

The CENTER

What you need to know from Shasta Community Health Center



AUGUST
2019

COMING SOON

Mindful Eating

August 2nd
12:00-1:30pm
Redding Center
1035 Placer St.
Redding, CA 96001

Plan Your Plate

August 7th
4:00-5:00pm
Redding Center
1035 Placer St.
Redding, CA 96001

Let's Talk Diabetes

August 9th
2:00-3:30pm
Redding Center
1035 Placer St.
Redding, CA 96001

Tobacco Recovery

August 29th
5:30-7:30pm
Mercy Medical Center
2175 Rosaline Ave.
Redding, CA 96001

For More Information,
Questions, or to Sign-up for
a Workshop Call the Patient
Education Team at
(530) 229-5115

A FOCUS ON TEACHING



Celebrating the 2019 SCHC Family Medicine Residency graduates.

SCHC's goal is to guide and train all types of healthcare providers in order to provide you with the best access to care possible. We have several programs to help train new clinicians. These programs are also helpful to encourage clinicians to choose Shasta County as their home.

Residency

The SCHC Family Medicine Residency works with the University of California at Davis and Mercy Medical Center to provide Family Medicine training for Medical Doctors (MD) and Doctors of Osteopathic Medicine (DO). Our goal is to train family practice clinicians to practice in a small community with an underserved population.

NP/PA Fellowship

The Fellowship program is for Licensed Nurse Practitioners (NP) and Physician Assistants (PA). It was started for many reasons:

1. To give better access to quality healthcare.
2. To provide training for new clinicians to have a smooth and guided shift to their first medical practice.
3. Our Fellows are getting more training in a lot of areas so they can give you the best care possible.
4. Our knowledgeable and experienced staff of clinicians serve as teachers for our Fellows.

Dental Residency

The SCHC Dental Residency is an accredited Advanced Education General Dentistry (AEGD) program that works with New York University. Our goal is to guide the next generation of caring, dedicated dental providers.



PLAYING WITH FOOD: YOUTH COOKING CAMP

Youth Cooking Camp was offered in partnership with the Redding Library as a part of their Summer Reading Program. At the two sessions held this summer over 60 children got to participate in this hands-on camp where they learned how to prepare healthy meals and snacks from a mix of different cultures.



DO YOU HAVE A PLAN IF YOUR POWER GOES OUT?

Public Safety Power Shutoffs have been in the news a lot lately, but what exactly are they and how can you be ready if they affect you and your family?

What is a Public Safety Power Shutoff?

In order to keep communities safe, your local energy company may need to turn off power during extremem weather or wildfire conditions. This is called a Public Safety Power Shutoff.

What can you do to be ready?

- Have a personal safety plan in place for everyone in your family, even pets
- Plan for any medical needs like medications that need to be kept cold or devices that need power
- Keep an emergency supply kit with food, water, flashlights, a radio, fresh batteries, first aid, and cash
- Have a way to charge your cell phones
- Learn how to manually open your garage door

What if you rely on electricity for a medical device?

It's important to have a plan in place for devices such as breathing machines, power wheelchairs, and home oxygen or dialysis machines. One thing that's very important to do is sign up for the Medical Baseline Program through your energy company. On top of a lower rate on your monthly energy bill, this program can help you to get extra notifications before a Public Safety Power Shutoff.

To learn more about how to be ready if the power goes out visit www.prepareforpowerdown.com.

WHAT'S GOOD TO KNOW:

- **Need an appointment right away?** SCHC's Urgent Care is here to fill the gap in primary care and the ER. It is open Monday through Thursday from 8am-8pm, Friday from 8am-5pm, and Saturday from 9am-1pm. Call (530) 246-5710 for details.
- **Do you know the best way to talk to your healthcare team?** Shasta Health Connect is your online health resource that gives you direct access to your healthcare team that's quick and easy!
- **Do you need health insurance?** Open enrollment for Covered California has ended, but you can enroll into Medi-Cal at any time if you are within the income limits. There are also life events that allow you to enroll into a health plan outside of open enrollment. If you have questions, give us a call at (530) 229-5117. We are happy to help.