



MAY IS MENTAL HEALTH MONTH

RRHC's Behavioral Health Team is continuing to meet with clients over phone or video. **Call 707-923-2783.** UC San Francisco department of Psychiatry offers tips for coping during the COVID-19 pandemic:

1. **Stay physically safe** by practicing physical distancing and recommended hygiene.
2. **Limit COVID-19 media exposure** to no more than twice a day to reduce anxiety.
3. **Get and provide social support** by video, phone, or text.
4. **Find ways of expressing kindness**, patience, and compassion and be extra kind to yourself.
5. **Create new routines and practice healthy behaviors.** Our activities, thoughts, and mood are closely linked. If you want to change your mood, change your activities and/or thoughts.
6. **Eat well.** Good nutrition helps our mood.
7. **Reduce stress arousal through breath practices.** Taking a longer exhale than inhale can help calm your body. Easy techniques include slow belly breathing (vs. chest breathing), a 2:1 ratio for the exhale (inhale for count of 4, exhale for count of 8); and alternate nostril breathing (pranayama).

For a comprehensive list of tips and resources, visit <https://psychiatry.ucsf.edu/coronavirus/coping>

CONTACT

101 West Coast Road
Redway, CA 95560

MEDICAL
(707) 923-2783

DENTAL
(707) 923-4313

www.rhrc.org



NEWSLETTER OF REDWOODS RURAL HEALTH CENTER

SPRING 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.*

JUNE IS ALZHEIMER'S & BRAIN AWARENESS MONTH

Worldwide, an estimated **44 million** people are living with Alzheimer's and dementia, and **everyone is at risk.** Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. **There are 10 warning signs and symptoms.** If you notice any of them, schedule an appointment with your Redwoods Rural provider. With early detection, some treatments may provide relief of symptoms and enable a greater level of independence.

- 10 Early Signs & Symptoms of Alzheimer's:**
1. **Memory loss** that disrupts daily life. One of the most common signs of Alzheimer's disease, especially in the early stage, is forgetting recently learned information.
 2. **Challenges in planning or solving problems.** Some people living with dementia experience changes in their ability to develop and follow a plan or work with numbers. Some have trouble following a familiar recipe or keeping track of monthly bills.
 3. **Difficulty completing familiar tasks.** Trouble driving to a familiar location, organizing a grocery list or remembering the rules of a favorite game are examples.
 4. **Confusion with time or place.** People living with Alzheimer's can lose track of dates, seasons and the passage of time.
 5. **Trouble understanding visual images and spatial relationships.** For some people, having vision problems is a sign of Alzheimer's. This may lead to difficulty with balance or trouble reading. They may also have problems judging distance and determining color or contrast, causing issues with driving.
 6. **New problems with words in speaking or writing.** People living with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have trouble naming a familiar object or use the wrong name (for example, calling a "watch" a "hand-clock").
 7. **Misplacing things and losing the ability to retrace steps.**
 8. **Decreased or poor judgement.** For example, individuals may use poor judgment when dealing with money or pay less attention to grooming or cleanliness.
 9. **Withdrawal from work or social activities.**
 10. **Changes in mood and personality.** Individuals can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, with friends or when out of their comfort zone.

THANKS TO GREEN DIAMOND FOR DIABETIC RETINAL CAMERA

Redwoods Rural extends sincere gratitude to **Green Diamond Foundation** for a generous **\$10,000 grant** that enabled the purchase of a **diabetic retinal screening camera!**



