

# VALENCIA

## HEALTH SERVICES

PEDIATRICS ◊ ADOLESCENTS ◊ YOUNG ADULTS  
VOLUME 2, No. 1 CLINIC NEWSLETTER



### *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

## Your Child's Sleep

### *Normal Sleep Needs:*

- ◆ Newborns sleep 14 - 16 hours per day, spread evenly through the day and night.
- ◆ At about 6 weeks, babies begin to sleep more during the night than the day.
- ◆ By 4 - 6 months, many infants sleep through the entire night, but certainly not all.
- ◆ Toddlers generally need 11 - 13 hours of sleep a day. Most of those hours are spent sleeping at night, but toddlers will also need one or two naps a day until they are 3-5 years old.
- ◆ School age children should get 10 -11 hours a night.
- ◆ Teens need at least 8 - 9 hours of sleep a night.



### *Clinic Information*

#### *Address:*

1647 Valencia Street  
San Francisco, CA 94110

#### *Contact Information:*

Tel: 415-647-3666

Fax: 415-282-3756

#### *Clinic Hours:*

Monday, Tuesday, Thursday, and Friday:  
8:30 am-5:30 pm

#### *Wednesday:*

8:30 am-12:30 pm

*\*Clinic is closed during lunch hour from 12:30-1:30 pm*

### *Tips for Healthy Sleep:*

- ◆ Put infants to sleep on their backs.
- ◆ Follow a consistent schedule for bedtime and awakening.
- ◆ Schedule naps, if needed, early in the day (before 2 p.m.).
  - ◆ Establish a calming bedtime routine; bedtime stories are perfect.
  - ◆ Turn the television off at least 30 minutes before bedtime.
  - ◆ Never use your child's bed as a place of punishment.
  - ◆ Avoid meals and exercise near bedtime.
  - ◆ Limit caffeine, especially after noon.



## 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

### MEDICAL ASSISTANTS:

Carolina Garcia  
Guillermo Vasquez

## Community Resources

**Car Seats for \$20.** The SF Department of Public Health (DPH) offers free monthly classes (in English, Spanish, and Cantonese) about the proper use of child safety seats and discount vouchers for new car seats. To qualify, you must be a SF resident, show proof of low income, and attend the free 2-hour class. Call Harriett at (415) 554-8930 ext 20 for more information and class schedules and locations.

**Asthma Home Visits.** Free home visits by a community educator for children under 5 are available now through the DPH Asthma Task Force. If you are low-income and your child has asthma, you may qualify for free air filters, mattress and pillow covers, and personalized education. Call Tirtza at (415) 554-8930 ext 25 for more information.

**Preschool Education.** Head Start in San Francisco is accepting applications for their programs at many sites around the city. Children under 5 may qualify—and services are free. Call (415) 405-0500 for information.



## Its Time for Healthy (and TASTY) Food!!!

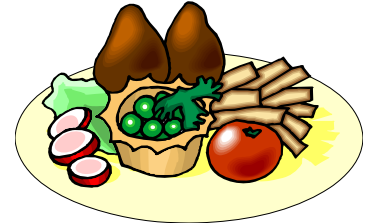


### ◇ Snacks

- Chilled sweet potatoes after they've been baked
- Grapes—cut in half for children less than 4 years old
- Lowfat yogurt
- Potato and plain yogurt
- Apple slices with cinnamon

*For Children Over 4 Years of Age (younger children we don't recommend nuts and peanut butter because of the choking hazard):*

- Celery and peanut butter
- Low salt peanuts or trail-mix
- Carrot sticks
- Salsa and baked corn chips



### ◇ Adding Flavor To Your Food Without Adding Extra Fat

- Herbs and spices
- Low-sodium chicken broth (yummy with rice or broccoli)
- Fruit juice
- Garlic
- Tomato juice
- Lemon juice
- Plain yogurt (as a substitute for sour cream or butter when making mashed potatoes—very tasty!!)

### ◇ Cooking With Less Fat

- **Microwave** vegetables
- **Steam** frozen vegetables
- **Barbecue** meat and vegetables
- **Bake** potatoes, sweet potatoes, squash, and meat
- **Boil** chicken breast with onions
- Use **nonstick** pans and nonstick cooking sprays
- Use **lower fat or fat free** foods in recipes, like evaporated skim milk instead of cream

*\*For more information about your child's nutrition, please contact WIC at (415) 575-5788*

## 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.