

## 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.

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For more information, or to find out about SB Channel 17 air times for an hour-long program about SBNC please email Bonnie Campbell at [bonnie@sbclinics.com](mailto:bonnie@sbclinics.com) or call 968-1511 ext. 119

[www.sbclinics.com](http://www.sbclinics.com)

## Healthcare Heroes a Complete Success!

Our Health Care Heroes 10th Annual Dinner held at the Montecito Country Club, Sunday, October 5th was a complete success thanks to all of our generous supporters! We would like to warmly congratulate Dr. David Chernof, SBNC Board Chair, and Jane Habermann, VNHC Board members, who were this years Heroes. Both have made significant contributions in our community, to healthcare, and especially to SBNC.

SBNC would like to thank everyone who attended the event. All of you are HEROES to the patients we serve! Our "hearts" auction raised more money than in previous years thanks to your generous donations. The evening was a wonderful success, and it was encouraging to see so many of you supporting our mission to provide healthcare for the underserved and uninsured in our community. The event and auction were a complete success thanks to our hostess, Patty Bliss, who gracefully led us through a delightful evening. The staff would also like to give a special thank you to Lady Leslie Ridley-Tree, whose donation of event tickets enabled many of our staff to attend the event, which otherwise would have been unable to attend. Finally, a special thank you to all the volunteers and members of the board who helped make the event successful!



2008 Healthcare Hero,  
Jane Haberman



2008 Healthcare Hero,  
David Chernof, M.D.



Emcee and Volunteer  
Extraordinaire, Patty Bliss

Photos by Kate Rose

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## Thank You Once Again 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

## Cynder Says: Moving Up at SBNC

In an effort to increase efficiency and effectiveness at SBNC and to prepare for a sustainable future, we are strengthening some key functional areas. **Bonnie Campbell**, previously our Director of Development, has been promoted to Deputy Director. Bonnie will continue to supervise our development efforts and will oversee our Health Promotions Department. **Yessenia Maroquin**, previously our senior site manager for the Eastside Neighborhood Clinic, has been promoted to Director of Clinic Operations. She will supervise the three clinic managers and ensure that all clinic operations run smoothly and efficiently. **Paola Santiago**, previously our assistant manager at Eastside, was promoted to Clinic Manager at Eastside. We also welcome **Erica Sierra** into our billing department as she moves from her position in Health Promotions. Greetings also to **Maria Rosas** who joined our billing department, moving from Medical Assistant Trainer at our Isla Vista Neighborhood Clinic. And **Amalia Priego** has been promoted to the position of Health Promotions Coordinator. Please join me in congratulating these team members on their promotion and in thanking them for their extraordinary service to SBNC! We are looking forward to a bright future as we continue to build a strong infrastructure and plan strategically for increased sustainability to better serve our patients and our community. We also bid a fond farewell to **Dotsie Anfenson** who served us so faithfully as our Smoking Cessation Coordinator. We thank her for her good work here and we wish her well in her next adventure.

— **Cynder Sinclair, DM**  
**Executive Director**

## Eileen Bunning

Santa Barbara Neighborhood Clinics (SBNC) Board of Directors is pleased to welcome our newest member, Eileen Bunning! Eileen joined the SBNC Board of Directors on September 24, 2008 and then presented at our 10th Annual Health Care Heroes Dinner, where the happy news was announced.

Eileen has been in the health care field for over 50 years, she currently serves as the President and CEO of Visiting Nurse and Hospice Care of Santa Barbara a position she has held since 2001. Under her direction the organization has tripled in revenue growth and persons served. Throughout her career, Eileen has spoken and taught on end-of-life issues and continues to be passionate about bringing quality care to our seniors and persons with a life threatening prognosis.

Eileen is a registered nurse with a Bachelors in Health Care Administration and Masters in Psychology. Prior to coming to Santa Barbara she was the hospice operations manager for Sutter Health in San Francisco overseeing 5 programs around the bay area.