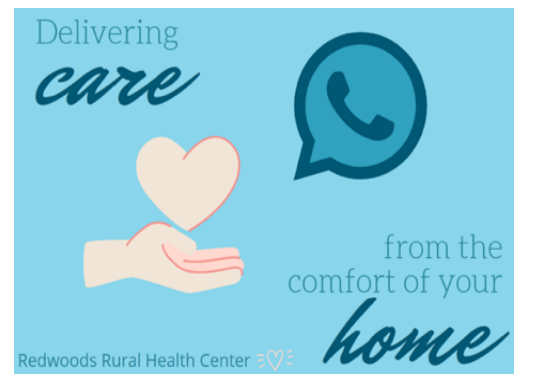
RRHC's diabetic patients need additional screenings and services to maintain their health and wellbeing. One of the diabetic services recommended annually is a retinal screening. Diabetic retinal screening is a test to check for eye problems caused by diabetes. Prior to having the on-site retinal eye camera, most of RRHC's patients needed to drive over an hour to the nearest ophthalmologist to get an eye exam. Many patients would forego this necessary screening, thus jeopardizing their vision. If issues aren't found early, diabetic eye problems can lead to blindness.

Using this new equipment, RRHC can now deliver diabetic retinal screening services to all community members regardless of their insurance or ability to pay. This new technology enables RRHC's team to find problems and provide necessary treatment before the issues affect the patient's



VIRTUAL VISITS FROM THE CONVENIENCE OF YOUR HOME

Redwoods Rural's Medical teams offer virtual phone and video visits to established patients during the COVID-19 pandemic! Diabetes management, controlling high blood pressure or asthma, screenings such as colorectal cancer, are imperative even during the pandemic. Please call RRHC at **(707) 923-2783** to schedule a virtual visit. It is normal to feel sad, stressed, confused, scared, or angry during a crisis. Our Behavioral Health Team is committed to meeting with established and new clients over phone or video during the pandemic. **Contact RRHC's team to schedule an appointment.**



REDWOODS RURAL HEALTH CENTER NOW OFFERING DRIVE-UP COVID-19 TESTING

CORONAVIRUS DISEASE 2019 (COVID-19)

You can help prevent the spread of respiratory illnesses with these actions:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose & mouth.
- Practice social distancing by putting space between yourself & others.
- Wash hands often with soap & water for at least 20 seconds.

cdc.gov/coronavirus

CORONAVIRUS DISEASE 2019 (COVID-19)

Patients with COVID-19 have reportedly had mild to severe respiratory illness. Symptoms can include:

- Fever
- Cough
- Shortness of breath

*Symptoms may appear 2-14 days after exposure.

Seek medical advice if you develop symptoms, and have been in close contact with a person known to have COVID-19 or if you live in or have recently been in an area with ongoing spread of COVID-19.

cdc.gov/COVID19-symptoms

Redwoods Rural is administering drive-up COVID-19 testing consistent with the CDC's latest guidelines for patients who meet the CDC criteria. Please call RRHC's triage line first to speak with the nurse for pre-screening. We want to ensure your safety, and ask that you remain in your car, give us a call, and we can start the process!



- TESTING PROCESS:**
- Step 1:** Phone screening. Please call **707-923-2783** to speak to triage nurse for pre-screening.
 - Step 2:** We will determine if COVID-19 testing is needed (or any additional tests/instructions/advice).
 - Step 3:** Drive up to RRHC, remain in the car, and give us a call at 707-923-2783. Staff member wearing proper facemask, eye protection, gloves, and a gown, will come meet you safely outside to swab.
 - Step 4:** We will notify you of the results, which can take up to 7 days.

Our goal is to make your testing experience as easy, quick, and seamless as possible. We complete the federal reporting on all tests done (including negative and positive results) and follow-up with the local Public Health Department for the best course of action on a case-by-case basis.

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 Cheryl Humphrey and Megan Hall for displaying their art work at Redwoods Rural Health Center this Fall! We appreciate their work inspiring our community.





School is out, however preventive care for kids is still necessary, especially newborns. Redwoods Rural encourages expecting and new mothers to continue Perinatal Services at RRHC, *even with the COVID-19 pandemic*. Perinatal checks-ups are vital for the health of new or expecting moms and babies.

Aside from strictly observing the latest CDC safety guidelines, Redwoods Rural has created *an alternative entryway to our perinatal wing* to eliminate potential exposure risks. Numerous *sanitation stations* are placed throughout the buildings, and *HEPA+UV air purifiers* in the lobby are in use continuously.

