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 McKeley, 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.

Your generosity improves patients’ lives every day. Thank you!
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 South Medford Dental Clinic.

La Clinica also is piloting First Tooth, a program that brings dental screenings to infants 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 all other facilities 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.

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 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 the 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.

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 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 ages as well, 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.

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