

The mission of South Bay Family Health Care is to provide access to quality health care for individuals and families, regardless of their ability to pay.

## Building Healthy Lives



### Second Annual “Building Healthy Lives” Golf Tournament Returns to Downey to Raise Funds for HKE

SBFHC returned to the Rio Hondo Golf Club in Downey for another successful—and the second annual—“Building Healthy Lives” golf tournament on Friday, June 3, 2011. The fundraising focus once again was the Healthy Kids Express mobile health center.

A big thank you to the planning committee: SBFHC staff Bushra Ashfaq, Brook McIntyre-Tuley and John Merryman, and board members Gary Lane (event chair), Beverly Ricci, Elliott Smith and Kim Townsend, plus consultant Liz West.

Thank you also to those who volunteered to work the event: SBFHC staff Ann Caggiano, Betty Franco, Maria Llamas, Esmeralda Ramos and Danielle Williams, plus board member Marianne Propst and auctioneer John Osten.



### Health Care Reform Update: Expansion of Medicaid

*A regular feature on how health care reform will affect South Bay Family Health Care*

Perhaps no aspect of health care reform will have more impact on South Bay Family Health Care than the expansion of Medicaid (Medi-Cal in California). Beginning in 2014, all individuals not eligible for Medicare under 65—which means adults without dependent children, pregnant women and children—with incomes up to 133% of the Federal Poverty Level will become eligible for Medi-Cal. Estimates indicate that three million of the state’s seven million uninsured will have access to Medi-Cal under this provision.

What this means for South Bay

Family Health Care, as well as other community health centers, is that many more people will have access to medical care that they didn’t have earlier. It also means community health centers will be able to get reimbursed for delivering care that was previously uncompensated. (For South Bay Family Health Care, many of these people are currently receiving care under the “PPP” program.)

But this also means that the newly-insured will have many more choices, and there are doubtless going to be many other organizations seeking to become a “medical home” for these

people.

South Bay Family Health Care, and all community clinics and health centers, are preparing now for this Medi-Cal expansion and the increase in competition it will bring. Our implementation of an Electronic Health Record, facility improvements and expansion efforts are all part of laying the groundwork for health care reform and an increase in the number of Medi-Cal eligibles.

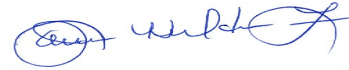
As with many features of health care reform, Medi-Cal expansion presents us with a tremendous opportunity for growth.

## CEO Corner: Emphasis on “Community” Clinic

When we evolved in the late 1990s from the “South Bay Free Clinic” to “South Bay Family Health Care Center,” we moved from being a “free clinic” to a “community clinic.” The change was made in order to improve our access to funding sources, such as local, state and federal governments, foundations and other charitable organizations. But we also wanted to strengthen the connection between our health centers and the communities we serve. Part of that, of course, is reaching out to our local communities to make them aware of the services we offer to underserved

residents. But another part of it is being involved in the community, and we have a lot of evidence of that this month: our AIDS Walk participation—for the 14<sup>th</sup> year; our 2<sup>nd</sup> annual golf tournament, which comes after nearly 25 years of doing another golf tournament and of course, our 33<sup>rd</sup> consecutive year (!) of sponsoring the Manhattan Beach Older Adult Health Fair. All these events and the others you read about in our regular Community Roundup are clear examples of the commitment we have—as an organization and as individuals—to the communities in which we live and work.

Everyone has his or her own particular causes, and we certainly don't want to force people to volunteer, but if you have the time and interest, I encourage you to look into our various volunteer opportunities. Brooke McIntyre-Tuley, our longtime Director of Outreach and Volunteers, is a good place to start. She can be reached at 310-802-6177, ext. 1123, or [dbmcintyre@sbclinic.org](mailto:dbmcintyre@sbclinic.org).



Jann Hamilton Lee  
Chief Executive Officer

## SBFHC Patients To Participate in Kaiser Permanente Surgery Day Again

*Program grows to accommodate more patients, more conditions*

SBFHC patients once again will be able to take advantage of the generosity of Kaiser Permanente this year on “Surgery Day,” a program through which Kaiser Permanente-South Bay physicians perform free outpatient surgical procedures on needy community members.

The exact date is being finalized, but it is likely to be scheduled the week of Thanksgiving in November.

