



Redwoods Rural
HEALTH CENTER

CONTACT

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Redway, CA 95560
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(707) 923-2783
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www.rrhc.org

REDWOODS RURAL OFFERS OPEN ENROLLMENT APPOINTMENTS OPEN ENROLLMENT for Covered California starts OCTOBER 15

A Certified Enrollment Counselor will be available at RRHC to assist those interested in recertifying or enrolling. Call (707) 923-2783 today to make your appointment!

The LA Times reports that premiums are expected to **only rise .8%** for 2020 on average, signifying **the lowest annual increase in history**. In some regions, rates would increase less or even fall; customers who shop around could **reduce costs as much as 16.5%** depending on their home region. According to the same source, Blue Shield of California, Anthem, and other insurers are expanding their coverage to additional counties.

An important thing to note is that the **“no insurance penalty”** is coming back. People who go without health coverage in 2020 will be subject to paying the penalty as part of their annual state tax filing the following year. The penalty is 2.5% of the household income or a minimum of \$695 per adult, with a family maximum of \$2100.



Source: <https://www.latimes.com/business/story/2019-08-15/california-protect-obamacare>

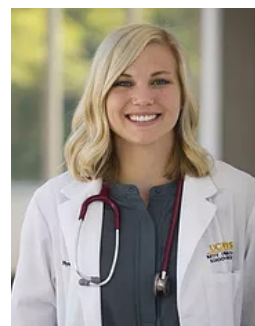
REDWOODS RURAL PARTNERS WITH UC DAVIS TRAINING PROGRAM

Redwoods Rural Health Center has been partnering with the **UC Davis Medical Center** in bringing UCD Physician Assistant and Nurse Practitioner students here for the last five years. This allows for the students to get a feel for what it might be like to provide health care in a rural setting. It also allows for the RRHC providers to keep up on their teaching skills and feel good about training upcoming health care providers.

UC Davis provides housing for the students in Eureka, and they commute to RRHC daily. RRHC has re-

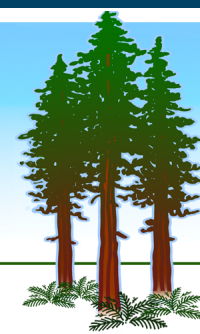
ceived funding to be able to refund the students for their travel costs. They also do rotations within the **St. Joseph's** health system. A lot of the students have never been to this part of California and are happy to experience a new part of the state.

We have been thankful for the partnership as we were able to recruit one of our previous students, Morgan Hines PA-C, to become one of the **awesome providers** at RRHC. ♦



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 local artists Eva Penkert and John Jameton for showing their work at Redwoods Rural Health Center this summer. Art can ignite the mind and the healing process, we appreciate their work inspiring our community. 🎨



Redwoods Rural
HEALTH CENTER

Family Health Care

NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

FALL 2019

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.*

OCTOBER IS BREAST CANCER AWARENESS MONTH

According to the American Cancer Society's Breast

Cancer Screening Guidelines: "all women at average risk for breast cancer should begin having yearly mammograms by age 45, and can change to having mammograms every other year beginning at age 55. Women should have the choice to start screening with yearly mammograms as early as age 40 if they want to."



Every person who completes a mammogram between July 1st and December 31st, 2019 will:

- 1. Be entered into a drawing to win one of two handmade quilts and a gift basket from Blue Moon Gift Shop! (if the mammogram is performed before Oct. 31,2019)*
- 2. And, receive \$10 Chamber Dollars to be redeemed at a local business.*

FIGHTING BREAST CANCER TOGETHER

In honor of Breast Cancer Awareness Month in October, Redwoods Rural Health Center and SoHum Health are collaborating to fight breast cancer in Southern Humboldt.

ASK YOUR PROVIDER FOR A REFERRAL OR CALL **(707) 923-2783** TODAY!

 **SoHum Health**



Redwoods Rural Health Center is excited to offer School Based Health Center Services for the 2019-2020 school year!



In partnership with the Southern Humboldt Unified School District RRHC offers a variety of Medical, Dental and Behavioral Health services on site at our local schools.

School Based Services include:

- Medical Clinics at Miranda Jr. High/South Fork High School offering physicals, immunizations, treatment of minor illness and injury, pregnancy tests, sexually transmitted disease testing and treatment, family planning exams, and prescriptions. Students must have completed patient packet and consent on file at RRHC at least one week prior to their appointment. Insurance companies, HMOs, and medical assistance are billed when possible.
- Dental Services are offered utilizing our state of the art Mobile Dental Van to all school sites in the SHUSD as well as several school sites in Petrolia, Fortuna, Rio Dell and Scotia. Services include exams, cleanings, fluoride varnish, sealants and the full scope of restorative dental services. *Beginning this year parents and family members can also access services through the Mobile Dental Van.
- Behavioral Health Services are offered through individual and/or family counseling as well as classroom education and Friendship Groups. Addressing prevention, early intervention, treatment and referrals, typical issues include: depression, anxiety, stress, family and relationship issues, and planning for the future.

