

# CHAMP-Net News

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



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*November 2010*

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Hello CHAMPers!

Please let me begin by introducing myself; my name is Sonia Gandara and I am the newest addition to the CHAMP team and to the National Health Foundation as a Program and Education Specialist. As a recent member, I have leaped head first into CHAMP with community meetings, conferences, and trainings. It has been motivating to meet and observe all of the community members and their efforts in working with communities with the greatest need for healthcare access. My goal will be to offer community advocates training, updated information, and of course, my help and support to facilitate the enrollment of uninsured families into health coverage programs that will ensure healthcare accessibility.

As we join in celebrating the holiday season this November, please join the CHAMP team in focusing on [American Diabetes Month](#). According to the [American Diabetes Month 2010 Fact Sheet](#), there are 24 million children and adults living with diabetes today and an additional 57 million Americans at risk. Being aware of hereditary conditions and communicating with your family the importance of routine medical check-ups can prevent or identify conditions like Diabetes. We can all help in the fight against diabetes by getting families insured and accessing benefits!

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

- [News & Events](#)
  - Health Fair - Community Health Improvement
  - Free Health Screenings for Los Angeles City Residents
- [CHAMP-Net's Tip of the Month](#) - Keep Healthy by Getting Your Flu Shots!
- [Ask the Trainer Question](#)
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- [CHAMP-Net's County of the Month](#) - Sonoma

Best,

Sonia Gandara, Program & Education Specialist

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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](#)

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*Spotlight on:  
**[NHF works with The HSC  
Foundation on Caregiver  
Issues](#)**  
Each month CHAMP-Net  
News highlights a  
current NHF project.*

There is a group of caregivers who face unusual circumstances which create barriers to their participation in mainstream caregiver services and research. Some of those barriers include no access to telephone or Internet services; cultural traditions that inhibit them from self-identifying as a

## News and Events

### Health Fair- Community Health Improvement

Sponsored by Providence-Center for Community Health Improvement, the fair will provide screening services for one's health. The community will also receive health information to foster healthy lifestyles.

Location: St. Patrick's Church, 6153 Cahuenga Blvd., North Hollywood, CA 91605

Date: November 7, 2010

Time: 9:00 a.m. - 3:00 p.m.

For more information, please contact Miriam Hernandez at 818.847.3983. or Hilda Lopez at 818.847-3908.

### Free Health Screenings for LA City Residents

FamilySource -Cypress Park is hosting free Health Screenings for Los Angeles residents that have low to moderate income. The Cypress Park FamilySource Center has partnered with Arroyo Vista Family Health Center to provide: Vision Screenings, Hearing Tests, Blood Pressure Checks, Height/Weight, and HIN1 Vaccines (limited to availability). The FamilySource Center - Cypress Park is a one-stop community resource hub offering *FREE* services and programs for Los Angeles city residents to help improve family and individual income and youth academic success. Please provide your proof of address, income and photo identification.

Location: FamilySource Center - Cypress Park, 929 Cypress Ave. Los Angeles, CA. 90065

Dates: November 18th 2010

Time: 9:30 a.m. - 12:00 p.m.

For more information please call 323-226-1682 or Arroyo Vista Family Health Center 323-987-2028.

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## CHAMP-Net's Tip of the Month: Keep Healthy by Getting Your Flu Shots!

This month, many of us will travel to be close to family, friends and loved ones to celebrate the holidays. However, it is usually during this season when outbreaks of influenza or what is more commonly known as the "flu" normally occurs. As such, the CHAMP Team would like to remind you that a good way to prepare is to take some extra care in keeping healthy. According to the Los Angeles County Department of Public Health, flu vaccines are recommended for everyone six months of age and older, including healthy adults. It is especially recommended that you get a flu vaccine if you are:

caregiver; and the demand of unexpected caregiving roles for populations such as wounded veterans. In order to better understand these overlooked caregivers, The HSC Foundation, NHF and the MayaTech Corporation turned to community-based service organizations that are not traditionally considered caregiving groups. Together, these partners hosted a series of listening sessions to get a better sense of these caregivers' unique issues and unmet needs, and highlight issues that are not necessarily present in the mainstream. The following report presents a summary of lessons learned during these listening sessions. To access this report, please visit click [here](#).

For more information, please contact Danielle Cameron, Director of National Development at [dcameron@nhfca.org](mailto:dcameron@nhfca.org).

