

National Health Center Week Focused on Breaking Barriers to Care

Virginia Garcia's 10th annual National Health Center Week wrapped up August 18 with a Health and Wellness Fair at the Cornelius Wellness Center that included entertainment for the family, activities for all ages displays and resources from more than 50 community partners. The week kicked off in similar fashion out at the Newberg Clinic.

"The fair exceeded our hopes for this year," said Cite Pizon, clinic program operator at the Newberg Clinic. "We had more than 200 people from the community attend the Newberg Fair and 24 community partners exhibited and shared their resources. There were eclipse glasses from Yamhill County Public Health and fresh fruit from YCAP for attendees to take home."

The week was promoted and encouraged by the National Association for Community Health Centers to educate the local community about the importance of health centers but to also raise awareness about their importance at the state and federal level.

"The goal of the week was to help patients understand their own health, get connected to the people who would serve them and understand what we do here at Virginia Garcia and connect them with community support," said Serena Cruz, executive director of the Virginia Garcia Memorial Foundation. "Our goal is to ensure that everyone in our community has access to the care they need. We want the folks who need it most to be included in the health care system. That's what you can count on at Virginia Garcia."



October 7: (Thurs) at Nike's Tiger Woods Center. Join us for an evening of entertainment, a live auction and salsa dancing. It's an evening sure to entertain and all for a good cause. Tickets are on sale now.



3 Healthy Back to School Tips for Kids & Parents

- 1 - Start the Day off Right. Since we all know breakfast is key to a kid's success at school, take the time to make sure they are eating a good first meal.
- 2 - Pack healthy snacks. Kids get hungry during the school day - particularly early in the year when they are still getting used to the school schedule. Pack them a few extra healthy snacks in their lunch. Fruit and proteins are great fuel for school.
- 3 - Time to adapt. Give your kids time to adjust to the new schedule. Before having them jump right into homework or chores, give them a bit of "owntime" when they first get home.



Back to School Means Back to Business for VG School-Based Health Centers

September means back to school and for just about everyone, it's a busy time of year.

VG's six School-based Health Centers are no exception. "There's no doubt it's a busy time of year around here," said SBHC Relations Manager Sage Steiling. "Each of our clinics has been preparing for the return of the students for the last month."

One of the busiest groups is the [Soy Sano!](#) outreach team. "The team has been out in the community at back-to-school nights, community and school resource fairs, public libraries, farmers markets just to name a few in order to get the word out about [Soy Sano!](#). Cover All Kids, and ultimately the SBHC's access points in the community," said [Soy Sano!](#) Program Manager Lindsay Votaw.

The SBHC is also hard at work connecting with high school administrators in Washington and Yamhill counties. "I work all summer to connect with and educate key groups like district and county nurses, counselors, athletic directors, homeless liaisons and social workers on what the SBHC in their district is doing and how we can work together to support students in their area," said Steiling.

The SBHC's first clinic opened in 2007 at Tigard High School. Since then, five more clinics opened up at Forest Grove High School, Willamina High School, Century High School (Hillsboro), Beaverton High School and Tualatin High School in 2015. Each clinic serves the entire school district, providing care to students K-12. They recently released the [2016 Annual Report](#) - which outlines key outcomes for the past year.

"Our presence at these schools means students have access to care that they would most likely otherwise not have at all. We will continue to work to remove the barriers that keep our kids from being healthy," said Steiling. "We are incredibly proud of the work we do and the relationships we have developed with each of the school districts."

Your Voice Matters! Your September Advocacy Opportunity

The Oregon Primary Care Association (OPCA) reached out to Virginia Garcia today with an urgent action alert.

"If Congress doesn't vote by Sept 30, community health centers go over the funding cliff. That means a 70 percent cut to 330 grant funds. This is a very real threat, but working together with health centers across the country, we have a shot at staying afloat. Every Member of Congress, Democrat and Republican, has a role to play to fit the funding cliff. Given their positions on key committees and in their respective parties, Oregon's U.S. Senators and Representatives in DC have the potential to make or break this."

[This graphic](#) outlines the impact that the loss of these funds would have for Virginia Garcia and for every health center in Oregon. You can make your voice heard by adding your signature to any (or all) of the letters below and making them to the address indicated. This simple step will help ensure that Community Health Centers, including VG, are not forgotten during this very important debate.

[Letter to Senator Wyden.doc](#)

[Letter to Senator Merkley.doc](#)

[Letter to Representative Bonamici.doc](#)

[Read more about this critical issue](#)

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