



The Rural Health News Quarterly

Winter 2016 | Coverage for Southern Trinity Health Services and Southern Trinity Area Rescue

Welcome to the Board

As many of you know we have been actively seeking new members to join our board. With this newsletter I am pleased to announce that we have three new members: Barb Taylor, Ken Richardson, and Cheryl Anderson! These new members will bring their vital knowledge and expertise to the board so that we, as a company, can continue the goal to expand and improve upon the services we offer to you, our community. As such we'd also like to thank our current and past board members for the time and effort put forth making this all happen. Our board is currently comprised of twelve members: nine represent our Trinity County community and three come from our Humboldt County community.

Our current board members are:

Don Soucy - Chair

Sandy Bechtold - Vice Chair

Sandy Rasche - Secretary

Susan Gordon - Treasurer

Rik Jeans

David Lyons

Diana Stewart

Ken Richardson

Peter Brandauer

Claudette Bushman

Cheryl Anderson

Barbara Taylor

We are always hoping to include those in our service area who have a passion for this process. If you or anyone you know is interested in joining the board, applications will always be welcomed from those who live in our serviced communities.

STAR Wants You!

For those who are living or vacationing in our Mad River clinic's service area, you know who we are. Southern Trinity Area Rescue is in critical need of volunteers. With the holidays upon us the need is especially prevalent. The roads are dangerous as ice, snow, and even some of those potholes grow larger and larger on the roads just off the 36. If you have ever considered volunteer work, we ask that you reach out to us. We are offering an EMT (Emergency Medical Technician) class that will start in late winter if we have enough people sign up for the course. Anyone interested is welcome and for those concerned about the cost, worry not! The class and the books are free for students that sign up to volunteer. The class will be approximately four months long at two nights a week. EMT credentialing is applicable anywhere you go and are vital to every community.

Open Enrollment is Now

What is Covered California? Many people believe that Covered California (CC) itself is an insurance company, but this isn't the case. Covered California was designed and implemented to be a central location that you can find all options for insurance coverages that are available to you, no matter your income. Not only are you able to shop the options available to you, you may qualify for assistance with your monthly insurance payments. The Open Enrollment period ends January 31st, 2017, so be sure to swing by so we can help you out as soon as possible. We have the ability to see you at either the Mad River or the Scotia facilities and you DO NOT need to be one of our patients to stop by. For questions and information, dial ext 264 from either facility number and mention Covered CA! Happy Holidays!

Positions Currently Available with Our Company

**Licensed Clinical Social Worker OR
Licensed Clinical Psychologist**
for our Scotia location

Dental Hygienist
for our Mad River Location

Registered Dental Assistant
for our Mad River Location

Medical Assistant
for our Scotia location

All positions require current CA licensure or certification based on position requirements. For more information regarding each position, including requirements and expectations, please visit our website at www.sthsclinic.org. If you would like to apply for any of these positions you may qualify for please submit a cover letter, resume, and a company application with three references either in person to either facility or to our HR department at hr@sthsclinic.org

Cosmetics and Skincare

Everyone likes to dress up, especially around the holidays, it's part of strutting our stuff and being considered healthy and attractive. Virtually all peoples and even some animals work at enhancing their physical attractiveness; scarification, piercing, tattoos, make-up and hair coloring - all body parts are fair game for the cosmetic industry. But make-up is hardly benign. We laugh at the Victorians who used to rub arsenic on their face to achieve paleness but did you know that Oxybenzone, which may be a sex hormone disruptor, is found in 60% of sunscreens and titanium dioxide, a pigment in facial powder, can be carcinogenic if inhaled? More than 5000 chemicals are used in cosmetics. In Europe over 1000 of those are banned but in the US only eight are. The cosmetic industry is self-regulated and for the most part safety trials aren't required which leaves a lot of poisonous chemicals getting rubbed into your face and skin. On average you are exposed

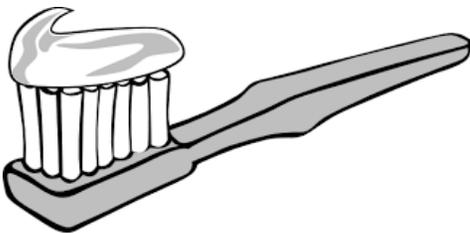
to 126-180 chemicals every day from personal care products. Just wearing lipstick alone you can absorb 4 pounds of chemicals over your lifetime. To avoid chemicals you might try to buy only hypoallergenic, organic, 'natural' cosmetics. But, labeling is poorly regulated, 'Natural' means nothing, 'organic' very little (remember from chemistry that any carbon chains, including petroleum are technically organic). Your best defense is to look for product ingredient lists that are short and avoid products that have triclosan (found in antimicrobial soaps) phthalates (fragrances), thimerosal (another name for mercury), lead acetate (lipstick), sodium laureth sulfate and other PEG products (foamers for hair products), formaldehyde or toluene (nail products). Hair dye can be particularly toxic. It is well documented that beauticians have higher rates of certain types of cancer. If you would prefer to dye your hair, consider wearing gloves when applying it and leave the dye on for the shortest time possible. Rinse your hair thoroughly when done. Please don't dye your hair when you are pregnant, as you

