



February 2009

www.sbclinics.com



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.

In This Issue:

- ◆ Goodbye Michele
- ◆ Cynder Says...
- ◆ Sponsor Spotlight
- ◆ "A Hero in Healthcare"
- ◆ Welcome Gina!
- ◆ HPC Success Story!

For more information about our work, or to receive an informational DVD about our clinics please contact Bonnie Campbell at Bonnie@sbclinics.com or (805) 968-1511 ext. 119.

Farwell to Board Member Michele Mickiewicz

Michele Mickiewicz, MPH has been a part of the SBNC Executive Board since 1998 serving as Vice-President since 2000. Michele obtained her Master's Degree in Public Health from the University of Michigan. As the Deputy Director of the Santa Barbara County Public Health Department, Michele has over 20 years Experience in Public Health programs including drug and alcohol prevention and prenatal substance abuse programs. Currently, Michele manages the Tobacco Settlement Program and acts as the internal consultant in the department's organizational effectiveness efforts.

The Board of Directors of the Santa Barbara Neighborhood Clinics would like to commend Michele Mickiewicz, MPH for her eleven years of service to SBNC. Michele has served with high distinction as a major force in our three clinic merger which resulted in the creation of SBNC, then as a Board Member and, for the past nine years, Vice Chair of the Board. In addition she has served as Chair of the SBNC Human Relations Committee for many years.

Throughout her tenure, she has provided wise and steadfast counsel, helping to shape the progress of SBNC from 3 small part time medical clinics to 3 full time neighborhood medical clinics, a dental clinic and 2 health program centers, together providing over 64, 000 visits in 2008.

On behalf of the Board and staff of SBNC, the patients that SBNC has served, and the entire Santa Barbara community, we would like to commend Michele for all her contributions. We would not be where we are today if not for your efforts, Thank you Michele!



Cynder Says...

As you well know, employer-based coverage has declined in recent years, both within California and nationally. On average, every Californian saw an 8% increase in the cost of employer-based health insurance in 2007. Even if coverage is available through employers, many low-wage workers and even some lower middle-class employees find it difficult to afford health coverage, especially dependent coverage. 763,000 California children are uninsured, of which 71% come from working families. Recent studies also show that almost half of all families are skipping prescription medication and cutting back or postponing medical attention because they cannot afford the cost of care.

Santa Barbara Neighborhood Clinics is developing a **Health Access Task Force** to increase access to healthcare coverage and education for the working poor, small business owners and their employees, nonprofit organizations and self-employed individuals.

Despite the incredible number of patients receiving care at SBNC, there is still a very large population in Santa Barbara County that receives little attention within health policy and programs. This vulnerable population is the large group of low-wage service and agricultural workers. In addition, small business owned operations, non-profit organizations and self-employed individuals need to learn that SBNC is here to help them. Please give me a call to see how you can help!



Cynder Sinclair, D.M.
Executive Director
(805) 968-1511 Ext. 105



Sponsor Spotlight

Five years ago Meredith Scott and Carol Palladini were inspired by the idea of creating an organization that could combine resources of local philanthropic women and grant worthy organizations to make a positive difference in the community. The idea took off within the first year, raising over \$100,000 from the Santa Barbara community. Since 2004, the Women's Fund of Santa Barbara has given nearly \$2.2 million to 28 nonprofit projects that benefit thousands of women, children and families within the greater Santa Barbara area. The Women's Fund has committed itself to granting at least 95% of the funds received.



The Women's Fund of Santa Barbara has been an instrumental sponsor of the Santa Barbara Neighborhood Clinics. In 2004 the Women's Fund of Santa Barbara granted \$105,000 to SBNC's Eastside Family Dental Clinic Capital Campaign.



This February, The Women's Fund graciously awarded SBNC another grant to upgrade our computer systems and data gathering ability. The generosity of the Women's Fund is appreciated by everyone at SBNC and we are honored to be the only organization in the grant's history to receive two awards. Thank you Women's Fund of Santa Barbara for providing health-care to Santa Barbara women, family, and children.



Dennis Feeley: Serving SBNC for 30 years!

SBNC is honored to have the services of Dennis Feeley, our Director of HIV/AIDS Services. Dennis brings with him over 43 years in the healthcare field. Beginning his career in the United States Navy as a Certified Hospital Corpsman, Dennis went on to earn a Master's Degree from Western Kentucky University in Psychology emphasizing in Clinical psychology.