For further details on RRHC's prevention activities, please visit:
www.rrhc.org/covid-19info

Please give us a call at **707-923-2783** if you have questions or to schedule your recommended perinatal or well child care.

Redwoods Rural Dental Clinic is open for urgent needs

8:00^{am} - 12:30^{pm}
Monday - Friday

Pain? Infection? Swelling? Broken Tooth?

Call (707) 923-4313

Our Dental team is *taking extra precautions* and following the latest CDC's guidelines for the wellbeing of our patients and staff members. This includes asking all patients to wear masks or face coverings upon entering the building and being prepared to have your temperature taken by a staff member. For further details on RRHC's prevention activities, please visit: www.rrhc.org/covid-19info.



**MEDICARE
 CHRONIC CARE MANAGEMENT PROGRAM**

Who is Eligible?

If you have Medicare and live with two or more chronic conditions like arthritis, diabetes, depression, or high blood pressure, chronic care management services can help connect the dots. Connected care means you will get a dedicated health care professional who will work with you to develop a personalized care plan.

What Services are Included?

- At least 20 minutes a month of chronic care management services
- Personalized assistance from a dedicated health care professional who will work with you to create your care plan
- Coordination of care between your pharmacy, testing centers, hospitals and more
- Phone check-ins between visits to keep you on track
- 24/7 emergency access to a health care professional
- Expert assistance with setting and meeting your health goals

Why is Connected Care Important?

Between doctor visits, taking the right medications at the right times, and following advice from different health care professionals, managing chronic conditions like diabetes or arthritis can be overwhelming.

If you have Medicare, talk to your RRHC medical team about Chronic Care Management (CCM) services to sign up.

*Starting
 Summer 2020*
**Mobile Medical Office
 coming to Whitethorn
 Wednesdays, 9am - 12:30pm**

Services Include:
*medical services normally provided in Redway clinic,
 including most minor procedures, labs, & immunizations*

Call to make an appointment

707-923-2783



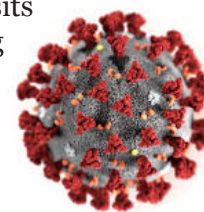
CARES Act
Coronavirus Aid, Relief, and Economic Security Act

Health Resources & Service Administration (HRSA) Health Center Program awarded one-time Coronavirus Supplemental Funding (COVID-19) and *Coro-*

navirus Aid, Relief, and Economic Security (CARES) supplement to health centers across nation. The supplements are meant to support in detection of, diagnosis and treatment, as well as preventing, preparing for, and responding to COVID-19; and maintaining the health center capacity and staffing levels during this public health emergency.

Each supplement was calculated using specific data, such as the number of insured and uninsured patients reported in the 2018 Uniform Data System (USD). The awards include multiple reporting and spending requirements and limitations.

These one-time supplements *help Redwoods Rural meet the unique needs of our patients during this pandemic*. Examples include support for COVID-19 screening, testing, and treatment; purchase of infection control and personal protective equipment supplies, equipment purchases to conduct virtual visits and remote work, and others. It will further help us in reviewing, updating and implementing emergency operations plans to address surge capacity, emergency response (e.g. purchase of additional protective measures such as plexiglass barriers); maintaining the capacity to provide comprehensive primary health care during this pandemic; and others.



COVID-19 questions?

Call our Clinic Nurse Manager Tatyana, who is celebrated as a team member of the month. Tatyana just joined our team in March and rose up to this storm fearlessly. She is the compassionate expert behind the triage line, that will answer any and all of your questions regarding this pandemic.



covered with a mask at this time: I know we will get through it and I am looking forward to seeing all the bright smiles once again!

A message from Tatyana:

"My name is Tatyana, the (new) Clinic Nurse Manager at RRHC. It has been an absolute joy and honor to be a part of the amazing team here at RRHC, and most of all, meeting the community members, patients, and staff that make Redwoods Rural what it is. Although these great smiles are