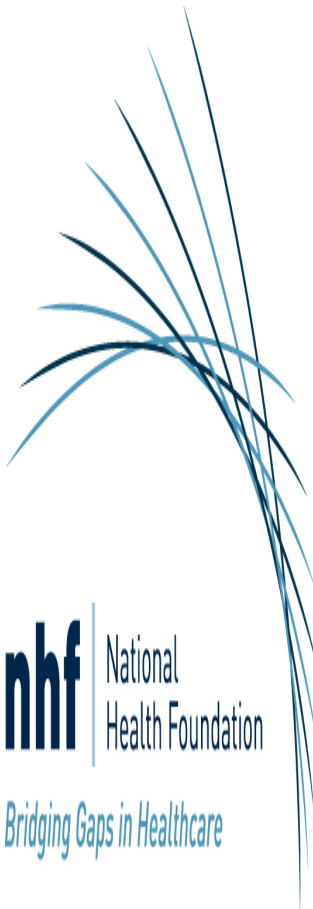


# CHAMP-Net News

November 1, 2011 | Volume 5, Issue 10



CHAMP-Net is a program of the National Health Foundation (NHF).



**nhf** | National Health Foundation

*Bridging Gaps in Healthcare*

Click [here](#) to visit NHF's website.

Hello CHAMPers!

This November let's begin this holiday season right by helping the CHAMP team to highlight American Diabetes Month- a time to communicate the seriousness of diabetes and the importance of diabetes prevention and control.

Today, nearly 26 million children and adults in the United States live with diabetes and another 79 million have pre-diabetes and are at risk in developing type 2 diabetes. By 2050 it is estimated that one out of every three Americans will have diabetes, not to mention that every two out of three people currently living with diabetes die from heart disease or stroke. Diabetes is also the leading cause of kidney failure and new cases of blindness amongst adults.

Diabetes is a serious disease that in some cases can be prevented by leading a healthier life, watching one's diet and exercising. Let's join together with the [American Diabetes Association](#) to stop diabetes this month with weekly spotlights on diabetes's prevention every week of the month of November:

- **Week 1: Fighting for the Future-** Give a voice to those denied their rights because of diabetes and fighting for diabetes funding.
- **Week 2: Impacting Communities-** Building relationships around the county to empower people to take control.
- **Week 3: Celebrating Health-** Recognizing courageous people who have overcome the obstacle of living with diabetes and places that have helped them.
- **Week 4 & 5: Commitment to a Cure-** Spotlight the importance of research taking place that will lead us toward an eventual cure.

For more information please visit the [American Diabetes Association website](#), visit their [Facebook](#) page, call 1-800-DIABETES, or text JOIN to 69866 (standard date and message rates apply) to take this action to Stop Diabetes!

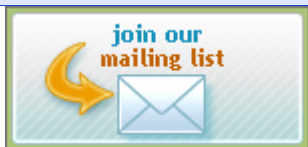
[Important Links/Information](#)  
*November 2011*

[2011-2012 Federal Income Guidelines \(FIG\)](#)

[IMPORTANT INFORMATION FOR MEDICAL SENIORS & PEOPLE WITH DISABILITIES](#)

[November 2011 CHAMP Training Schedule](#)

[Healthcare Program Options in Los Angeles County](#)



Have a question/comment regarding CHAMP-Net or CHAMP-Net News? Please share your suggestions by contacting the CHAMP team at [askthetrainers@champ-net.org](mailto:askthetrainers@champ-net.org) or 213.538.0774. We look forward to hearing from you!

[Quick Links](#)

[CHAMP-Net](#)

[Previous Newsletters](#)

[Ask The Trainers](#)

*Spotlight on:*

[NHF Program: Heart HELP Program Completes](#)

In this month's issue of CHAMP-Net News, we highlight many more important topics of interest to health advocates including:

- [News & Events](#)
  - Latinos Better Health/Better Life
  - Health & Nutrition Office-Watts Farmers' Market
- [Healthcare Program Update](#)
  - Kaiser Permanente Child Health Plan Reopened in Southern California
  - Social Security Announces 3.6% Benefit Increase for 2012
- [CHAMP-Net's Tip of the Month](#) - Flu Vaccines
- [Ask the Trainer Question](#)
- [CHAMP Training](#) - CHAMP Children's Training
- [CHAMP-Net's County of the Month](#) - Ventura

Best,  
Sonia Gándara, Program & Education Specialist

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## News and Events

### [Latinos Better Health/ Better Life](#)

Please join the city of Pasadena in a festival spotlighting the Cycle of Life: Body-Mind-Spirit. Health workshops and health clinics and screening for adults and children will be held providing mammograms, flu shots, HIV testing, vision screening, and many more. Lunch and childcare (children ages 4-12) will be provided with pre-registration. For more information please [click](#) here.

