

HEALTH MATTERS



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

Winter 2010

House of Your Choice Grand Prize Winner Uses Money to Help Others

When George Lezon's wife Heather purchased a \$100 raffle ticket in September for House of Your Choice, a charitable contest that benefits Samuel Dixon Family Health Centers, Inc., it was on a whim and soon forgotten. The Lezons figured they had made a donation to a good cause.

They were completely shocked to receive a phone call on Thanksgiving, November 26, 2009, from Ed Bolden, founder of the fundraiser, telling them they had won \$75,000.

"It was 12:20 on Thanksgiving and we were preparing to have dinner for 30 people," San Diego resident Lezon, 55, said. "When Ed called and told me I was the grand prize winner, I did not believe him. And I didn't really get excited about it because there were 10 million things going on."

But it was real. And when Lezon received the check in his hands on December 1, all he could feel was extreme gratitude.

It seems only appropriate that the grand prize money for this drawing, which benefits three charities, went to the Lezons. Since December 2005, they had been taking care of a young boy whose mother had basically abandoned him. Although they had power of attorney, it took quite a few years for them to obtain legal and physical custody of Matthew. Some of the money they won will go toward legal fees associated with this heart-rending battle.

"Matthew has gone from being a totally out of control little boy to the most polite, nicest kid you want to be around, and a straight A student," Lezon said. "It was a risk, taking him in, but I hope that one of the reasons we won this money is to help with legal fees."

Doing good for others is the top concern for the

Lezons. They also plan to use some of the money to help rejuvenate a Palm Springs-based paint and body shop business they own. "If we can keep this going, it keeps 11 people employed," Lezon said.

Bolden, who is also board president for Samuel Dixon Family Health Centers, Inc., said the nationwide fundraiser is a win-win for the non-profits and for individuals like Lezon. "I couldn't be happier with who has won the first drawing for this raffle; (George) is someone who wants to

help his fellow man, very much in line with the mission of our organization."

House of Your Choice helps support Samuel Dixon Family Health Centers, Inc., which provides health care services to underinsured and uninsured patients throughout the Santa Clarita Valley, and Carousel Ranch, a non-profit organization dedicated to providing developmental therapeutic and recreational programs for disabled and disadvantaged children through horses. It also benefits the Santa Clarita Valley Rotary Club. Each year the SCV Rotary Club awards more than \$10,000 to local charities and organizations through their Newhall Community Fund.

The November 2009 drawing was the first in a series of drawings for the nationwide contest. When you buy an online \$100 raffle ticket at www.houseofyourchoice.org, your name will be entered into a drawing to win an existing house of your choice anywhere in the United States that state laws allow, or a choice of two other cash prizes. The total prize value can be up to \$1,000,000. The winner also will have a choice of \$600,000 lump sum or \$50,000 per year for 20 years. All of these prizes are subject to taxes.



The Lezon family kids on Thanksgiving Day.

Prenatal Care Helps Those in Need

Librada Hernandez, a SDFHC patient at the Canyon Country Health Center, was thrilled to learn about the organization's prenatal health care. At four months along (in January), she has been receiving prenatal care from SDFHC medical director Ruben Hernandez, MD. What she is most pleased with is the amount of time and attention she receives during her visits.



Librada Hernandez, 27, of Canyon Country, is pictured at the Val Verde Health Center with her husband Jesus and their 5-year-old daughter Sandra.

Dr. Hernandez echoed this sentiment when asked why someone should choose SDFHC over another place where they could receive health care services.

“The benefit of receiving prenatal care here is that we spend more time with our patients,” he said, adding that at each visit, the same nurse counsels prenatal patients in issues such as weight gain, nutrition, overall general health, and any changes they might be expecting or experiencing during their pregnancy. Low-risk prenatal patients can be seen at SDFHC up to the 30th week of pregnancy, at which point they receive care and go through labor and delivery with the organization's partner OB-GYN. After the baby is born, patients are encouraged to receive well care visits at SDFHC.

Spotlight on Mike Fisher, SDFHC Board Vice President

Through his involvement with the Santa Clarita Elks, Mike Fisher has known and worked with several people on the SDFHC board. So he was flattered when current SDFHC board president Ed Bolden and SDFHC executive director Cheryl Laymon asked him to join the board and serve as vice president.



Mike Fisher pictured at the 2009 Elks Roast Charity event. His involvement with the Santa Clarita Elks made him aware of SDFHC and its role in the community.

“My motivation in joining was that I wanted to do whatever I could to help SDFHC,” said Fisher, an insurance adjuster and resident of the Santa Clarita Valley for the past 20 years.

