brenda Solorzano and Marty Lynch Ph.D. spoke on the importance of availability and accessibility of community



Natalie and her final project for CLI - an analysis of the outcomes of i2i (interface 2 information) at Gardner Health Center.

# interface 2 information

by Ricardo G. Lopez, M.D. Gardner Chief of Medical Services

The i2i conference was attended by the Team and the Clinic Coordinators on June 16 and 17th, 2009. There was an array of lessons learned such as using “dummy” codes to track paps and referrals. We learned that Retinal and Foot screening would auto-update based on the CPT codes. Others had success using the lab interface with Quest and the lab results would also auto-update.

They stressed that Team meetings were very important and that there needs to be a “culture of quality” to steer the teams to achieve that success. Simply reviewing the patient summary sheet before the visit, helped Providers plan for the visit with a higher rate of completion of tasks. Data validation and coordinating “Team Care” pushed the envelope of making education equal to knowledge.

As part of the dinner entertainment, Marty Kane, Carol Kane’s husband performed the Beverly Hillbilly’s song with a “Gardner” twist while a photo slideshow was playing. The slideshow portrayed the use of i2i in the clinic and the impact it had on a typical patient. Because of this presentation, GFHN will be receiving i2i’s pap tracking module which will be installed and implemented in the near future.

We all had a wonderful time and eagerly await the opportunities to use the skill we learned for the betterment of the patients and the community.

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## www.FoodForThought

by Lynnette Schlick, RD

The web is full of nutrition information; some will nourish your brain and some is worse than an artery clogging quadruple cheese burger! Save yourself some time and go straight to the sites below for reliable info on nutrition.



Are you ready to know the truth about how much saturated fat, fiber, sodium and other nutrients you consume? Sign up at [www.fitday.com](http://www.fitday.com) to use their free diet analysis tool.

Test your fad diet IQ at [www.wemarket4u.net/fatfoe](http://www.wemarket4u.net/fatfoe). Don't be fooled!

Hmmm....wondering how many Calories are in a Costco chocolate muffin or other favorite tasty delight? Check out [www.calorieking.com](http://www.calorieking.com)

At [www.mayoclinic.com/health/](http://www.mayoclinic.com/health/) then go to 'Ask a Specialist'. Here you can get information on a variety of health and nutrition related topics.

So, you are not into the 'Do it yourself' approach. Find a Registered Dietitian to guide you through the nutrition maze at [www.eatright.org](http://www.eatright.org)

And if you still have questions email them to the Nutrition Services Department at this email address [dwright@gfhn.net](mailto:dwright@gfhn.net) or go to [www.gardnerhealth.org](http://www.gardnerhealth.org)  
Bon Appétit!

## WIC Women, Infants and Children by Kim Potter, GFCC WIC Director

There are exciting changes going on at the WIC program! (Women, Infants & Children) On October 1, 2009, for the first time since 1980, the WIC food packages will go through a comprehensive revision! The revised food packages were developed to align the WIC foods with the Dietary Guidelines and current infant feeding practice guidelines of the American Academy of Pediatrics. The new changes will also help WIC staff better promote and support successful long-term breastfeeding, provide WIC participants with a wider variety of food, and provide local agencies with greater flexibility in prescribing food packages to accommodate participants with cultural food preferences. Highlights of the new food packages include the addition of:



- Whole grains and soy options (soy beverages and tofu)
- Fresh fruits and vegetables
- Infant fruits and vegetables for infants 6 months and older and baby meats for infants who are fully breastfeeding.
- Organic foods
- Canned salmon and sardines
- Infants under 1 year of age will no longer receive juice and the amount of juice children and women receive will decrease!

To help get WIC participants ready for the new food packages, the National WIC association partnered with the Sesame Workshop’s Healthy Habits 4 Life (HH4L) initiative. California WIC adopted and tailored HH4L’s colorful and user-friendly curriculum and materials to encourage a healthy lifestyle and to promote the new WIC foods. By joining WIC and Sesame Street’s familiar and trusted brands, WIC can leverage the new foods and clear nutrition messages to reach beyond WIC, into grocery stores, medical offices, child care settings and other venues WIC families visit or receive services.

Other WIC news includes the opening of a new WIC site in Gilroy South County Health Center in September of 2009. Services will be provided the first Tuesday of each month.

For more information please call: (408) 272-6030 or go to [www.gardnerhealth.org](http://www.gardnerhealth.org)

# *Special Thanks to The Sobrato Family Foundation!*

**The Sobrato Family Foundation awarded Gardner a generous \$82,000 grant.**

This grant will enable us to continue to provide high quality medical care for **roughly one-tenth the cost of care offered outside of the community clinic** setting. In order to receive this generous grant, Gardner needs to match a total amount of \$40,000 from our community friends and supporters. Please consider a financial donation to Gardner today and double the size of your gift!



Gardner CEO, Reymundo C. Espinoza, Sobrato Family Foundation Executive Director, Diane Parnes and Gardner COO, Efrain Coria



Photo courtesy of Diane M. Wesson

## **How Can I Give To Gardner Health Services?**

- ◆ Mail or hand deliver check to:  
**Gardner Health Services  
Fund Development Department**  
777 N. 1<sup>st</sup> Street, Suite 430  
San Jose, CA 95112
- ◆ Use the enclosed envelope to make a donation by check or credit card.  
We accept VISA and MasterCard.
- ◆ Make a donation online at [www.gardnerhealth.org](http://www.gardnerhealth.org) Go to: **“Support Us”**.
- ◆ Double your gift by participating in your company’s Matching Gift Program.  
Contact your Human Resources Department to see if your employer or your spouse’s employer will match your charitable giving.

***The Sobrato Family Foundation has generously given us the opportunity to double their gift by receiving matching gifts from our community friends and supporters!***

***Please help Gardner by considering your gift today!***

For more information, contact:

**Diane M. Wesson**

Director of Development

[dwesson@gfhn.org](mailto:dwesson@gfhn.org)

(408) 271-9085



## GARDNER HEALTH SERVICES

### OUR MISSION

Gardner is dedicated to improving the health status of the communities we serve, especially the disenfranchised, poor and most vulnerable members. Our mission is to provide high quality comprehensive health care, including prevention and education, early intervention and treatment and advocacy services, which are affordable, respectful and linguistically and age appropriate.

### Contact Us

Gardner Health Services  
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777 North First Street, Suite 430  
San Jose, CA 95112

Diane M. Wesson, Director of Development  
Development Office: (408) 271-9085  
[www.gardnerhealth.org](http://www.gardnerhealth.org)

**Gardner Family Health Network, Inc.**  
**Fund Development Department**  
**777 North First Street, Suite 430**  
**San Jose, CA 95112**

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