- 6 months of age through 18 years of age
- 50 years or older
- Pregnant or just had a baby
- A healthcare provider
- Morbidly obese
- Living in a nursing home or other long-term care home
- Living with a weakened immune system or chronic medical condition (like diabetes, heart or lung disease)
- Living with or caring for someone:
  - Under 5 years old
  - 50 years of age or older
  - With a chronic medical condition

By protecting yourself, you are also protecting others around you from what could be a life-threatening illness. Let's all work together to make this flu season as healthy and safe as possible for everyone!

Please click [here](#) for a detailed list of clinics where you can get a *FREE* flu shot! For additional information, please visit the [Los Angeles County Department of Public Health website](#).

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## Ask The Trainer Question of the Month

*Dear Trainer,*

I need assistance with the joint Medi-Cal & Healthy Families application but don't know where to go or who to call. Can you help?

*Sincerely,*

*Jesse*

Hi Jesse,

There are several contracted agencies through the Los Angeles County Department of Public Health that are available to provide assistance to families regarding the joint Medi-Cal & Healthy Families application. Agencies are listed on this [document](#) by Service Planning Area (SPA), which includes specific areas of the county. Once you identify the SPA in which you live or work, you can find an agency and their contact information to assist you.

Hope this helps!

Sincerely,

The CHAMP Team

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## CHAMP Training: 8th Annual Promotoras & Community Health Workers Conference

The CHAMP team is proud to be presenting at the upcoming 8<sup>th</sup> Annual Promotoras and Community Health Workers Conference. The presentation, "Domine al Monstro de Medi-Cal (Dominating the Medi-Cal Monster)," will be presented in Spanish and covers the basics of Medi-Cal programs, eligibility and benefits. The conference will take place on December 3<sup>rd</sup> and 4<sup>th</sup> at the Los Angeles Airport Marriott Hotel and Convention Center. For more information and to register for the conference, follow the instructions below:

Registración en Español: Para mas información y descargar (download) la registración de este evento favor de hacer clic en lo [siguiente](#).

Registration in English: For more information about the event and to download the conference registration form please click [here](#).

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

The Sonoma County Public Health Division promotes optimal health and quality of life for the people of Sonoma County through service, science, leadership, and community action. They monitor the health of the population, provide health care, educate about disease and injury prevention, and advance personal and population-based health programs and policies. The following are some county programs:

**Healthy Kids Sonoma County** is a locally developed program that provides immediate access to health care and comprehensive health insurance for children of low income families. For more information, call 1-800-427-8982.

**Teen Parent Connections (TPC)** is a program for pregnant or parenting teenagers age 18 years or younger. As part of Sonoma County Public Health's home visiting programs, TPC provides long-term comprehensive case management services to improve the young parent's health and the health of their infant, promote nurturing parenting skills, maximize their educational potential and advance self-sufficiency and healthy lifestyle choices. For more information, call 707-565-4440.

**Tuberculosis (TB) Control Program** - The TB Control Program provides confidential testing and treatment services for TB suspects and active TB disease. Patients are seen by appointment only. Please call 707-565-4567.

**California Children Services (CCS)** may be able to provide financial assistance for diagnostic and treatment for children up to the age of 21. Orthodontic services and occupational and physical therapy are also available. Applicants must meet medical, financial and residential eligibility guidelines. To apply for the CCS program, please contact the California Children Services program at 707-565-4500.

**Child Health and Disability Prevention (CHDP) program** provides complete health assessments for the early detection and prevention of disease and disability in children and youth, offered at no cost to families that meet eligibility criteria. Health assessment services include: vision test, hearing test, dental assessment, immunizations (shots), nutritional assessment, developmental assessment, lab tests for anemia, blood lead poisoning and tuberculosis, and health education. For information and referrals contact CHDP at 707-565-4460 or 1-800-427-8982.

**Sonoma Rx: Prescription Discount Card Program** helps consumers save money on their prescriptions that are not covered by insurance. The **free cards** are available at many distribution sites in the county and may be used at any participating retail pharmacies in the county. Note: the Sonoma Rx prescription discount card is not insurance. For more information about Sonoma County Rx, visit [Caremark](#) to find a participating pharmacy, obtain a price estimate for your prescription, check drug interactions, or read news articles from leading health journals. You can also call CVS/Caremark Rx toll-free at 1-877-321-2652.

For more information on these and other Sonoma County programs, please click [here](#) to visit the County of Sonoma Health services website.

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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.