

VALENCIA

HEALTH SERVICES

PEDIATRICS ◊ ADOLESCENTS ◊ YOUNG ADULTS

VOLUME 2, NO. 2 CLINIC NEWSLETTER

1647 Valencia Street San Francisco, CA 94110

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Welcome to Our Clinic!

Valencia Health Services provides comprehensive care for infants, children, and teenagers.

- Well-Baby and Well-Child Exams
- Bilingual Staff (English/Spanish)
- Check-Ups and Sports Physicals
- Confidential Services for Teens
- Immunizations
- Family Planning
- Tuberculosis and Anemia Screening
- Health Education
- Sick Visits
- Nutrition Counseling
- Mental Health Counseling
- Referrals to Specialists
- Case Management for Clients with Chronic Conditions
- After-Hours Telephone Consultation for Urgent Problems
- Affiliation with Local Hospitals and UCSF

Protect Your Child Against the Flu!

The flu shot is now recommended for infants and children at risk for problems related to flu. The higher risk groups include:

- ◆ All babies and children 6-23 months of age
- ◆ Children of any age with serious medical problems, such as asthma, diabetes, and heart disease
- ◆ Pregnant women and pregnant teens
- ◆ Children with immune system problems or taking immunosuppressive drugs

Close Contacts of children 0-23 months of age or of children with serious medical problems **should also get the flu shot** to prevent spreading the infection. This includes older brothers and sisters, parents, grandparents, and babysitters.

Timing of the flu shot is important: children under age 9 who have never had a flu shot will need 2 doses this year, 1 month apart. Everyone else only needs one shot each year.

Shots for high risk patients will start in October; all others will start in November.

For more information speak with your health care provider or visit <http://www.cdc.gov/flu/keyfacts.htm>

Think Twice When Your Child Has Lice

- ◆ Millions of children get lice every year!
- ◆ Remember that lice can CRAWL very quickly, but they do NOT jump or fly.
- ◆ Lice “nits” (the lice eggs and their shells) stick like glue to the hair shafts unless carefully removed.
- ◆ Use medication as directed only, and do NOT leave on longer than recommended.
- ◆ NEVER use a plastic bag or shower cap overnight on a child’s head or a hair dryer when medication is on the scalp.
- ◆ Itching can last a week after treatment, even if you have removed all the nits - be patient!
- ◆ Treat everyone in the house who has lice or eggs on their head, whether or not they are itching - check carefully!



- ◆ Lice sprays are NOT helpful, but you should wash sheets, towels, hats and brushes, or put items in a closed plastic bag for 2 weeks to kill any remaining lice.

Call VHS or check out www.headlice.org for more information.

VHS Staff

Clinical Director: Helen Martin, FNP
Business Manager: Sandra Aguilar, BS
Administration/Front Desk: Aracely Hernandez
Administrative Biller: Teri Leary
Programmer/Analyst: Jim Rutherford
Project Assistant: Adam Christensen

PROVIDERS:

Pilar Bernal de Pheils, FNP
Larry Granader, MD
Marylupe Flores, LCSW
Barbara Hollinger, FNP
Molly Savitz, FNP
Naomi Schapiro, PNP
Kristen Sligar, FNP
Linda Torres, RN

MEDICAL ASSISTANTS:

Carolina Garcia
Guillermo Vasquez



What can our New Advice Nurse Offer Our Patients?

- ◆ Valencia Health Services' new Advice Nurse is Linda Torres, RN. Linda's job is to improve our patients' access to care at VHS. Linda is bilingual in both English and Spanish.
- ◆ Linda will ensure that in most cases during regular business hours, except during lunch or Wednesdays when she is off duty, your phone calls will be returned within an hour.
- ◆ Linda can talk with **you** about general health advice, patient follow-up, lab tests results, medication refills, completion of forms (such as for WIC or School), and issues associated with chronic illnesses.
- ◆ Linda's advice is based upon medically reviewed and approved protocols. There is always a provider on duty for Linda to consult with if needed. All calls to Linda are confidential.
- ◆ We welcome Linda Torres to the clinic!



Car Seat Safety Check ✓

Car seats can be difficult to install. Before using a seat, you can get it checked by a professional!

- ◆ In San Francisco please call the CHP for an appointment at (415) 557-1094
- ◆ In Daly City please call (650) 991-8119

Community Resources

WIC WIC is a special supplemental nutrition program for women who are pregnant, breastfeeding, or have recently had a baby, infants, and children under five years of age. The WIC Program provides supplemental foods (such as milk, cheese, cereal, eggs, beans, peanut butter, and juice), breastfeeding and nutrition education, and referral to health care. Call (415) 575-5788 for more information.

La Casa de las Madres Offers emergency residential shelter to battered women and their children while providing counseling, family-based services and referrals. La Casa also offers a Teen Intervention & Prevention Program. All services are offered free-of-charge.

24 Hour Crisis Line:
Adult Line: 1-877-503-1850
Teen Line: 1-877-923-0700

Boys and Girls Club Provides opportunities for at-risk youth. Kids can choose from a wide variety of programs and activities, from technology and leadership skills to gang-prevention and intervention to fine arts and athletics. BGCSF also offers access to health services, daily homework assistance and tutoring, as well as specialized programs for young girls and teens. Please call 1-415-445-KIDS(5437)

Reminders

- ◆ If you park in the parking lot, you must park only in a VHS Parking Spot. Once in the clinic, please write the make, model, and color of your car next to your child's name when you sign in so that your car will not be towed.
- ◆ If you cannot accompany your child to an appointment, you must send (with a responsible adult) written permission for us to see and treat your child—and include a contact number.
- ◆ If your child is sick and it is not an emergency, please call us for advice or an appointment during business hours. We can often fit your child in with a clinician the same day.

*In Memory
Of
Guillermo Vasquez*