To participate in these services RRHC must have a signed 'Parent Consent for Treatment at RRHC School-Based Health Centers' form on file. These Consents were sent home to every student in the Southern Humboldt Unified School District as part of the District's Back to School Packet and are valid for the current school year only.

Additionally, RRHC's 'New Patient Packet' may be needed for those who have not been seen at RRHC within the last 12 months. *California law requires a parent or guardian signature for all students under 18 years old to receive health care services. *Exceptions include:*

- Minors living independently
- Sexually transmitted disease
- Services related to pregnancy
- Alcohol or other chemical abuse
- Pregnancy prevention
- Medical/mental health emergencies

Consent forms and new patient packets are available at school sites, RRHC's main clinic location, and online at: <https://www.rrhc.org>



Nutrition Education is offered to all SHUSD elementary classrooms and to 7th, 9th and 12th grade students at South Fork High School. This continuous curriculum builds into a final project for high school seniors. There is no Consent to Treat necessary to participate in the Nutrition Education program. Students and parents will not be charged for nutrition education services received in school-based clinics.

For all other services, insurance companies, including Medi-Cal and Partnership, are billed when possible and families are offered a sliding fee discount program to help lower the cost of co-pays. No student will be denied access to services due to inability to pay. If uninsured please contact a RRHC eligibility assistor at (707) 923-2789 to obtain insurance enrollment assistance. Spanish speaking assistance is also available.

Are you ready for Flu Season?
Make an appointment today!

FREE FLU SHOT
Flu Vaccines are FREE to Medi-Cal, Medi-Cal, Private Insurance and Sliding Scale patients. Self pay patients can be vaccinated at a cost of \$40 (Due at Time of Service)

Adult Flu Immunizations will be available for all RRHC's patients and patients with high risk medical conditions, while supplies last. This includes patients with diabetes or with chronic respiratory conditions, patients over 55 years of age or with other chronic disease states or who are immune-compromised.

Schedule an appointment today. Walk-ins are welcome for patients who had a medical appointment at RRHC within the last year.

923-2783

RRHC RECEIVES NEW FUNDING FOR INTEGRATED BEHAVIORAL HEALTH SERVICES!

RRHC's Integrated Behavioral Health Services (IBHS) program will support the development of integrated primary and behavioral health services to better address the needs of individuals with mental health and/or substance use conditions, whether seen in behavioral health or primary care provider settings.

How will this new funding be used and how will it benefit our community you ask? In addition to our medical and behavioral health staff working together to develop a formal IBHS Plan to better serve our patients and community, the program will include:

School Based Behavioral Health Services:

- Expanding RRHC's School Based Behavioral Health program from TK – 3rd grades to include all elementary grades
- Expanding Behavioral Health Services to Miranda Junior High/South Fork High School

Behavioral Health Case Management and Outreach Coordinator:

- Coordinate care with RRHC medical and behavioral health providers; County Mental Health; and others services outside of RRHC
- Provide outreach and resources at community events and to the house-less population

Transportation support to healthcare appointments

Lending Library of Behavioral Health:

- Substance Use and Parenting books, games and resources for community members and providers

Host a free, fun, and family friendly community event

Provide professional trainings:

- Quarterly trainings for community practitioners and providers
- Behavioral Health/ACEs in-service for school staff

We look forward to sharing more information as the program develops. For more information contact Michele Hernandez at RRHC.



Diabetes is one of the leading causes of disability and death in the United States. It can cause blindness, nerve damage, kidney disease, and other health problems if it's not controlled.

One in 10 Americans have diabetes — that's more than 30 million people. And another 84 million adults in the United States are at high risk of developing type 2 diabetes.

Depending on your age, weight, and other factors, you may be at higher risk of developing type 2 diabetes. **The good news?** People who are at high risk for type 2 diabetes can lower their risk by more than half if they make healthy changes. These changes include: eating healthy, getting more physical activity, and losing weight.

Are you concerned you may have diabetes? The USPSTF recommends screening for abnormal blood glucose as part of cardiovascular risk assessment in adults aged 40 to 70 years who are overweight or obese. RRHC can screen for diabetes as part of your regular medical visit.

If you're diabetic, in addition to adopting a lifestyle of eating healthy foods and physical activity, it's important you monitor your blood sugar levels, take your medications as prescribed, and visit your healthcare provider for regular check-ups. Recommended exams and tests include:

- **A1c tests (every 3-6 months) to make sure your blood sugar is in your target range (less than 7%)**
- **Annual Retinal Exams - Regular checkups with an eye doctor can detect eye disease early and prevent blindness.**
- **Annual Microalbumin lab tests to detect early stages of nephropathy (long-term kidney disease).**
- **Blood pressure checks and LDL (cholesterol) tests are recommended annually**

