



Redwoods Rural
HEALTH CENTER

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NEW REDWOODS RURAL ANNOUNCES ARRIVAL OF DENTAL VAN



RRHC is pleased to announce the arrival of our new Dental Van. Over the course of the year the Van will travel to nine schools: Petrolia, East High, Rio Dell, Scotia, Weott, South Fork, Whitethorn, Redway and Casterlin. The Van offers **full service dentistry**. The Dental Van now extends dentistry services to parents and siblings of the students at the schools we are serving.

Call (707) 296-4319
to leave a message for more information regarding Dental Van services.



NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

WINTER 2020

MISSION & VISION & VALUES

- ❖ The purpose of Redwoods Rural Health Center is to provide responsive, preventive, high quality primary health care services, through a variety of healing disciplines, to all people without regard to social or economic status.
- ❖ We emphasize the client's right and responsibility to participate in his or her own health care decisions.
- ❖ It is our hope that the clinic be a place where the needs of the whole person are met—body, mind, and spirit.



MARCH IS COLON CANCER AWARENESS MONTH

Colorectal cancer is the **3rd most common cancer** in the United States and the second leading cause of death from cancers that affect both men and women. Colorectal cancer affects people in all racial and ethnic groups and is **most common in people age 50 and older**.

Precancerous polyps and colorectal cancer *don't always cause symptoms*, especially at first. You could have polyps or colorectal cancer and not know it.

The good news? If everyone age 50 and older got regular screenings, **6 out of 10 deaths from colorectal cancer could be prevented**.

Everyone can take these healthy steps to help prevent colorectal cancer:

- Get screened starting at age 50. Talk to your RRHC provider on which test is best for you!
- Encourage your family members and friends over age 50 to get screened.
- Quit smoking and stay away from secondhand smoke.
- Get plenty of physical activity and eat healthy

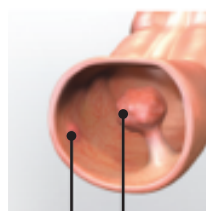
PREVENTING COLON CANCER

If you're 50 or older, getting a colorectal cancer screening test could save your life.



HERE'S HOW:

- Colorectal cancer usually starts from precancerous polyps (abnormal growths) in the colon or rectum. A polyp is a growth that shouldn't be there.
- Over time, some polyps can turn into cancer.
- Screening tests can find precancerous polyps, so they can be removed before they turn into cancer.
- Screening tests can also find colorectal cancer early, when treatment works best.



Sessile Colon Polyp
Pudunculated Colon Polyp



FEBRUARY IS HEART HEALTH MONTH

Traditionally the month for lovers and all things heart related, February also reminds us to take care of our heart. It is American Heart Month.

4 Ways to Take Control of Your Heart Health:

1. **Don't smoke.** Smoking is the leading cause of preventable death in the U.S.
2. **Manage conditions.** Work with your RRHC providers to manage conditions such as high blood pressure and high cholesterol. Routine blood tests can show whether your blood cholesterol levels are healthy.
3. **Make heart-healthy eating changes.** Eat foods low in trans-fats, added sugar and excess sodium. Try to fill at least half your plate with fruits and veggies. RRHC offers nutritional education free of charge through a resource program to established patients! Make an appointment with Gina Paine, NC, LE today!
4. **Stay active.** Get moving for at least 150 minutes per week.

National Wear Red Day February 7

Heart disease is the leading cause of death in the U.S. Know your risk and protect your heart.

#WearRedDay
hearttruth.gov



Hear disease—and the conditions that lead to it—can happen at any age. High rates of obesity and high blood pressure among younger people (ages 35-64) are putting them at risk for heart disease earlier in life. Half of all Americans have at least one of the **top three risk factors** for heart disease: **high blood pressure, high cholesterol, and smoking**.

About half of people with high blood pressure don't have it under control. Having uncontrolled high blood pressure is one of the **biggest risks** for heart disease and other harmful conditions, such as stroke. Having diabetes and obesity, smoking, eating unhealthy foods, and not getting enough physical activity can all contribute to unhealthy cholesterol levels and heart disease. Among the behaviors that affect your risk for heart disease include physical inactivity and unhealthy eating patterns.

Call your RRHC provider to discuss your heart health today!