Date: November 5, 2011  
Time: 8:00 am to 3:00 pm  
Location: 363 E. Villa Street, Pasadena, CA 91101

### [Health & Nutrition Mobile Office - Watts Farmers' Market](#)

Los Angeles residents are invited to join the Department of Public Social Services in their efforts to create a better and healthier Los Angeles with their Health & Nutrition Mobile Services-Watts Farmers' Market. Eligibility workers will be taking CalFRESH and Medi-Cal applications on site and the importance of healthy eating will be emphasized.

Date: November 19, 2011  
Time: 10:00 am to 2:00 pm  
Location: 103rd and Central, Los Angeles, CA 90002

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## Its Second Year

*Each month CHAMP-Net News highlights a current NHF project*

September 1, 2011 marks the second year of the Los Angeles Chronic Disease Management Consortium's (CDMC) Heart Healthy Eating Lifestyle Program (Heart HELP). Heart HELP is a community based program that addresses the needs of low-income ethnically diverse populations to reduce risk, delay onset, and/or reduce progression of cardiovascular disease (CVD). Generous funding from the Good Hope Medical Foundation & Watts Health Foundation has enabled California Hospital Medical Center, Huntington Memorial Hospital and Good Samaritan Hospital in partnership with National Health Foundation to offer this program to patients and community members free of charge for the duration of three years.

Over the last two years, Heart HELP partners have enrolled over 1,000 individuals into the program of which 847 individuals have completed the program. Hospitals have collectively conducted 703 Heart HELP classes in Spanish and English. Favorable and impressive outcomes have been achieved by the program to-date. Current data shows that at the end of the program, 78% of participants increased their fruit and vegetable consumption and approximately 40% of participants that started the program with above normal blood pressure reduced their blood pressure by one or more categories by the end

## Healthcare Coverage Program Update

### Kaiser Permanente Child Health Plan Reopened in Southern California

KPCHP has reopened temporarily to new enrollment in Los Angeles, Orange, and San Diego Counties. For detailed information please read the [KPCHP CHAMP Net Alert](#) or the official [Kaiser Permanente and Social Interest Solutions announcement.](#)

For eligibility and frequently asked question regarding the guidelines of admission please click [here](#). For more details on KPCHP Membership Coverage information please click [here](#).

### Social Security Announces 3.6% Benefit Increase for 2012

Social Security and Supplemental Security Income will have a 3.6% cost of living adjustment (COLA) beginning January of 2012. The first increased payment to more than 8 million SSI beneficiaries will begin on December 30, 2011.

Other changes that will take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$110,100 from \$106,800. Of the estimated 161 million workers who will pay Social Security taxes in 2012, about 10 million will pay higher taxes as a result of the increase in the taxable maximum.

For more information on Medicare changes for 2012 please visit [www.Medicare.gov](http://www.Medicare.gov). To see details about the 2012 Social Security Changes please click [here](#) and to read more about the cost of living adjustment (COLA) please click [here](#).

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## CHAMP-Net's Tip of the Month: Flu Vaccines

The Los Angeles County Department of Public Health is offering flu vaccines at no charge to people who don't have health insurance or whose healthcare provider does not offer flu vaccines. If a person has health insurance, they will need to contact their regular health care provider or insurance provider.

The flu is a contagious respiratory illness caused by influenza viruses. In the United States, influenza is associated with approximately 36,000 deaths and 200,000 hospitalizations each year. If diagnosed within two days of illness, anti-viral medication may be prescribed to treat influenza (note that

of the program. Program partners will continue to work toward reaching outcome targets during the third and last year of the program. A comprehensive final program report will be released in 2012.

For more information on Heart HELP, please contact Mia Arias, Program Director at [marias@nhfca.org](mailto:marias@nhfca.org)

antibiotics will not work as influenza is caused by a virus and antibiotics are only useful for diseases caused by bacteria).

A flu vaccine is recommended to all persons 6 months of age and over, including healthy adults. It is especially important to get a flu vaccine if you are:

- 6 months through 18 years of age
- 50 years and older
- Pregnant or just had a baby
- Morbidly obese
- Living in a nursing home or long-term care home
- Living with a weakened immune system or chronic medical condition (diabetes, heart or lung disease)
- Living with or caring for someone who is more likely to have flu complications
- A healthcare provider

Discussing with your clients the importance of the flu vaccine will go a long way in keeping our communities healthy this winter. In addition, talk to families about practicing good health habits such as hand washing and covering your nose and mouth when coughing or sneezing to help prevent the spread of influenza.

Click [here](#) to learn where families can get a flu vaccine at no charge near them. You can also find an influenza vaccination clinic by zip code [here](#). For more information on the Immunization Program, visit the Los Angeles county Department of Public Health at [www.publichealth.lacounty.gov](http://www.publichealth.lacounty.gov).

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## Ask The Trainer Question of the Month

*Dear Trainer,*

*I am a CAA and recently assisted a family with the joint Medi-Cal and Healthy Families application. They had most sections completed and I assisted them briefly with three questions that they were not clear on. Should I complete the CAA portion of the application as I only briefly assisted the family?*

*Sincerely,*

*Jesse*

Dear Jesse,

Yes; as a Certified Application Assistor (CAA) any time you assist a family with an application, whether it's for the entire

application or only with a few questions, you must always fill out the bottom portion of the application with ALL CAA information (name, CAA number, Enrollment Entity number and signature with the date). Failure to fill out and/or complete the CAA information may cause delays in processing and enrollment for any children and family members on the application. To prevent this from occurring, remember to always include your information any time you assist a family and make sure all sections are complete.