The range of procedures has ex-

panded this year to include bunion removal, cataract removal, hernia repair, knee orthoscopy, laparoscopic gall bladder removal, fatty tumor removal, correction of deviated septum, correction of trigger finger and varicose vein removal.

“This program is a tremendous help to our patients,” says SBFHC President/CEO Jann Hamilton Lee. “It's grown over the last three years, and our patients know about it and

look forward to it. We really appreciate the help KP has given to us and our patients.”

Patients must qualify medically, which means they must have no pre-existing conditions that would make the operation risky or unlikely to be successful.

In 2010, 14 SBFHC patients received free surgical procedures, and on the first Surgery Day in 2009, nine SBFHC patients were treated.

## SBFHC Walkers Raise Over \$2,500 During Long Beach AIDS Walk

With perfect “walking weather,” a SBFHC team rambled along the Long Beach shoreline to raise more than \$2,500 for HIV/AIDS during the June 4 AIDS Walk Long Beach at the Aquarium Of The Pacific. The SBFHC team members included Maribel Franco and Debbie Perez (Torrance), Marisol Farias and Joanne Silva (Redondo Beach), plus five friends.

SBFHC will receive all of the funds raised from Long Beach AIDS Foundation, which will help support our HIV Mental Health program that pro-

vides individual counseling sessions to clients living with HIV.

The effort was supported by a fundraising committee that included the walkers plus Betty Franco (Inglewood OB) Gloria Carrasco (Redondo Beach) and Lenny Valdez (Gardena).

The fundraising events featured a yard sale at the Gardena clinic, an opportunity drawing for a basket, which included four hours of PTO (donated by SBFHC), and sales of chocolate covered strawberries for Mothers Day, chicken tostadas, cookies, Easter Bas-

kets and Scentsy Wickless items.

Thanks to all who participated in the walk and fundraisers, as well as those who made donations of “goodies”: Ann Allard, Jackie Aispuro, Francisca Castaneda, Veronica Duran, Janice Marin, Jennifer Ray and Rosa Ulloa.



## SBFHC Sponsors 33<sup>rd</sup> Annual Manhattan Beach Older Adult Health Fair

It's a community relationship that stretches way back to the South Bay Free Clinic days. On May 20, SBFHC partnered with the City of Manhattan Beach and a variety of our own volunteers and community health care providers to put on the 33<sup>rd</sup> annual Older Adult Health Fair at that city's Joslyn Center. Two-hundred-thirty-nine attendees received over 1,000 tests and screenings throughout the morning,



including blood pressure readings, body fat and bone density analysis, oral cancer screenings, glucose and cholesterol checks, among others. "It's really a pleasure to be able to provide these services 'in our backyard,' so to speak," says Director of Outreach and Volunteers Brooke McIntyre-Tuley, who has organized the event every one of those 33 years. "Many of these seniors have been coming annually, and it's a much-anticipated event in the community."

"The City of Manhattan Beach and South Bay Family Health Care have worked together for 33 years to offer the Older Adult Health Fair to members of the community. Our partnership is effective and harmonious, which leads to the success of the event each year. The longer we work together, the more beneficial the health fair becomes to all who participate," says Eve Kelso, Recreation Services Manager for the City of Manhattan Beach.

Thanks to the SBFHC volunteers: Bushra Ashfaq, Tahani Garguri, DDS, Rose Hecht, Zulma Gomez, Avani Mehta, Brooke McIntyre-Tuley, Camela Ott, MD, Claudia Simon, Danielle Williams and SoCal Roc stu-



dents.

Also, thanks to the providers: Gilbert Alvarado, Sara Aramipour, MD, Michael Bluman, Hella Eragi, MD, Lisa Johnson, Won Joung, Marcia A. Matika, MD, Pam Michaels, Neal Natsumeda, MD Lee Parker, MD Fariba Seraj, NP, Serge Shibkov and Crystal Williams.

## Carson Expansion Delayed Until 1<sup>st</sup> Quarter 2012

The expansion of SBFHC's Carson school-based clinic and its opening to the community will be delayed until the first quarter of 2012. The SBFHC clinic earlier this year was rolled into a larger LA Unified School District project to build health centers

on a number of LAUSD campuses. As a result of coordinating the construction, the groundbreaking for the SBFHC Carson site has been pushed forward to October 2011, and the completion date to March 2012.

