



# MCHC IN MENDOCINO COUNTY FALL 2005

# Community Connections

Providing access to care for the most vulnerable people in the Lake County community.

Hillside and Little Lake Health Centers are operated by MCHC, Inc., a local nonprofit healthcare organization

## MEET DIRECTOR MORGAINNE COLSTON



"I have spent my entire career in health-care-related fields, and my dream is that all children, all women and all men have access to good medical services. Mendocino Community Health Clinic, Inc. is helping to fulfill that dream," says Director Morgainne Colston.

Serving MCHC since 2003, Ms. Colston is a member of the Board's Planning and Development Committee, identifying and developing future strategic services because, she says, "MCHC is an essential resource for the entire inland County community-and in Northern Lake County as well. In the increasingly over-burdened health care system, the un- and under-insured will have ever-more-urgent problems accessing health services. I expect that my because of my understanding about the shared population served by both MCHC and the Department of Social Services, we can find new ways to partner to address unmet health needs."

Ms. Colston is employed as Deputy Director for the Employment and Family Assistance Services Division in Social Services. She is a graduate of the University of Oklahoma, and she earned a Master of Science in Immunology and Statistics from Mississippi State University.

## In the know!



### Meet Freddie Mendez, Patient Access Coordinator

Longtime Ukiah Freddie Mendez is serving as lead for a new MCHC initiative designed to inspire patients to fully participate in healthcare improvement. By offering

new patients a person who can help them identify their health-care needs and goals, MCHC hopes to more effectively activate patients to accept the challenge of living a healthier life. If your clients might benefit from support of a personal health advocate, give them Freddie's phone number—you can be sure he'll "be there" for them.

Phone: 472-4622

E-mail: [fmendez@mchcinc.org](mailto:fmendez@mchcinc.org)

## Childbirth classes meet community need

MCHC has expanded its Perinatal Education Program to meet local need for childbirth education. **The ongoing classes are held on Thursday evenings at Hillside Health Center's women unit, Care for Her.** Care for Her is located at the north end of MCHC's Ukiah facility at 333 Laws Avenue.

The midwifery model implemented by Care for Her recognizes and celebrates pregnancy and childbirth as healthy happy events in a family's life. Led by one of Care for Her's Certified Nurse-Midwives or another qualified educator, the classes are focused on giving parents an excellent preparation for the experience of childbirth. Topics covered by the classes range from relaxation and birthing basics to infant safety and post-partum care. Isa Davila will be teaching MotherWell Yoga as well. Also, two other new offerings include an ongoing support group for pregnant women with diabetes and a class on infant calming techniques.

The classes are open to everyone in the community; you do not need to be a patient at Hillside Health Center to attend. Care for Her is a preferred provider for numerous local health insurance programs, including employees of the County of Mendocino and Ukiah Unified School District.

For more information, please call Care for Her at 472-4603.

## Enhancing access to care: Specialty care available to patients

Strong relationships within the community of care guarantee that patients at Hillside Health Center in Ukiah and Little Lake Health Center have the care they need, even when it is outside the scope of MCHC's regular practice. If patients are identified as having needs for care services that we do not or cannot provide in-house, our Referral Department will "move mountains" to ensure access to needed care.

Available specialties include cardiology, dermatology, podiatry, oncology, otolaryngology, orthopedics, neurology and neurosurgery, ophthalmology, nephrology, pediatrics and surgery. A strong Referral staff acts as liaison between specialist and patient, forwarding all pertinent medical information to the specialist and making sure that the specialist returns treatment records so that the patient health record is complete.

Comments for the Editor?

