



LA CLINICA

AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL

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OUR SERVICE SITES

La Clinica health centers:
 Birch Grove Health Center
 Central Point Health Center
 East Medford Dental Clinic
 Family and Women's Health Center
 Mobile Health Center
 Phoenix Health Center
 Wellness Center
 West Medford Health Center

School-based centers:

Central Point, Jackson, Jewett, Oak Grove, Mae Richardson, Phoenix, and Washington elementary schools; Scenic Middle School; Crater High School



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La Clinica pushes bounds to help patients with late-stage hepatitis C

Sometimes big things start small. Such was the case late last year when La Clinica and coordinated care organization Jackson Care Connect (JCC) hatched a plan to bring an expensive new drug to eight low-income patients with late-stage hepatitis C.

Today those patients are living lives transformed by the care they received—and even more are on their way to health.

In 2015, La Clinica served 364 patients with hepatitis C, which left untreated can lead to liver scarring, cancer, and even death. New drugs created the promise of a cure but at a cost of almost \$100,000 per person—out of reach for most patients and their state-sponsored insurers. Still, JCC and La Clinica pushed forward to test the treatment late last year, emerging with impressive results: All eight patients were virus-free.

Thanks to the successes of that initial work, La Clinica continues to add patients to the program. An additional 13 are completing treatment now, and 12 others are waiting to start. Staff at West Medford Health Center, where the project originated, are learning how to gain approval for the treatment from insurers and take advantage of drug-company subsidies. Staff are developing group or counseling visits to help support patients, who often have complex needs, through the process.

“Up to this point we have used special grants to fund this work,” said Dan Sengenberger, medical director for clinical operations and outcomes. “We are looking for other partners to make this lifesaving treatment sustainable.”



Registered nurse Kim Caffrey, left, and internal medicine physician Robert Blanche, right, are focused on helping La Clinica's hepatitis C patients gain access to effective but expensive new medication. Patient Ron Fudge, center, had late-stage hepatitis C and has been virus free since completing treatment early this year.

Americans living with hepatitis C: 3 million	Worldwide deaths annually: 700,000	Treatment cost: \$75,000 to \$100,000* <small>*depending on drug</small>
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CEO Brenda Johnson will help set state health policy

Brenda Johnson has joined leaders from around Oregon on a statewide board that sets health policy and directs the work of the Oregon Health Authority.

Her gubernatorial appointment to the Oregon Health Policy Board gives southern Oregon direct representation in shaping the state's public health policy and ensures the needs of the community's healthcare system will be served. Carla McKelvey, a Coos Bay pediatrician, is the only other member of the eight-person board who comes from outside the greater Portland area.

The board will address significant topics in coming months, including shifting Medicaid funding, growing focus on linking healthcare organizations' payments to improved patient health, and issues around coordinated care organizations. Johnson will serve through 2017 and then could run for election to the seat.



INSIDE

CEO will help set state health policy

Two new approaches target dental need in children



OUR ANNUAL FUNDRAISER Raise Your Heart for Health

Sunday, Oct. 2, 2016 · 3:30 to 7:30 p.m.
 Belle Fiore Winery (left), Ashland
 Tickets: laclinicahealth.org/raiseyourheart

See details inside.

Your generosity improves patients' lives every day. *Thank you!*

OUR VISION: Absolute excellence. Open-hearted community. Well-being for all.

Fifty-five percent of southwest Oregon 6- to 9-year-olds have had at least one cavity, and 23 percent have rampant decay, according to the 2012 Oregon Smile Survey.



La Clinica adds two approaches to tackle kids' dental needs

Oregon continues to have one of the country's highest rates of childhood dental disease, and Jackson County is no different. That fact has led to La Clinica's expansion of children's dental services in two areas this year.

This year the organization hired its first pediatric dentist. Dr. Kim Heeter has special training in children's dentistry and developmental stages and is serving patients 10 and younger at East Medford Dental Clinic.

La Clinica also is piloting First Tooth, a program that brings dental screenings to infant and toddler medical visits, at West Medford Health Center. First Tooth is an evidence-based practice that prevents early childhood cavities and is backed by the Oregon Health Authority. Staff at the center have been trained to screen children for dental issues and refer families for dental appointments if they do not have a dentist. La Clinica plans to roll out the program at other health centers this year.



Kim Heeter is a pediatric dentist at East Medford Dental Clinic and is seeing patients 10 and younger.



Wings program will allow La Clinica to take next steps in wellness care

La Clinica's wellness approach to care is offering patients the opportunity to improve their health through a variety of classes—Zumba, yoga, and healthy eating, to name a few. Now the organization is poised to take that idea a step further and incorporate personal-growth support as a route to getting healthy.

La Clinica in March purchased Wings Seminars, which has offered life-changing sessions in personal and professional development to more than 35,000 people over the last 30 years from Eugene. La Clinica will begin offering the seminars to southern Oregon community members this fall (see below), and in 2017 plans to extend the service to patients.

This is not the first time La Clinica has identified a community need and responded. Providing patients with the skills to take make healthy and lasting changes are the next logical steps in La Clinica's evolution, said CEO Brenda Johnson.