Arts in Healthcare

Studies have proven that integrating the arts into healthcare settings helps to cultivate a healing environment, and support the physical, mental, and emotional recovery of patients. Thank you to Jennifer McClure's high school art class for sharing their work. And thanks to Laura Sweet for displaying her paintings and Erin Voelckers for showcasing her pottery at Redwoods Rural Health Center this Fall! We appreciate their work inspiring our community.



REDWOODS RURAL RECOGNIZES THEIR 2019 TEAM MEMBERS OF THE YEAR!

RRHC expresses gratitude to staff and TEAM members of the year:

Jennifer Leon	Carolee Lang
Evelyn Velasquez	Eliza Petty
Natalie Quintrell	Kathi Johnston
Amy Martin	Barb Taylor
Anne Greux-Sachs	Jennifer Vassallo
Tawnya Carr	Morgan Hines



Deep gratitude to our staff for stellar customer service and patient care, and all your dedication to the team! The above employees were recognized as TEAM members of the month in the year 2019 by their fellow colleagues. It is your continuous efforts and dedication that bring Redwoods Rural's vision to fruition.

REDWOODS RURAL MAMMOGRAM PROJECT



The **3** most common cancers in women are breast, lung, and colorectal, according to the American Cancer Society. Together, they account for one-half of all cases, with breast cancer alone accounting for **30%** of new cases of cancer. To address this grave concern, in 2019, Redwoods Rural Health Center worked with the Southern Humboldt Community Healthcare District/SoHum Health to expand access to preventative screenings –**mammograms**.

A mammogram is an X-ray picture of the breast. Doctors use a mammogram to look for early signs of breast cancer. Regular mammograms are the best tests doctors have to find breast cancer early, sometimes **up to three years before it can be felt**.

The collaboration to help Southern Humboldt women more easily access preventative breast cancer screenings was a big success! More than **188 women in Southern Humboldt** had their Annual Mammography Screening through the collaboration! Our organizations want to thank everyone who participated. We value your commitment to your health and we are happy to provide these essential services for prevention and early detection.

We were thrilled to partner with SHCHD/SoHum Health to cultivate a positive **community wide initiative**, with fun and meaningful incentives and rewards, for all the wonderful women living and working in Southern Humboldt. Incentives included a **gift basket from Blue Moon Gift Shop** as well as **two beautiful quilts** crafted by SoHum Health's Radiology Manager Lora Simone's mother, Marilyn Simone.

Thank you again for selecting SoHum Health and Redwoods Rural Health Center as your partners in healthcare excellence!

Need a Ride to Your Next RRHC Appointment?

Beginning January 2020, Redwoods Rural will provide transportation to RRHC health care appointments!

To inquire, leave a message on the RRHC Transportation line:

707-923-2784

Your call will be returned Tuesdays – Thursdays



REDWOODS RURAL BUILDING THE FUTURE PROJECTS & OUTREACH

Thank you for your generous support of Redwoods Rural's



Building the Future

PROJECTS AND OUTREACH

Current Project Funders

HRSA OHI Grant:	\$299,200
Vocality Community CU:	\$100,000
Headwaters Fund Grant:	\$65,000
C&J Berg Foundation:	\$20,000
FlowKana Donation:	\$20,000
Humboldt Health Foundation:	\$8,777

FREE SUBOXONE SERVICES AVAILABLE TO UNINSURED & UNDERINSURED PATIENTS

RRHC offers Medication Assisted Treatment (MAT) to combat opioid use disorder. MAT is primarily used for the treatment of addiction to opioids such as heroin, and prescription pain relievers that contain opiates, such as codeine, fentanyl, hydrocodone, morphine, and others.

Redwoods Rural's Suboxone program is based on **an integrative model** that combines counseling with medical care. As recommended by the center's buprenorphine-certified medical providers, patients may attend weekly or monthly individual or group counseling sessions that correspond with medical check-up appointments at RRHC. The medication **relieves physiological cravings without the negative effects** of the opioid drugs. Counseling and peer support, in combination with the Suboxone medication, are essential for patients who are recovering from addiction.

Through the Aegis grant, Redwoods Rural is able to offer **free Suboxone services**. There will be no out-of-pocket costs for patients whose insurance doesn't cover the full cost of the medications, labs or visits.