

HEALTH MATTERS



NEWS AND HEALTH CARE INFORMATION FROM SAMUEL DIXON FAMILY HEALTH CENTERS, INC.

Fall 2010

8th Annual Rubber Ducky Regatta Is A Quacking Success

Samuel Dixon Family Health Centers, Inc.'s 8th Annual Rubber Ducky Regatta netted more than \$40,000, which will go directly to patient care at the non-profit's three health centers. Please see page 2 for a complete list of everyone who contributed to this wonderful, fun event.



A special thanks to everyone who helped to make our biggest fundraiser of the year a success: top left clockwise - Girl Scout Troops of the Santa Clarita Valley helped to clean and tag the ducks; celebrity guest Sandra Mitchell of KCAL/CBS with SDFHC Board President Ed Bolden and Julie Benson of Princess Cruises, which donated the grand prize; emcee Santa Clarita Councilman Bob Kellar with Mitchell; and Sue Scott, event coordinator, Joanne Phillips of CA Rasmussen and SDFHC board member Jan Wilde.





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Special Thanks To



Supervisor Michael Antonovich, Honorary Chair
Sandra Mitchell, Celebrity Guest

City Councilman Bob Kellar, Emcee • Ed Bolden, "Papa Duck" • Rosalind Wayman
Donnell Jones • Judy Penman • Joanne Phillips • Charlie and Patti Rasmussen
Greg Nutter "Mr. Ducky" • Deanna Devescovi • Cheryl Laymon • Ifsha Buttitta
Andie Bogdan • Shelley Hann • Santa Clarita Valley Girl Scout Troops
West Coast Music Academy • Meridian • AV Party Rentals • Dan Csicsai
Dave Perry, Fifth District, Los Angeles County • Friends of Castaic Lake • Ralph Searcy

Special Thanks To Our Steering Committee

Ed Bolden - Chair, Sponsorships • Lori Bennett - Venue Logistics
Carol Rock - Prizes • Laura Gallardo - Marketing & PR
Sue Scott - Festival Coordination
Frank McMahan - Sales Teams • Jan Wilde - Duck Tagging

Cholesterol Management 101: SDFHC Can Help

By Fariba Mason, FNP, provider at the Canyon Country and Val Verde Health Centers

Julio came to the health center for a check-up, expecting to hear his health was fine. The 45-year-old had not seen a doctor many times before, and as a teenager, he was active and played many sports. Of course he would still be in good health.

He was surprised to hear he had high cholesterol. The health care provider who he saw uncovered some facts about his current lifestyle that likely played a part: his diet is high in saturated fats (fatty beef, lamb, pork, and poultry with skin; lard and cream; butter; cheese and other dairy products made from whole or 2 percent milk) and even includes quite a bit of trans fats (fast food, margarine, and heavy sweets such as donuts), and his lifestyle is sedentary.

Luckily, cholesterol is manageable, and taking care of cholesterol levels early enough can help to stave off serious problems such as cardiovascular disease in the future.

What does cholesterol really mean? You need some cholesterol in order to be healthy. The body gets cholesterol in two ways: 80 percent of it is produced by the liver and the rest comes from your diet. Here is the lowdown on the various forms of cholesterol:

- High density lipoprotein (HDL) or “good cholesterol”

terol”

- Low density lipoprotein (LDL) or “bad cholesterol”
- Very low density lipoproteins (VLDL), which are very bad forms of cholesterol
- Chylomicrons, which carry very little cholesterol, but a lot of another fat called triglycerides

On the plus side, cholesterol can be managed. Often dietary changes, such as increasing fiber intake through fruits and vegetables, adding fish to your diet and avoiding saturated fat, can lower cholesterol levels. Being physically active is also important. When appropriate and necessary, medications in conjunction with lifestyle modifications really make a difference in fighting cholesterol.

Samuel Dixon Family Health Centers, Inc. believes in the self-management approach to health care, in which the patient is informed and takes an active part in their overall health care and lifestyle choices. In treating chronic illnesses, such as diabetes and hypertension, this is the approach Samuel Dixon Family Health Centers, Inc. health care providers implement to get patients involved and engaged in the process to improve.

SDFHC Thanks Direct Relief USA and CVS for Free Flu Vouchers

Samuel Dixon Family Health Centers, Inc. thanks Direct Relief USA and CVS Caremark for the 500 vouchers for free flu shots they provided to the health centers in September. The free flu shots were intended specifically for uninsured SDFHC patients through a partnership between Direct Relief USA and CVS Caremark to help



ensure cost is not a barrier to preventive care, particularly during the flu season.

“We are very grateful to Direct Relief USA and CVS Caremark for this generous offer to our patients, many of whom are facing a difficult time financially,” said Cheryl Laymon, SDFHC executive director. “This offer will help to keep our patients healthy during the flu season.”

The CVS/pharmacy logo consists of the text "CVS/pharmacy" in white, bold, sans-serif font, set against a solid red rectangular background.



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Upcoming Holiday Season

With the Thanksgiving and Christmas holidays approaching, SDFHC would like to remind you of our neighbors here in the Santa Clarita Valley who may still be struggling to make ends meet. The mission of SDFHC is to enhance wellness by providing quality outpatient health care services and programs, health education, community resources and referrals. We want to ensure that all of our friends and neighbors have access to affordable, quality primary care. We make a special effort to serve the uninsured and underinsured.

Please consider making an online donation. Visit <http://www.sdfhc.org/donations.html> for more information.

Contact Us

Corporate Office
Phone: (661) 257-2339

Canyon Country Health Center
Phone: (661) 424-1220

Newhall Health Center
Phone: (661) 291-1777

Val Verde Health Center
Phone: (661) 257-4008

Please note: If you would like to make an appointment, please call the health center nearest you.

For general questions, please contact the Corporate Office. Visit us online at www.sdfhc.org.