



# 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  
Mobile Health Center  
Phoenix Health Center  
Wellness Center  
West Medford Health Center  
Women's Health Center

### School-based centers:

Elementary schools: Central Point, Jackson, Jewett, Oak Grove, Mae Richardson, Phoenix, Washington  
Scenic Middle School  
Crater High School

**LA CLINICA**  
3617 S. Pacific Hwy.  
Medford, OR 97501

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Nurse Practitioner Matt Hogge talks with patient Cindy Sharpe about preparing onions. (Photo courtesy Jim Craven)

Classes like Budget Gourmet are part of La Clinica's plan to help patients make connections that will lead to better health. Sessions led by health-care providers are part class and part office visit: Patients take their own vitals at the beginning, and providers offer one-on-one time with patients as part of the class, which is treated as an office visit. All classes are open to all La Clinica patients, and the organization continues to seek ways to make its complete class schedule free or low cost to patients. To see the wellness class schedule, visit [www.laclinicahealth.org/wellness](http://www.laclinicahealth.org/wellness).

### WELLNESS WAYS

## What if your health-care provider taught a cooking class?

Maybe you've had a conversation with your doctor about cholesterol. Perhaps your health-care provider has talked with you about diet. But chances are, you've never stood next to him or her at the kitchen stove and learned how to slice ginger, cook quinoa, or shop for good cooking oil.

La Clinica's patients are doing just that in Budget Gourmet, a weekly cooking class that is one of a host of wellness classes La Clinica is offering to connect patients directly with ways to live healthier lives.

All eight patients in this class see Nurse Practitioner Matt Hogge for care, and he also leads the class. On a recent night he worked through the evening's recipe, cilantro lime pork stir fry, and answered questions that popped up along the way: Why is quinoa better than rice? Will the peel of garlic hurt you if you eat it? What if I don't like vegetables?

Patient Cindy Sharpe grew up eating food like fried chicken and biscuits and recognizes that approach no longer works for her. She is diabetic and suffers from a condition that requires a low-fat, low-fiber diet. "I'm here to find a healthier way of eating," she said.

Not coincidentally, that's also what Matt Hogge aims to provide. "Teaching these classes will enable me to understand my patients' perspectives, connect on a more personal level, and coordinate with the care we are providing in regular visits," he said. "I am passionate about food, cooking, nutrition, and whole foods, and I really enjoy sharing my knowledge with others."

## A gift to La Clinica is a lasting gift to our community

Happy holidays! And thank you for your generous support of La Clinica.

Your gifts have enabled La Clinica to grow to meet our community's need for affordable health-care services. This year we opened our newest site, the La Clinica Wellness Center, to keep up with growing demand for our services. Today, we are the medical and dental home for more than 25,000 mostly low-income patients. We continue to rely on your gifts.

By supporting our vision to provide affordable health care to all, regardless of income or insurance status, you're not only caring for our community but your investment helps reduce overall health-care costs. Your contribution to La Clinica is a lasting and beneficial gift to our community.

There are many ways to give. You may use the enclosed giving envelope, donate via our website at [www.laclinicahealth.org](http://www.laclinicahealth.org), or call our development office, 541-512-3152, for other options.

La Clinica is a 501c3, private nonprofit organization, and your gift is tax deductible.



*Wishing you a season of joy.*

### INSIDE

Taking a walk for better health

We're planning for the future; will you help?

Annual fundraiser brings in \$92,000



*Thanks to all who attended La Clinica's Oct. 21 open house at our new Wellness Center. Nearly 250 people toured and observed wellness classes under way during the evening. (Photo courtesy Jim Craven)*



## Walks turn into a journey to better health

It's 9 a.m. on a chilly Friday, and Matt Gillette is ready to go.

He's been ready to go, in fact, just about every weekday morning for three months. It was then, at the end of summer, when he and his La Clinica behavioral health coach, Stephanie Lyon, had a discussion that set in motion a real change.

He was struggling with diabetes-related depression and suggested an antidepressant. She suggested walking. No one to walk with, he said. I'll walk with you, she responded. They started making a quarter-mile loop once a week on park paths near Central Point Health Center. Very quickly the habit became daily. This morning, they'll do a mile.