Currently, Eileen serves on several boards of directors and board committees including: Santa Barbara Chamber of Commerce, Board of Adventures in Caring, Adult & Aging Network of Santa Barbara County, California Association for Health Services at Home, City College Advisory Board for Nursing, Professional Advisory Board for Cen Cal, Rotary International, and is Co-Chair for the Non-Profit Division for United Way. In 2007 she was honored by the SB Chamber of Commerce with the Betty Hatch Award for Women and Entrepreneurs.





## Sponsor Spotlight: Sansum Clinic

The Sansum Clinic is a nonprofit, dedicated for over 85 years to providing “excellence in comprehensive health care through teamwork, community collaboration research, and education.” Sansum is the largest healthcare provider in the Central Coast offering over 30 medical specialties in addition to general care for their 150,000 patients in the area. Valuing “compassionate care”, Sansum has received numerous awards for their Quality of Care from Blue Shield, Health Net, and Blue Cross, and has been recognized as Business of the Year by the Santa Barbara Chamber of Commerce.

In May 2008, Sansum Clinic was the **first** sponsor to support SBNC’s Healthcare Heroes giving \$3,500 for the event. That is just a small portion of the phenomenal support Sansum provides. Through collaborative work Sansum donates over \$200,000 annually to SBNC through valuable in-kind services! Executive Director, Cynder Sinclair concurs, “Sansum Clinic is a highly valued partner of SBNC. We appreciate so much their support of our work with the underserved and uninsured in our community. They provide such valuable service for us and for our patients.”

It would be impossible to recognize all the support and efforts Sansum staff and supporters have given to SBNC. We are truly honored to be partnered with such a supportive organization like Sansum. There are no words to express how grateful SBNC is for all the efforts and support Sansum has invested in our organization. On behalf of those who benefit from the care we provide, our Board of Directors, staff, volunteers, and the entire Santa Barbara community, **THANK YOU SANSUM!**



## Did you hear?

One of our recent additions to staff, HIV Counselor at Westside Clinic, Javier Ortega, gave an amazing radio appearance on Radio Lazer! On September 21, 2008, Javier reached out to the Latino community promoting our HIV/HepC Program. This was a superb opportunity to inform our community that SBNC offers confidential, rapid response HIV testing now. We are thankful to Radio Lazer for offering this opportunity and their air time for the interview for free! We have included a direct link to the radio station from our homepage, and urge you to take a look and a listen!



## Human Resource . . . Lupe Montero, HR Director



There's nothing wrong with forming friendships at work as long as you are aware of the hazards of mixing business with pleasure. Most of us have relationships at work characterized by mutual focus on helping each other achieve work goals and objectives. If you decide to change this venue and socialize outside work, you move to a different plane where everyone is on equal footing. This can interfere with the effective workplace relationships you depend on. Fair or not, there are time-tested rules and observations about socializing with coworkers: 1) You will be judged by whom you choose to socialize with. 2) If you need to blow off steam, do it with friends who work somewhere else. 3) Maintain a firm line between professional and personal. 4) Try to limit your work relationships to people in your own peer group in order to avoid conflicts of interest. 5) While at work, maintain professional awareness to put business first even as you enjoy coworkers, experience humor, and have fun on the job in moderation.



**Fall Means  
Daylight Saving  
Time Ends:  
Remember to  
Fall Back!  
November 2nd.**

Relationships at work are one of your most valuable resources. So when problems emerge with one of them and you're losing sleep, feeling angry, or building resentments, it's time for a fix. Here's how: Make a call to your coworker and ask for time to sit down and discuss your mutual point of conflict. Plan a meeting in a place where you both will feel comfortable and relaxed, and where you will not be interrupted. Give yourselves enough time to discuss issues. Before starting, take a minute to discuss your goal—what you will gain from resolution of the conflict. Be sure to discuss how not having the conflict on your minds will reduce tension and help you both feel better. This creates a "teaming" effect for your meeting. Now, talk it out. Watch for any statement or gesture made by your coworker that demonstrates conciliation or positive contribution to the discussion, and acknowledge it. By using this process, you will eventually arrive at an agreement or understanding that advances your relationship. Agree not to let a "tree" grow between you and your coworker if new problems emerge in the future by promising to meet early to resolve differences.