"This doesn't change the focus of

our work, the size of our planned expansion or the range of service we will provide," says SBFHC President/CEO Jann Hamilton Lee. "Our timeline is simply moved a little further into the future."

## \$100,000 From Ralph M. Parsons Foundation Heads List Of Recent Grants

As you know, SBFHC relies on a variety of funding sources, including grants from foundations and corporations. Below are some noteworthy grants received over the first half of 2011:

- The Ralph M. Parsons Foundation, \$100,000, for General Operating Support
- Delta Dental, \$10,000, for Oral Health Services

- Rite Aid, \$5,000, for the Healthy Kids Express
- The March of Dimes, \$2,250, for Comenzando Bien Prenatal Education/Curriculum
- Covidien Partnership for Neighborhood Wellness, \$10,000, for Diabetic Retinopathy Screening

"With federal, state and local budgets cutting funding for social and health

care services, there is more competition than usual for corporate and foundation dollars," says SBFHC President/CEO Jann Hamilton Lee. "However, we've demonstrated to these organizations that SBFHC is a 'good investment'—that we utilize the money we're given very effectively to provide high-quality health services. That's why we continue to get this type of funding, for which we are very grateful."

## Community Roundup

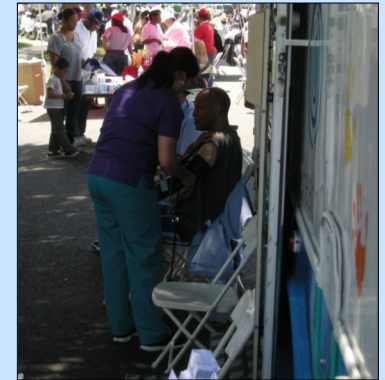
In addition to the events written up in other articles, SBFHC participates regularly in many other important community events. And it would not be possible for us to do so without the gracious help of many of our staff members. Thus, a big thank you to the following staff members for their time at the following events:

### Mt. Zion Baptist Church Health Fair

Mikel Calderon, Shirley Cazares, Betty Franco, Viviana Franco, Brooke McIntyre-Tuley and Esmeralda Ramos

### Training and Research Foundation Head Start School Physicals

Marissa Cabral, MD, Betty Franco and Esmeralda Ramos



## Employee Spotlight: Bushra Ashfaq, Torrance

“I was drawn to the position here because it was so similar to what I was doing as an intern with Beach Cities Health District,” says Bushra Ashfaq, Administrative Assistant in Torrance. A December 2008 graduate of California State University Long Beach with a B.S. in Health Care Administration, Bushra applied with SBFHC in January 2009 and was hired in February. Since then, she has demonstrated herself to be indispensable to the marketing and outreach effort for the organization. “When you deal with the public and external events—where schedules really have to be followed—as our department does, we really place a premium on dependability,” says Director of Community Relations John Merryman. “Bushra has proven herself to be utterly dependable in all these situations. I honestly don’t know how we would get all the things done

that we do without her.”

And the variety of her responsibilities is what Bushra enjoys most about her work. “There really is no typical day,” she says. “I make entries into the donor data base, update our monthly calendar, track and publish the chamber of commerce event calendar, send out thank you notes and keep track of our inventory of newsletters and brochures. Even the events we do are different. Each health fair is unique.”

A Torrance resident and alum of North Torrance High, Bushra lives with her husband who has a unique job himself: he’s a forensic analyst working in the anti-piracy division of Warner Brothers. (But to Bushra, the job is “just watching a lot of movies.”)

In her spare time, Bushra is an avid reader and enjoys shopping and checking out bakeries and cafes—to satisfy

her sweet tooth.

A friend also introduced her to volunteering for event planners, so she occasionally helps out with weddings and corporate events.

Bushra eventually plans to go back to school for an MPH or an MBA, but is “leaning toward the MBA right now,” she says.

While she confesses that she didn’t know a lot about SBFHC before starting, she has come to appreciate the nature of the work. “When we did the Manhattan Beach Older Adult Fair, we had people coming up to us saying, ‘You people do a good job. Thanks.’ That makes you feel really good about what you do,” she says.



## National Health Center Week

### August 7—13, 2011