The depression is gone, says Matt, who has dealt with the effects of type 1 diabetes since he was a child. But that's not all: His blood sugar levels are down, neuropathy isn't bothering him anymore, and his diabetic vision issues have improved.

"I'm at the point where I see proof, and it's working, and I feel better," he said. "Now I wouldn't want to miss it."

Above right: Stephanie Lyon and Matt Gillette make their way along a park path in Central Point.



### Want to get moving?

When integrated behavioral coach Stephanie Lyon talked with patient Matt Gillette about walking for exercise, he didn't want to do it initially. Why? Because he didn't want to walk alone.

The walks she started with him eventually attracted others, and now patients are leading a walking group that also includes staff and community members. It meets Mondays-Fridays at 9 a.m. at Don Jones Memorial Park, which shares a parking lot with La Clinica's Central Point Health Center at 4940 Hamrick Road.

The group is free and open to anyone who wants to take part. More information is available from Stephanie Lyon at 541-690-3616.



**WALKING FACT:** An average person burns about 100 calories when walking a 15- to 20-minute mile, according to the national Centers for Disease Control and Prevention.

## Jackson Elementary center expands to provide summer mental health care

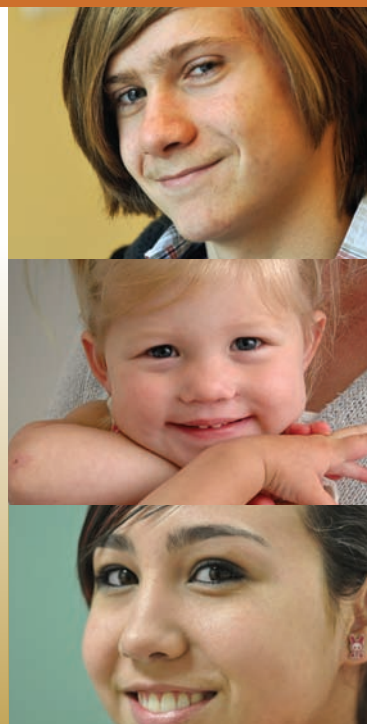
At the end of each academic year, La Clinica's nine school-based health centers begin to close for the summer months, transferring the care of children to others: to La Clinica's health centers for physical health and to Jackson County Mental Health for mental health.

This referral process was seamless until last spring, when Jackson County Mental Health's staff reached capacity with other patients and could no longer take the children into care.

La Clinica's teams mobilized and found a centrally located school to host summer hours, identified mental health providers to work year round, and secured additional funding to support the work.

"We had to respond to this need," said Elise Travertini, school-based health center site coordinator and mental health supervisor. "The kids we are talking about have serious mental health issues, and we couldn't imagine how these children and their families would get through summer on their own."

In all, La Clinica's school-based mental health staff served 40 children in 166 visits over the summer. Staff is preparing to provide this service again next summer.



For more event photos, visit us on Facebook.

## Raise Your Heart for Health 2015: Broadway tunes, decadent desserts, and wine, oh my!

La Clinica's annual party in August raised more than \$92,000 to support the unique work of the Birch Grove Health Center. This health center caters to patients with addiction and mental health issues, providing a safe and nurturing environment.

Many, many thanks to all who made La Clinica's seventh annual Raise Your Heart for Health such a success. La Clinica is especially grateful for our event sponsors, whose support covered all event expenses. We applaud your dedication to our community and your support of our mission. Thank you!

### Event sponsor

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## We're thinking about the future and would like your help

Over the next few months La Clinica staff will be creating a new strategic plan to set priorities for 2017-20. We know we'll come up with the best plan by incorporating everyone's ideas. Will you take a few minutes to help? Either write your answers below and send us your thoughts in the enclosed envelope or visit [www.laclinicahealth.org/survey](http://www.laclinicahealth.org/survey) and answer the questions online. Here's what we'd like from you:

Help us envision our future: What is one step La Clinica could take to have a positive impact on Jackson County's health? Please be specific—you might suggest a service, focus, partnership, or location, for example.

Help us envision health care's future: Do you have a dream about what your health care could look like, if you were in the driver's seat? Share it with us here and help us envision a system in which we continue to put patients first.

What else should we know? Please use the space below to fill us in. If you'd like to leave your name, please do that here as well. Thank you!

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