are sharing those chemicals with your baby. You also want to be careful about sunscreens. Many sunscreens are using nanotechnology and we have NO idea how nanoparticles will effect human cells. And then whatever make-up you use, remove it all before going to bed, even body lotions. The Environmental Working Group has a website called Skindeep with a database that rates thousands of cosmetics, chose ones in the 0-2 category for safety. You can also look for companies that have signed the Compact for Safe Cosmetics. It doesn't mean all their products are actually safe, it only means they have made a meaningful commitment to try to get safer. You can also search out and buy from small companies that you know and can trust, companies that you can call and talk to the owner about what they put in their products. Often times you don't even need the fancy products. As an example, my daughter-in-law has been washing her hair with baking soda and a vinegar rinse for years and she gets more compliments on her hair now than ever before.

Submitted by Lauri Rose, RN
and Serving at our Mad River Clinic

The Tooth Fairy! Tips and Tricks

- Use an antibacterial mouth-wash: When used with brushing and flossing, an antibacterial wash can reduce the buildup of plaque.



- Increase oral hydration: Ask your doctor if you can substitute your medication for one that doesn't produce dry mouth. If this is not possible, then drink plenty of water, chew a sugarfree gum, and avoid alcohol, which tends to dehydrate your body.



Adult Daily Care

- Brush at least twice each day.
- Floss every day.
- Increase fluoride use- Switch to a fluoride toothpaste and or use fluoride rinse every day.
- Avoid tobacco: Tobacco in any form has been linked to an increased risk of mouth and throat cancer, not to mention heart disease and other serious conditions. Chewing tobacco can even lead to more decay, as many tobacco formulations contain sugar.

In the battle against bacteria, always brush at least twice a day.

Why?

Because he's two microns tall, has a gazillion friends and packs an attitude!

Bacteria causes cavities!



To Blunt the Bac Attack,
Strike Back!

"The Tooth Fairy" is submitted by Tamila Medinnus
and Serving at our Mad River Clinic in Dental

A Letter from Our CEO

Lee Lupton

We are nearing the half way point in our fiscal year and I'm happy to report things within the company are progressing toward another successful year. During the month of October our Board of Directors came together for a strategic conference to discuss the vision for our next couple of years. They have mapped out a strategy that will keep us in a forward progressing posture. Our staff continues its' effort in providing medical and dental services that are meeting the primary health care needs of the communities in which we are located. I continue to rely on and appreciate their desire to make the patient experience rewarding and beneficial.

There are many worried about the future of healthcare. I can only tell you that from my past experiences working in the community health center movement that regardless of what party is in power, keeping community health centers strong crosses party lines and has bipartisan support. I assure our staff and patients that I will be at the forefront in reminding our political representatives the importance of continued funding for our projects and endeavors

In closing, I wish all of our employees and patients the best of times in this coming holiday season. My hope is that you spend quality time with family and friends and make this THE MOST WONDERFUL TIME OF THE YEAR.



Tis the Season... Immunization Time!

I think we all know that the cold and flu season is upon us. Many have already gotten their flu shots this year, as they should every year. We do still encounter patients who decline flu shots. The number one reason I hear for not getting the flu shot every year is that the patient says that they got the flu the day after they got a flu shot. The reality is that a flu shot cannot give you the flu, with the exception of the nasal flu spray. The injectable flu shot has proteins from the outer coating of the influenza virus that will enable the immune system of the patient to recognize this year's flu virus and destroy it. It contains none of the infectious portions of the virus, which is why it cannot give you the flu. When people tell me that they got the flu the day after they had a flu shot I explain to them that the incubation period for influenza is 14 days, meaning that if the patient gets the flu exactly 2 weeks after their flu shot they might have something to complain about. Otherwise, they

already had it before they got the shot and they just didn't know it. Many of us should consider also getting the pneumonia vaccines that are available. We should receive the pneumococcal 13 valent vaccine first. It should be given at some point after age 50. The second pneumococcal 23 valent vaccine should follow at least a year after the first vaccine. Both should be given by age 65 to prevent pneumonia in our elderly patients. Another vaccine worthy of consideration would be the shingles vaccine. This prevents development of shingles, which is exquisitely painful. Since many of us Baby-Boomers had chickenpox as children, we have the virus that causes shingles already inside us. This immunization will prevent shingles outbreaks. However, it should not be given during an active outbreak of shingles. Another immunization to consider would be tetanus booster. This should be the TDaP, which contains tetanus, diphtheria, and acellular pertussis. It should normally be updated every 10 years, unless one has a contaminated wound. In that case, they should be repeated if the

last immunization was over five years ago. Nobody likes to get shots. But the reason we have these immunizations is because the diseases are considered much much worse than getting the shot. Please take a few moments to consider when you may have had these last and if you're due for any. We will be happy to arrange for you to get these immunizations. Thank you.

