

## 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.

.....

For more information, email Bonnie Campbell at [bonnie@sbclinics.com](mailto:bonnie@sbclinics.com) or call 968-1511 ext. 119

## IN THIS ISSUE:

- Health Care Heroes Oct. 5th
- CenCal Awards SBNC
- SBNC Staff Stuff
- Health Promotion Classes

Click here to listen! to KCLU's Lance Orozco interview with Dr. Cynder Sinclair and Robert Galle of Boone Graphics on 8-22-08 — "Economic problems compounding health care crisis"

**Watch Santa Barbara Channel 17 for the hour long SBNC show Running the whole month of September!** *(just click here for scheduled air times)*

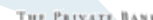
**Message from Bonnie Campbell, Director of Development ... Remember to mark your calendars!**

Our Health Care Heroes 10th Annual Dinner held at the Montecito Country Club, Sunday, October 5th from 6:00-9:00 pm is almost here! Join us in honoring Dr. David Chernof, SBNC Board Chair & Jane Habermann, VNHC Board, as our Heroes for having made significant contributions in our community to healthcare and to our mission to provide it. These two very worthy individuals have been instrumental to our growth and our ability to continue to serve the uninsured and underserved people of Santa Barbara, regardless of their ability to pay.

## Thank You To Our 2008 Sponsors!

The Chairman of the Board	\$25,000	Dr. David Chernof, SBNC Board Chair & Mrs. Chris Provenzano-Chernof
The PhD's of Philanthropy	\$10,000	Lady Leslie Ridley-Tree Montecito Bank & Trust Santa Barbara Bank & Trust
The Health Care Visionaries	\$5,000	St. Francis Foundation Venoco, Inc.
The Candy Striper's	\$3,500	CenCal Health Medical Group Pathology Laboratory Sansum Clinic Visiting Nurse & Hospice Care Wells Fargo

Watch your mailboxes for your personal invitation to our 10th Annual Health Care Heroes Dinner. Please contact me at 968-1511x119 for more information on underwriting opportunities or purchasing tables & tickets to this wonderful event!





*A Message from Board Chair, Dr. David Chernof*

## **SBNC CENCAL AWARD**

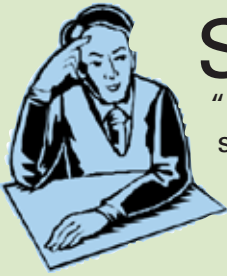
Last month, the Santa Barbara Neighborhood Clinics (SBNC) received the following commendation from CENCAL, the MediCal Managed Care plan for Santa Barbara and San Luis Obispo Counties: “We congratulate you on the highest 2007 performance (in the primary care provider incentive program) and thank you for your many years of devoted service.” SBNC was compared to a total of 69 other provider groups in Santa Barbara County. The following criteria were specifically measured.

- Patient visits
- After hours visits
- Periodic preventive health exams
- Increased access to care
- Hospitalizations
- Pharmacy utilization
- Emergency room visits

The majority of these measures are directly or indirectly related to QUALITY OF CARE. SBNC is immensely pleased with its performance, and is committed to further improvement in the services it provided last year to over 52,000 children and adults including those covered by MediCal, Medicare, Dental programs, the Cancer Detection Program, Diabetes Prevention and Detection, Family Planning, Asthma, and the many uninsured who walk through our doors every day. Congratulations to each and every person of our SBNC Family!

## If You're Stalked

*Wellness, Productivity & You!*



**S**talking is a crime of harassment. It's not a "personal problem" that you should keep quiet about. If you fear someone is stalking you, find out what the law in your state says about stalking and then talk with SAVE and/or human resources representative about the situation. Some organizations include steps for addressing stalking within their workplace violence policies and procedures. Your safety may also require letting the police, coworkers, and workplace security staff know about the threat.

## Nap Time for "Left Brainers"

**S**tudies show that a short 20-minute snooze can stimulate/turn on the right side of your brain.

This is the creative, emotion-laden, and more abstract thinking part of your brain. This can be a great way to kick-start outside-the-box thinking, especially for those who are more leftbrain dominant. Are you a "left brainer"? Left-dominant people tend to be more analytical, structured, linear in their thinking, mathematical, and likely to view things sequentially to understand the whole.



## Be an "Entrepreneur"

for Your Employer

**T**ake an entrepreneurial approach to your job by looking for ways to spearhead the creation of new products, systems, processes, or technology. Keep your eyes open for opportunities, but start with small projects first. Always start by outlining your ideas in a written format. Your initial document should identify all the arguments for or against a proposal. There is no guarantee your employer will accept an innovation, but know this: The missing aspect of most proposals offered by employees involves a lack of details. Including them will advance the possibility of their acceptance. Never let "no" kill your entrepreneurial spirit. Entrepreneurialism is a state of mind. View your potential value to your employer in terms of how you can improve and add value to the organization's mission. This is called "enhancement," and people and organizations are drawn to those who know how to offer it.



**SBNC will be closed  
Monday, September 1st., will be  
observed as a holiday in honor of  
working people.**



# Fall 2008 Classes

Free



## **HEALING BACK PAIN WITH CHIROPRACTIC CARE**

Monday, September 15th, 6:30 – 8:30pm Eastside

Thursday, October 2nd, 6:30 – 8:30pm Isla Vista

(Co-Sponsored by Luis R. Diaz, D. C.)

Monday, November 17th, 6:30 – 8:30pm Eastside

(Co-Sponsored by Santa Barbara City College Adult Education)

## **SELF-ESTEEM**

2 Thursdays, September 18th and 25th, 6:30 – 8:30pm Eastside

(Co-Sponsored by Santa Barbara City College Adult Education)

## **AROMATHERAPY**

2 Thursdays, October 16th and 23rd, 6:30 – 8:30pm Eastside

(Co-Sponsored by Santa Barbara City College Adult Education)

## **STRESS RELIEF AND RELAXATION**

2 Tuesdays, October 28th and November 4th, 6:30 – 8:30pm Eastside

(Co-Sponsored by Santa Barbara City College Adult Education)

## **SMOKING CESSATION**

Ongoing Class Series in English.

Please Call Dotsie Anfenson at 963-8566 x 220

## **DIABETES AND PRE-DIABETES**

English and Spanish

“Eight Steps to Good Health” Nutrition and Diabetes Classes

### **Please Call to pre-register:**

Rebecca Gutierrez, 963-8566 x 223

Eastside Neighborhood Clinic

915 N. Milpas St., 2nd Floor

Jason Antunez, 963-1546

Westside Neighborhood Clinic

628 W. Micheltorena St.

Erika Sierra, 968-1511 x 121

Isla Vista Neighborhood Clinic

970 Embarcadero del Mar, 2nd Floor

For more information call Amalia Del Carmen at 963-8566