E-mail them to: [mmclure@mchcinc.org](mailto:mmclure@mchcinc.org)

## WAG GRANT SUPPORTING WILLITS DIABETES CLASSES

The **Willits Action Group (WAG)** donated \$2,000 to Little Lake Health Center to be used by Nelli Webster, FNP, to purchase Spanish-language, diabetic education materials for her classes. The grant money was recently used to purchase sports water bottles and pedometers for the walking exercise program. Funds were also used to purchase oil spray bottles for low-fat cooking, and Safeway food card drawings for those who attended the classes and completed the entire four-week course. **Thank you, WAG!**

Both Little Lake Health Center in Willits and Hillside Health Center in Ukiah offer Spanish-speaking patients access to diabetic education classes. If your clients wish to find out more about Spanish-language diabetes classes, have them call the appropriate number below:

In **WILLITS**, call Janice Cinek at 456-3921.

In **UKIAH**, call Hortencia Delgado at 472-4631.

## MIKE THOMPSON, A HEALTHCARE HERO!



From left to right: Judith Dolan, Executive Director of Anderson Valley Health Center, MCHC CEO Lin Hunter, Congressman Thompson, Dan Kraka, Executive Director of Laytonville's Long Valley Health Center and MCHC Board Chair John Pavoni.

On August 24, Congressman Mike Thompson came to Hillside Health Center to receive the "2005 Community Health Superhero Award." The award, sponsored by the National Association of Community Health Centers, recognizes legislators who demonstrate a strong commitment to community health issues.



### Mindy Mackey, CNM

Augmenting the woman-centered services offered by Care for Her, MCHC's innovative women's health center, MCHC welcomes Miranda "Mindy" Mackey to its practice.

Mindy received her MSN from Case Western Reserve University in Cleveland, Ohio, in 1996, her Nurse-Midwife certification from the Frontier School of Midwifery and Family Nursing in Hyden, Kentucky in 1996 and her BSN from Grand Canyon University in Phoenix, Arizona in 1990. Mindy enjoys outdoor activities, and traveling; medical mission work has taken her to Peru, Honduras and Latvia.

## SEEKING HEALTHCARE LEADERS JOIN THE MCHC BOARD

Mendocino Community Health Clinic, Inc. (MCHC) is a 501(c)3 nonprofit healthcare organization. MCHC operates Ukiah's Hillside Health Center, Little Lake Health Center in Willits and Lakeside Health Center in Lakeport.

Join the MCHC board and participate in creating innovative solutions to the most serious problems which beset our community.

The Board meets on the first Monday of the month from approximately 5 to 7 pm; each Director is asked to serve on one committee. To receive a Board application packet, call 472-4511.

### The 2nd Annual

## La Buena Vida Feria de Salud

Hillside Health Center, 333 Laws Ave., Ukiah  
Sunday, October 9, 2005, 11 am to 3 pm

## REACH OUT AND READ!

Literacy provides a meaningful foundation for a lifetime of learning. If someone knows how to read, their access to health will be drastically improved. Because the value of reading is recognized by our staff, we are proud to announce our second year of participation in the Reach Out and Read Program.

Over the next year, staff at Hillside and Little Lake will be distributing books to children between 6 months and 5 years of age who have pediatric check-ups; age-appropriate books are available in English and Spanish.

## Supporting Access to Health Care

**Hillside  
Health Center**  
333 Laws Ave., Ukiah  
Hours: Mon. - Fri. 9-5  
Sat., 9-1.  
**468-1010**

**Little Lake  
Health Center**  
45 Hazel Street., Willits  
Hours: Mon. - Fri. 9-5,  
Wed., until  
**456-9600**

**Medical Services**  
**Counseling Services**  
**Prenatal Health**  
**Childbirth**  
**Family Health & Pediatrics**

**Dental Care**  
**Women's Health**  
**Chronic Disease & HIV/AIDS**  
**Specialty Care**  
**Patient Financial Services**

Mendocino Community Health Clinic, Inc. (MCHC) is a nonprofit 501(c)3 healthcare corporation governed by local residents committed to the mission of ensuring access to quality health services for the most vulnerable people in our communities. As evidence of MCHC's excellence, all three of its community health centers are accredited by the Joint Commission of Health Care Organizations (JCAHO).