



Highlights

FEBRUARY 2008

Message from Dr. Chernof.....



Our mission

is to provide high quality, affordable medical care to all people, especially those uninsured and otherwise underserved, while maintaining a welcoming environment and treating patients with compassion, dignity and respect. We strive to achieve excellence and to maximize the potential of each employee, volunteer, and board member through a respectful and supportive organization.

Many new challenges and therefore many new opportunities have presented themselves in the past month. As examples, SBNC is in the final phase of selecting a new Executive Director. Happily, there are several well qualified candidates. When the choice is made, I intend to be available in any way that I can be helpful to assist in the transition. One very impressive part of this process has been the major contributions made by our HR Committee, Michele Mickiewicz, Kathryn McKee and Roger Heroux, and our interview team including Kathryn, Bonnie Campbell, Neil Sullivan, and Yessenia Marroquin.

benefit SBNC greatly. I have asked Yessenia to join our weekly Administrative Staff meetings. In addition, I will be creating matrix teams to find best solutions to growing our newborn pediatric patient population and to promote more effective after-hours clinic encounters. I believe that everyone in the SBNC family will have a contribution to make. And last but not least, congratulations to our clinic staff for the continued increase in our encounters per month!

This process has led me to conclude that a team approach to our other opportunities will



From the desk of Bonnie Campbell, Director of Development



We have long enjoyed collaborative relationships with many of our community's health care agencies, adding value and access for our patients in a variety of critical areas. With Sansum Clinic that means tests such as cardiology diagnostics, MRI's and CT scans. I am very happy to share with you the story of one philanthropist in our town who gave back so that others might not share his fate. Virgil Elings (think "Elings Park") has given large gifts to local nonprofits for years and has made

lasting contributions to our community. Now Virgil is responsible for potentially saving hundreds of peoples lives though a gift he made to Sansum Clinic that is benefiting our patients. He had a colonoscopy, admittedly much later in life than he should have which uncovered his close brush with death. This experience moved Virgil to find out how many people went without this life saving diagnostic test and found very few low income people could afford a colonoscopy. And he decided to change that.

After first becoming an advocate for his own health, Virgil is now advocating for the health of others by donating \$50,000 to Sansum Clinic by providing colonoscopy screenings to those who qualified in a program administered by Santa Barbara Neighborhood Clinics. In 2008 we will, in partnership with Sansum Clinic, provide 100 colonoscopy screenings for our uninsured and underserved patients. For those who otherwise would not be able to afford this life saving diagnostic test. For those whose lives have probably been saved by the generosity and foresight of Virgil Elings.

On behalf of those who benefit from the care we provide, our Board of Directors, staff, volunteers, and the entire Santa Barbara community, we thank you Virgil and we thank you Sansum Clinic!

**SBNC
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Christy Schuerch, Director Health Promotion.....

*Isla Vista Program Center and
Eastside Program Center*

After a challenging autumn, the IV Program Center is off to a good start with a group of seven Teen Health Advocates and eight Promotores de Salud meeting on a weekly basis at the center.

Our Isla Vista Outreach coordinato Clara Godoy continues to make good progress by reaching out to the local residents and enrolling patients in the Healthy Families/ Healthy Kids programs.

Amalia Del Carmen was newly hired as Administrative Assistant for the ES-HPC and will help continue Julie's work to coordinate the teen health advocates program, assist the anti-tobacco campaign and support general programs.



From the desk of Norma Benitez, Isla Vista Health Program Center Manager

A representative from CenCal HEALTH, The regional Health Authority will be at Isla Vista Health Program Center on

February 26th

6:00 pm.

970 Embarcadero del Mar
Isla Vista 2nd floor.

CenCal Health will be there to explain benefits and answer any questions both in English and Spanish.

This meeting will be open to the public and Babysitting will be available.

For more information please contact the I.V. Health Promotion Center @ 968-1511 ext. 120 or 127.



Mark Your Calendars!.....

You are cordially invited to attend the 10th Annual Saks 5th Avenue Charity Day on March 15th from 10am-6pm! The event commemorates the store opening in March of 1998. On that day, and once each year, Saks 5th Avenue contributes a portion of their proceeds from the day's sales to various charities and once again SBNC has been chosen to be a recipient! Considering how many worthy charities there are operating in Santa Barbara, it is with many thanks

we accept the nomination to be one of the six charities selected. This is a fun all-day event that is catered by The Four Seasons Biltmore and attended by many designers and vendors who showcase their goods for shoppers. Here's how you can show your appreciation...! I am looking for **volunteers** to spend one or two hours at our SBNC table, educating shoppers about SBNC and thanking them for supporting us by their purchases of the

day. You will enjoy the beautiful setting of the store, excellent catered munchies and it might be the first time you had a good reason to visit Saks 5th Avenue! Please email me :bonnie@sbclinics.com if you can help out!





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The Answer's in the Group



If you are struggling with a personal crisis or mental health issue in which you feel misunderstood, unable to

communicate, or totally alone, then group therapy may be an effective treatment option for you. Group therapy is a therapeutic technique that uses small group interaction as a means of changing negative mental and behavioral patterns. Group members are expected to be honest and open in their communication with one another, which is generally done through talking around a theme determined by a professional counselor. Things go slow at first, but once group members trust and bond with each other—look out—you can make big changes in your life, and fast. Ask **SAVE** to help you find an appropriate group to meet your needs.

Developing a Safety Culture



Preventing accidents is more than hanging up a warning poster or avoiding a shortcut that ig-

nores an important safety rule. The safest organizations have a *culture of safety* where employees naturally resist violation of safety practices—a major cause of workplace accidents. You feel personal ownership in maintaining a safe environment and no one needs to remind you to “think safety” because you’re living it. When safe behaviors and thinking safety seem to be on autopilot, you’ve got it.

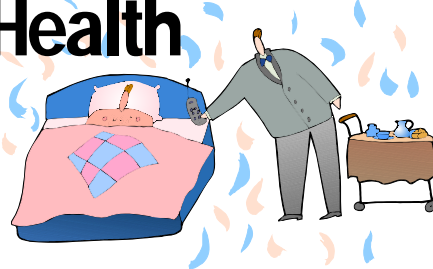
Battling Against Sleep a No Win



If waking up and getting out of bed is a daily “chore,” a tardy arrival at

work usually follows. If there’s no medical problem, a likely cause is an improper attitude toward sleep. Like exercise, you may see sleep as a nagging inconvenience—something getting in your way. You have to sleep, but you wait for it to force itself upon you. Like exercise, you may not incorporate sleep into a routine that allows the necessary amount of time—somewhere between seven and nine hours. Give up the battle against sleep. Make it part of your routine to reap its benefits and avoid the side effects of deprivation.

Being Sick Can Be Bad for Your Health



Too much work stress can affect your

health, but so can no stress. If you are on sick leave for a long period, monitor yourself for depression symptoms and slowly emerging negative thoughts about your self-esteem. Work has huge psychological rewards from social interaction, even with coworkers with whom you sometimes have conflict. You can get a list of depression symptoms from a counselor or health care provider. You may be recovering from a physical illness, but it’s the “whole you” that needs to come back healthy.



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Visit our website: www.sbclinics.com

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Remember to change your clocks
March 9th. One hour ahead!!



Change of Address or Phone numbers
please notify Lupe Montero.
lupemontero@sbclinics.com