Dennis came to the Isla Vista Clinic in 1978 and worked as the Counseling Director. In this position Dennis developed several specialized programs that focused on education and preventative care; the HIV/ADP Outreach, Hepatitis C, Prenatal Counseling, HIV/AIDS Testing at UCSB, Sexual Health Education were invaluable in the Santa Barbara community. Additionally, he developed outreach programs aimed at helping injection drug users, and prostitutes in the Santa Barbara area.

In 2003, Dennis was chosen by the County of Santa Barbara as Public Health Professional of the year. Today, Dennis oversees all three SBNC clinic locations as the Director of HIV/AIDS Services. He works closely with several shelters and substance abuse programs to bring free HIV/Hep C testing to all of Santa Barbara, and he is always enthused to talk about his latest projects. Dennis is just about one of the friendliest people you could ever meet, he is passionate about his work, and has a charismatic persona that gives all of SBNC's patients the kind of compassion and understanding they deserve. Thank you Dennis for 30 years of wonderful service!



Welcome to SBNC Gina Carbajal!

It is with great pleasure that SBNC welcomes our new Director of Health Promotion, Gina Carbajal. A local graduate of UCSB in Chicano Studies and Sociology, Gina has worked for the Community Action Commission of Santa Barbara as a Health Services Supervisor and as a Regional Program Manager. Most recently, Gina worked for Girls Inc. of Santa Barbara as the Outreach and Teen Program Director.

Gina brings with her to SBNC over twenty years of experience working for local non-profits. Gina has dedicated her work to providing quality health and social services to low-income children, teens, and families of diverse backgrounds. Deputy Director, Bonnie Campbell enthusiastically adds, "she brings many years of health management experience with her as a reviewer and consultant for the Federal Head Start Bureau, where she was instrumental in implementation of nationwide compliance of Federal Head Start Performance Standards."

[Welcome to the SBNC family, Gina!](#)

A Health Promotion Department Success Story

In January, a woman walked into the Eastside Health Program Center to ask for information on health insurance for her nine-year-old son. She was not aware of the Healthy Families insurance coverage for children, funded by federal and state dollars. I set up an appointment for her and I explained to her about Healthy Families, she mentioned that her sister-in-law has three kids with no health insurance, and she asked me for a list of the documents her sister-in-law would need to apply.

That same day afternoon her sister-in-law called me to set up an appointment. While I was enrolling her children – ages 12, 14 and 15 – she said that she didn't know about Healthy Families all these years. She only knew about Medi-Cal – which has much stricter income limitations to qualify – and they did not qualify because her husband's income was too high.

As I asked the application questions about her kid's health, I also asked her about where she goes to have her pap smear and breast exam. She said that she was thinking about it, because she had a breast removed due to cancer, but has recently been having pain there and can't work because of it. Our Cancer Detection Program (CDP) Coordinator Carmen Madrigal was available, so she asked her some questions too. The woman laughed about being helped by two people at the same time and said we "made her feel like she was a very important person".

In the end, her 3 kids were enrolled in Healthy Families, she received the information she needed about programs to help with her breast health concerns, and her sister-in-law's child was covered by Healthy Families. She also shared with me what excellent service and care she has received from **Westside Neighborhood Clinic Manager Araceli Alvarado!**

Helping people in these ways is what I love most about my job, and this is just one example of the many people we help every day at Santa Barbara Neighborhood Clinics! I am so grateful for all those who donate to SBNC to make these services available to families like this one.

Sincerely,

*Amalia Priego, HPC Coordinator
Eastside Neighborhood Clinic*

Winter 2009 Classes

Co-Sponsored events with Santa Barbara City College Adult Education

MANAGING ARTHRITIS PAIN

February 2nd and 9th, 6:30 – 8:30pm,
Eastside

February 23rd and March 2nd, 6:30 – 8:30pm,
Isla Vista Youth Projects

SPEAKING POSITIVELY WITH FAMILY AND FRIENDS

February 19th and 26th, 6:30 – 8:30pm,
Eastside

STRESS RELIEF AND RELAXATION

March 3rd, 10th and 24th, 6:30 – 8:30pm,
Eastside

Ongoing SBNC Classes

SMOKING CESSATION

Monthly class series in English
Please call 963-8566

DIABETES AND PRE-DIABETES

Ongoing classes in English and Spanish
Please call 451-3768

**For More Information
on any of the
programs offered by
the Health Program
Center, please contact
Amalia Priego at
963 – 8566**