Hope this helps,

The CHAMP Team

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## CHAMP Training: CHAMP Children's Training

Want to learn more about no- and low-cost health insurance programs available to children? Or simply want a refresher on programs for children and any changes made to eligibility and program benefits within this year? The CHAMP Children's Training provides fundamental information on public and private healthcare coverage programs available for children and pregnant women (i.e. Medi-Cal, Healthy Families, Healthy Kids, Kaiser Permanente Child Health Plan, AIM, CHDP, CCS, etc.). Participants will learn how to educate families on program options, calculate family size and family income which is essential to screening families for program eligibility. Information covered will ensure effective outreach and enrollment activities.

If you would like to participate in or host a CHAMP Children's Training please contact Tricia Fitzgerald at (213) 538-0778 or [tfitzgerald@nhfca.org](mailto:tfitzgerald@nhfca.org).

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## CHAMP-Net's County of the Month: Ventura County

The Ventura County Department of Public Health promotes and protects the health of all county residents and visitors in service of the well-being of the community.

The following Ventura County programs are available to county residents:

**Access Coverage Enrollment (ACE) Program for Adults** provides comprehensive outpatient and inpatient services including specialty care for Ventura County residents. To qualify, adults must be U.S. Citizens or Lawful Permanent

Residents, be between the ages of 19 and 64 years old, not enrolled in Medi-Cal, AIM, or any other type of insurance coverage, income must be at or below 200% of the FIG, and must not be pregnant. The program covers care at county hospitals and clinics, as well as Clinicas del Camino Real medical centers, where enrollees can receive dental care.

For more information on how to apply or for an application please click [here](#). For any additional questions please call ACE Programs for Adults at 805-981-5070.

**Self Pay Discount Program** is available to Ventura County residents that are in need of healthcare regardless of their ability to pay. For residents who are not eligible for other programs, the Ventura County Health Care Agency offers the Self-Pay Discount Program if their income is at or below 700% of the FIG. For more information on the Self Pay Discount please click [here](#) or to view the program policy click [here](#).

**California Children's Services (CCS)** provides children with eligible medical conditions diagnosis, treatment services, medical case management, and physical and occupational therapy services. These services are for children from birth to 21 years of age and for children who are suspected of having a medically eligible condition.

For more information on eligibility, how to apply, and for application please click [here](#). To speak to someone over the phone call 805-981-5281.

**Child Health and Disability Prevention Program (CHDP)** offers free regular health and dental check-ups and immunizations for children with Medi-Cal (0-21 years) and for children of low to middle income families (0-19 years). CHDP helps families who do not have Medi-Cal treat and pay for services needed during and as a result of the check-up. For more information call 805-981-5291 or visit the CHDP Ventura County [webpage](#).

**Childhood & Teen Vaccinations** are quickly changes and important to stay on top of. That is why Ventura County residents have immunization clinics at their disposal to get the newly required Whooping Cough Shot for all 7th-12th graders. To locate an immunization clinic or for more information please call 805-981-5211 or to make an appointment please call 805-981-5221.

**Healthcare for the Homeless-** Medical professionals provide health assessment, diagnosis and treatment for homeless or transitionally homeless persons at various community sites on a regular schedule. Clinics providing services for people who are homeless are held at both Public Health and Ambulatory

Care locations across the County. For more information, call (805) 652-6694.

Walk-in Services:

**Fillmore:**

[Fillmore Family Medical Urgent Care Clinic](#)  
828 Ventura Street, 805-524-8604

**Oxnard:**

[Las Islas Urgent Care Clinic](#)  
325 Channel Islands Blvd, 805-483-0198

[Magnolia Urgent Care](#)

2240 E. Gonzales Road, 805-981-5181

Oxnard One Stop Clinic at Community Action of Ventura County on Wednesdays, 8:30-11:30AM  
921 Richmond Avenue, 805-652-6694

**Ventura:**

One-Stop Center at Ventura Public Health on Tuesdays, 10AM to 1PM  
3147 Loma Vista Road, 805-652-6694

[West Ventura Urgent Care](#)

133 W. Santa Clara Street, 805-641-5620

**Simi Valley:**

[Sierra Vista Urgent Care](#)  
1227 E. Los Angeles Ave, 805-520-3248

The Children's Public Health Services & Resources are filled with support groups, preventative programs, and healthcare program that service all Ventura County residents. Please visit their [website](#) for more information.

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NHF is an independent, charitable, tax-exempt 501(c)(3) corporation dedicated to improving and enhancing the healthcare of the underserved by developing and supporting innovative programs that 1) can become independently viable, 2) provide systemic solutions to gaps in healthcare access and delivery and that 3) have the potential to be replicated nationally.