When he steps in as president this summer, Fisher plans to focus his efforts on fundraising and on getting more physicians in the three health centers. Additionally, he wants to get more of the service organizations in Santa Clarita involved with SDFHC. “I want to get even more support from the community so that more fundraising can be done specifically for SDFHC,” he said.

Fisher sees SDFHC's greatest strength in the commitment of the people. “The commitment of the people who run the organization and who volunteer their time for it is very impressive,” he said.

Thank You for Making the 12th Annual Elks Roast a Colossal Success

A special thanks to our friends and donors:	Elks Bar B Que Committee	Pat Allen	Mike Fisher
Bob Kellar	Entertainment Tonight	Ed Bolden	Wendy Hadley
Jay Thomas	Gibbons Conservation Center	Michele Buttelman	Jami Kennedy
Six Flags	Kellar-Davis	Canyon Baseball Team	Jay Larkins
Tim Burkett, Don Fleming, Darrell Paulk, Ken Pulskamp	KHTS	Child & Family Center	Cheryl Laymon
Advantage Disposal	Rotary	Judy Delany	Janice Murray
City of Santa Clarita	Salt Creek Grille	Donny Dewhurst	Dr. Pat Robbie
	Richard Abruzzo	Elks Bar Belles	Donna Schmidt
		Elks Volunteers	Tom Schmidt
		Chris Fall	Nancy Webster
			Frank Webster

News from Newhall Health Center

Counseling Services Available at Newhall Health Center

The strong relationship between mental and physical health has been an established fact in the medical community for many years.

SDFHC is proud to offer mental health services to current patients Mondays and Wednesdays at the Newhall Health Center.

Patients are referred to the program from their primary care provider.

Masters in Social Work students from the University of Southern California Ingrid Rey and Alberto Lopez are providing the services to patients. The students are supervised by Mary Ann Colf, LCSW.

The majority of patients being seen for counseling have an existing physical condition, such as diabetes, and are not feeling well emotionally. Rey noted that she and Lopez have also provided counseling to children and have done some couples' therapy.

Job losses also have affected some of the patients being seen, Rey said.

The experience helps them in their future careers and is rewarding, Lopez noted. "When you start seeing the same client coming back and notice the difference it makes for them, it's a great feeling."



Ingrid Rey and Alberto Lopez are Masters of Social Work students at USC who are providing counseling services to patients twice a week at the Newhall Health Center.

SDFHC's Counseling Services Presents
Chronic Pain & Chronic Illness Support Group
Wednesdays, 3 - 4 p.m.
Beginning February 10, 2010
Six Week Program
For more information, call the Newhall
Health Center at (661) 291-1777.

Dental Health for Diabetic Patients Debuts at Newhall

Samuel Dixon Family Health Centers, Inc. is initiating dental hygiene services on a limited basis for our diabetic patients.

Currently, no programs in the Santa Clarita Valley provide dental care on a sliding fee basis, although some dentists do provide "charity care" and some groups offer annual emergency care and dental education.

Services provided at SDFHC will include information, education, cleanings and x-rays. All age groups are eligible, but the person must be a SDFHC patient and referred by our medical provider, in order to insure good continuity of care between primary and dental care.

Referrals will be provided for patients requiring more extensive dental care.



Donna Lombardi, Registered Dental Hygienist in Alternative Practice, treats SDFHC patient Salvador Sanchez, who is diabetic. She will treat patients Wednesdays at Newhall.

Did You Know?

Receding or inflamed gums, cavities, tooth loss, gingivitis and other dental problems in adults can indicate the presence of serious health problems, including heart disease, diabetes, cancer, vitamin deficiencies, and even the risk of having a premature or low-birth-weight baby. These dental problems can result from poor dental hygiene such as not brushing well or not flossing regularly.

Make Dental Health a Priority!



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5K Family Run/Walk for Heroes March 27 at Newhall Park

Mark your calendar and get your running shoes out!

SDFHC's 5K Family Run/Walk for Heroes is scheduled for Saturday, March 27, from 6 to 11 a.m. at Newhall Park at the corner of Newhall Avenue and Dalbey.

This will be a fun family run/walk along the Southfork Trail, with exciting events at the park followed by awards, a raffle and a Hero Hot-cakes breakfast.

All proceeds will go directly toward patient care at SDFHC's three health centers.

For more information or to sign up, go to www.sdfhc.org/5KRun.html or call Maureen Micklich at (661) 257-2339 x 307.

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.