Submitted by Jim Tinkelenburg, PA-C
and Serving at our Mad River Clinic

Clinic Providers

Michael Schafle, MD
Frank Fisher, MD
Jim Tinkelenberg, PA-C
Arlene Staton, FNP
Sandra Lee, FNP

Chief Executive Officer

Lee Lupton

Chief Financial Officer

Bill Petit

Chief Operations Officer

Amanda Huber

EMS Coordinator

Brooke Entsminger, Paramedic

Medical Director

Michael Schafle, MD

Dental Director

Mark Medinnus, DDS

Nursing Director

Cheryl Wik, RN

See Us Online

www.sthsclinic.org

twitter.com/STHS_Clinic

facebook.com/STHSClinic

Outreach A Part of our Community

Outreach! Whew, what a thang! As some of you are aware, I was extremely excited to take on the position of Outreach/Marketing Coordinator, and so far it's been a whirlwind! At the time of the 1st newsletter we were jumping out the gate for local events like the Everything Humboldt day and the Ruth Lake Festival. While the time of year for these outdoor events is past, currently we are mid season for Covered California: Open Enrollment. The enrollment period doesn't end until January 31st, so it's a great time for people to stop by and see what it is that they will qualify for with the coming year. Any questions or concerns can be heard in person or on the phone by giving me a call at ext 264, and I'm more than happy to meet with you at either location. Our Nursing Director Cheryl and I attended a Service Provider Seminar in Eureka recently and it was fantastic. There are so many community services around here that many are not aware of that they can be

using. Some of the organizations there were the Humboldt County Dept of Health and Human Services, the Social Security Administration, Food for People, Calfresh, St Joseph's Healthy Kids Humboldt, and so many more! There are many fantastic resources that are available if only you know where to look. If you are interested in any of these programs, here are a few:

Betty Chinn Day Center **Food For People**
bettychinn.org www.foodforpeople.org

St Joseph Health **calfresh**
stjoehumboldt.org www.c4yourself.com

Department of Health and Human Services
Eureka, 1-877-410-8809
Garberville, 707-923-2759
Hoopa, 530-625-4251

With Outreach I am also working on our website, still plugging away at recreating the site for our communities ever changing needs! Don't forget to check us out on Facebook at www.facebook.com/STHSClinic/ and on Twitter at https://twitter.com/STHS_Clinic to see what's happening with us on a more frequent basis. In the meantime, Happy Holidays!

Billing Department on Insurance and Payments

Please always bring your insurance cards when you come in. Sometimes insurance gets a little confusing so always bringing your cards will help us stay on top of any changes. This helps us to ensure you receive the correct balances when you do have them and prevent confusion when you shouldn't have charges. If you lose your insurance cards, you can always call your insurance company for replacements. Also feel free to ask us for the number for you insurance provider, we probably already use it! Another frequent question is if we can take payments over the phone and yes, we absolutely can! You can call our front desk at either location and press option 1 or you can reach the billing dept by dialing ext 4 for payments over the phone. We also take cash, check, cards & money orders at either location in Mad River or Scotia or you can mail in a payment to our location using the PO Box address.



Care-A-Van for the Mad River Clinic

Ruth: Mondays leave the Clinic at 8:15a and 12:30p

Leaves the Ruth store at 9:00a and 1:15p

Hayfork: Tuesdays leave the Tule Rd Community Center at 9:00a and 2:30p

Into Town / Coastal: Every 1st and 3rd Wednesday of the month from Bridgeville Post Office at 9:40a For coastal drives.

We will begin providing transportation services to Hayfork on the 2nd and 4th Fridays of the month beginning in January of 2017.

Be aware that medical appointments for necessary screenings or medical services have first priority. Other needs such as DMV, food bank, pharmacy visits, or shopping are available when the room is available and can greatly help those who are unable to transport themselves. To assure you have seating reserved, please call ahead of time to insure your name is on the list. Never fear! While this is a shared ride we will not leave any clients caught in appointments behind!

PARATRANSIT (707) 574-6616 x 261

Making Appointments Quick and Easy

Here are some tips to help you get in and out of your appointment as quickly and easily as possible!

- Arrive 15 minutes early. This ensures time for any unexpected delays and any necessary paperwork updates.
- Make sure we have your most current phone number and mailing address so we can contact you. Referrals require a current mailing address and phone number.
- Help us keep your insurance updated. We want you to pay as little as possible and some insurance companies update their cards yearly. Keeping these updated prevents extra charges.
- Make your next appointment before you leave - our providers book up quickly, and can't always be available for walk-ins.
- Do you not have insurance? We have staff that can assist and right now is Open Enrollment for Covered California!