## ***Isla Vista Clinic Gets a Facelift!***

If you have not been to the Isla Vista clinic in the past month you have not seen the amazing transformation! Thanks to **Fernando Pena** who organized staff to volunteer their weekend to spruce up the clinic. Thanks also to the staff that volunteered **Leigh Belford, Joel Tovar, Scotti Warren, and Dan Mizrahi** you are an inspiration for all of us here! Thank you for going above and beyond to make the patients feel more comfortable. We would also like to thank the amazing volunteers that helped on this project, **Nick Castiglioni, Arthur Chavez, and Natalia Svircic** for their time and efforts! Check out these photos of our wonderful volunteers hard at work!!





# Fall 2008 Classes

## WHAT YOU NEED TO KNOW ABOUT THE FLU BEFORE YOUR FIRST ACHOO!

Healthcare workers are an occupational group that needs to get an annual flu shot in order to protect themselves, their patients and their families. SBNC has purchased vials of vaccine for ALL our employees. It is vital that all staff working directly with patients receive one to protect themselves from influenza. Remember, if we are sick our patients will get sick!!!

### Guidelines For 2008-09 Influenza Season California Department of Health Services —Immunization Branch

- Persons at high risk for influenza-related complications and severe disease, including
- all children aged 6 months–4 years (59 months);
- all persons aged >50 years;
- children and adolescents (aged 6 months–18 years) who are receiving long-term aspirin therapy and who might be at risk for experiencing Reye syndrome after influenza virus infection;
- women who will be pregnant during the influenza season;
- adults and children who have chronic pulmonary (including asthma), cardiovascular (except hypertension), renal, hepatic, hematological, or metabolic disorders (including diabetes mellitus);
- adults and children who have immunosuppression (including immunosuppression caused by medications or by HIV);
- adults and children who have any condition (e.g., cognitive dysfunction, spinal cord injuries, seizure disorders, or other neuromuscular disorders) that can compromise respiratory function or the handling of respiratory secretions or that can increase the risk for aspiration; and
- Persons who live with or care for persons at high risk, including
- Healthcare Personnel;
- Healthy household contacts (including children) and caregivers of children aged <59 months (i.e., aged <5 years) and adults aged >50 years; and
- Healthy household contacts (including children) and caregivers of persons with medical conditions that put them at higher risk for severe complications from influenza.

## HEALING BACK PAIN WITH CHIROPRACTIC CARE

Monday, November 17th, 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)*

*Jason Antunez, 963-1546 (Westside)*

*Erika Sierra, 968-1511 x 121 (Isla Vista)*

With our fabulous Tobacco Cessation Counselor departing at the end of October, here is one of her many success stories in helping smokers become non-smokers:

One of the clients Dotsie helped to become a non-smoker shared with her that quitting smoking was the key for him to then overcome an addiction to prescription and illicit pain medication. Previously an MD he saw for a significant health concern cut his visit short when he mentioned his addiction to narcotics and told him to “just check into a rehab somewhere.” He felt dismissed and rejected by this. This was already his second attempt at rehab, and he was losing hope. He attended the Smoking Cessation Class at the ES HPC. As she assisted him to quit smoking, Dotsie spoke with him about his other addiction and referred him to a detox specialist she knew. He is proud to share that he is now a nonsmoker for 14 mos and off of the narcotics for almost 1 year. He continues to attend relapse prevention with Dotsie every Tuesday, where he tells his story, and he says that if he hadn’t found someone he trusted in Dotsie, he would likely still be abusing both cigarettes and narcotics today.

We’ll miss you, Dotsie!