"Since 1986, Wings Seminars has supported individuals in learning the skills to live healthy, confident, and meaningful lives," Johnson said. "We are thrilled to be able to bring this expertise to even more people. Our decision to incorporate this program aligns perfectly with our vision of individual well-being and community health."

This year's Raise Your Heart for Health fundraiser, set Sunday, Oct. 2, will support all of La Clinica's wellness initiatives, including the Wings program.



Raise Your Heart for Health, in its seventh year, will collect money this year for La Clinica's wellness program, including Wings Seminars.

Come join us at Belle Fiore Winery near Ashland on Sunday Oct. 2, for an evening of fine wines, games, music, and the ever-popular dessert auction. Purchase tickets online at www.laclinicahealth.org/raiseyourheart or by calling Yolanda Gil at 541-512-3114.

"We really thought she was going to die. She was very, very ill." —Registered nurse Sue Rugh-Shulters

Intensive support helps turn a life around

Shannon Garrett had been drinking for the majority of her nearly 40 years and sick for at least 10, she said, bouncing from medical clinics to hospitals to the street and back. When she walked into La Clinica's Phoenix Health Center for the first time a year ago, she was suffering from end-stage liver disease and loss of brain function.

"I remember Kara saying, 'She's dying,' and then she started pulling every resource she could find to help Shannon," said Sue Rugh-Shulters, a registered nurse who served on Garrett's care team with Adult Nurse Practitioner Kara Stiles and Medical Assistant Cari Bolton. "We really thought she was going to die. She was very, very ill."

Today Garrett is dramatically healthier and has been clean and sober for nearly a year, her successes buoyed by a level of support unusual among healthcare organizations. In addition to treating her liver disease and diabetes that developed as a result of it, La Clinica's staff made sure she had a place to live, found her transportation, got her enrolled in wellness classes, and even made home visits to make sure she knew how to take her medications and to check in on her progress.

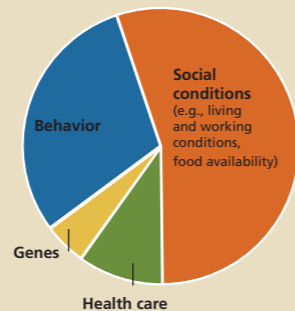
Garrett gets emotional when she talks about the approach that helped her move past the effects of a rough childhood, lack of consistent place to live, and other issues that clouded her path to recovery.

"They care," she said of the Phoenix staff. "I mean, it's not like you're here at 10 and out of the doctor's office at 10:05 with your pills and 'have a nice day.' They want to see you get better. They work really, really hard to make that happen. I think about it and pray every day, and I don't know how this came into my lap."



With the help of a Phoenix Health Center care team including Cari Bolton, left, and Sue Rugh-Shulters, right, Shannon Garrett, center, is healing from an illness that nearly took her life.

Studies: Environment has big effect on health



Can improving patients' social and economic environments lead to better health? Mounting evidence shows that factors such as unstable housing, unsafe neighborhoods, and low income have a greater impact on health than access to health-care services. Detailed information about the concept is available at <http://cdc.gov/socialdeterminants>.

Source: U.S. Centers for Disease Control and Prevention

ACCESS provides healthy food, cooking tips in wellness stop

A partnership between La Clinica and the service agency ACCESS is bringing healthy food and cooking ideas to low-income people at no cost.

The ACCESS Healthy Mobile Pantry, stocked with fresh produce and other healthy foods, stops from 10 a.m. to noon the second Friday of every month at La Clinica Wellness Center, 730 Biddle Road. Food is available for all who ask for it, along with a cooking demonstration and information about how the right food can help conditions such as

diabetes and high blood pressure.

"Some people can't take care of their conditions effectively because they don't have access to healthy food," said Carolina Castañeda del Rio, La Clinica wellness program coordinator. "This partnership brings them healthy food for free, at their neighborhood clinic." ACCESS since has added a stop at Rogue Community Health, another community health center organization, the fourth Friday of every month.



Want to know more about the Wings-La Clinica connection?

La Clinica will bring the first of a series of Wings seminars to southern Oregon in September. The Personal Effectiveness Seminar is the first in a core seminar series and will take place Sept. 15-18 at Southern Oregon University in Ashland. Details are available at www.wings-seminars.com/seminar-calendar, and enrollment is limited.

Community members will have another opportunity to find out more about the program as well. La Clinica will offer a community introduction to Wings from 4:30 to 6:30 p.m. Wednesday, Aug. 31, at La Clinica Wellness Center. Come enjoy wine and refreshments and learn about La Clinica's plans to expand care in this new way.

Center takes on expanded role

A health center La Clinica has operated since 2008 is expanding services to fill a community need. La Clinica now operates the Family and Women's Health Center at 910 S. Central Ave., Medford, site of the former Women's Health Center.

La Clinica received a \$250,000 federal grant to remodel the center in 2014 and completed the project early this year. Its staff now includes healthcare providers who are offering primary care services for the whole family. La Clinica's women's specialty services, including all prenatal care, are offered at the center as well.



FAMILY AND WOMEN'S HEALTH CENTER

La Clinica's Family and Women's Health Center is located in U.S. Census Tract 1, which has the highest rate of impoverished residents in all of Jackson County and provides walking-distance services to people living in the area.