



THIS MONTH'S NEWS AND UPDATES:

**A Message from the
CEO**

**As I Began to Love
Myself Poem**

**The Importance of
Protecting Yourself**

**A Tale of Two
Pandemics**

Employee Milestones

OUR MISSION

SCFHC's mission is: "To improve the quality of life for the diverse communities of South Los Angeles and Southeast Los Angeles County by providing affordable and comprehensive health care and education in a welcoming and multi-cultural environment."

A MESSAGE FROM THE CEO

This month the L.A. Times focused on the impact of the COVID-19 pandemic by telling the story of one of our medical assistants. Assistants, at all levels, have been among the unsung heroes at SCFHC and in healthcare. I want to thank all our assistants: dental, pharmacy, medical and administrative assistants for your selfless sacrifices while ensuring that our clinic continues to have the capacity to serve our patients.

It has been 18 years since I first began my career at South Central Family Health Center. Being a part of a historic community and working alongside SCFHC's gifted individuals has brought me joy. Like me, many of our staff celebrate employment milestones. Together, we prove that SCFHC is your employer of choice and that opportunities for growth and advancement are available for all. Because of these opportunities, we continue to fulfill our mission and remain a driving force for good and wellness in our community.



The end of the coronavirus appears to be in sight, however a new surge of the virus is upon us. The COVID-19 pandemic will not be the last crisis we will have to work through together. Included in this newsletter are some recommendations made by our CMO, Dr. Jose Perez, about how to stay safer during this holiday season. For nearly 40 years, SCFHC has responded to our community's needs with our best resources and efforts; keeping all of us healthy ensures that we can continue to do our best.

When I think of our clinic's strengths, I am confident that we will make it out of any storm we may face. As December comes to an end, I encourage you to safely celebrate Christmas and New Year's Eve. Continue to be healthy, patient, selfless, and courageous during this time. Wishing you love and joy during the holidays.

Sincerely,

Richard A. Veloz, M.P.H., J.D.

Chief Executive Officer

AS I BEGAN TO LOVE MYSELF

A Poem by Charlie Chaplin

As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is

“AUTHENTICITY”

As I began to love myself I understood how much it can offend somebody if I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it

“RESPECT”

As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it “MATURITY”.

As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it

“SELF-CONFIDENCE”

As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it

“SIMPLICITY”

As I began to love myself I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is

“LOVE OF ONESELF”

As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is

“MODESTY”

As I began to love myself I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. Today I live each day, day by day, and I call it

“FULFILLMENT”

As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection

“WISDOM OF THE HEART”

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know

“THAT IS LIFE”

The Importance of Protecting Yourself

A Message from Dr. Jose Perez

Happy Holidays South Central Family:

The community needs its frontline healthcare workers, and you have responded brilliantly to the task during the COVID-19 pandemic; you are our heroes. Despite your sacrifices, the reality is that many of us may be exposed to the coronavirus. As cases continue to rise in Los Angeles county, we must continue to practice safe social distancing methods within our homes, especially during the winter holidays.

If you decide to celebrate during this season, consider limiting your travel. If you do not have to travel, don't. Malls and shopping centers may be tempting with holiday deals, but consider making purchases online.

Celebrate the holidays with only those with whom you live. If you must get together with family you do not live with, wear a mask, wash your hands, and keep six feet away. Your family and work-family are the people whose lives you could be saving by following the CDC guidelines.

Think of all your South Central Family coworkers who may have weakened immune systems. Think about those family members you know who have asthma, who have diabetes or cancer, and ask yourself this, "Whatever I do, wherever I do it, will I be in contact with someone who can get severely sick?" If the answer is yes, please keep your distance.

I wish you a safe and happy holiday season and let's welcome the New Year with good health.

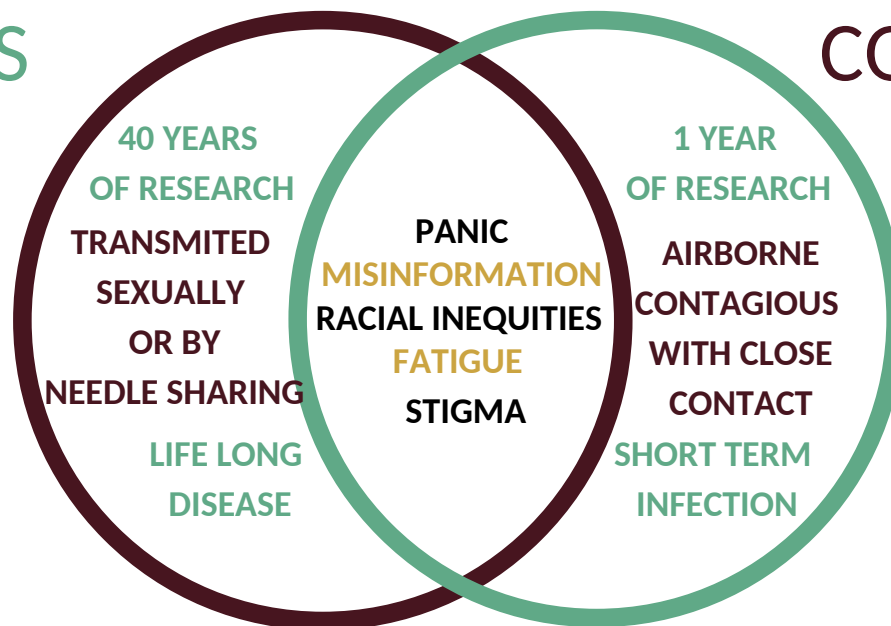


<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html>

A Tale of Two Pandemics

An observation by Brianna J. Whitaker

HIV/AIDS



COVID-19

When the earliest cases of AIDS and HIV appeared in the United States in the 1980s, health professionals did not have complete information to share about the public health crisis. Panic and stigma surrounding the predicament created debates across our nation regarding the disease's origin; some were grounded in science, and others were not.

Misinformation spread about the disease distracted our country from the real issue: marginalized people in underserved communities had a higher risk of exposure to illnesses and were dying at higher rates. Misinformation resulted in many people becoming infected by HIV when it could have been avoided.

Today we are witnessing a similar situation occurring in underserved communities with COVID-19. Although the infections are radically different in nature, how this country has chosen to address the problem is eerily similar. The history of how the United States addressed the HIV crisis and the current manner in which we are handling COVID-19 is similar in how it impacts underserved communities. Health injustices are happening again because of persistent economic and racial inequality.

In South Central, our community has the second-highest confirmed cases of people living with HIV in Los Angeles County. When it comes to COVID-19, we are considered a "hotspot," experiencing a disproportionate number of cases compared to our county neighbors. Our community has also been slow to receive testing and relief as well. As vaccines for COVID-19 become available, it will be important to help our community understand the difference between science and unfounded opinions once again.

As an organization, we are responsible for educating our patients, family, and peers on these health disparities to raise the proper awareness to debunk misinformation and provide obtainable solutions to heal our communities. As more information about COVID-19 vaccines become available we will keep everyone posted to counter misinformation.



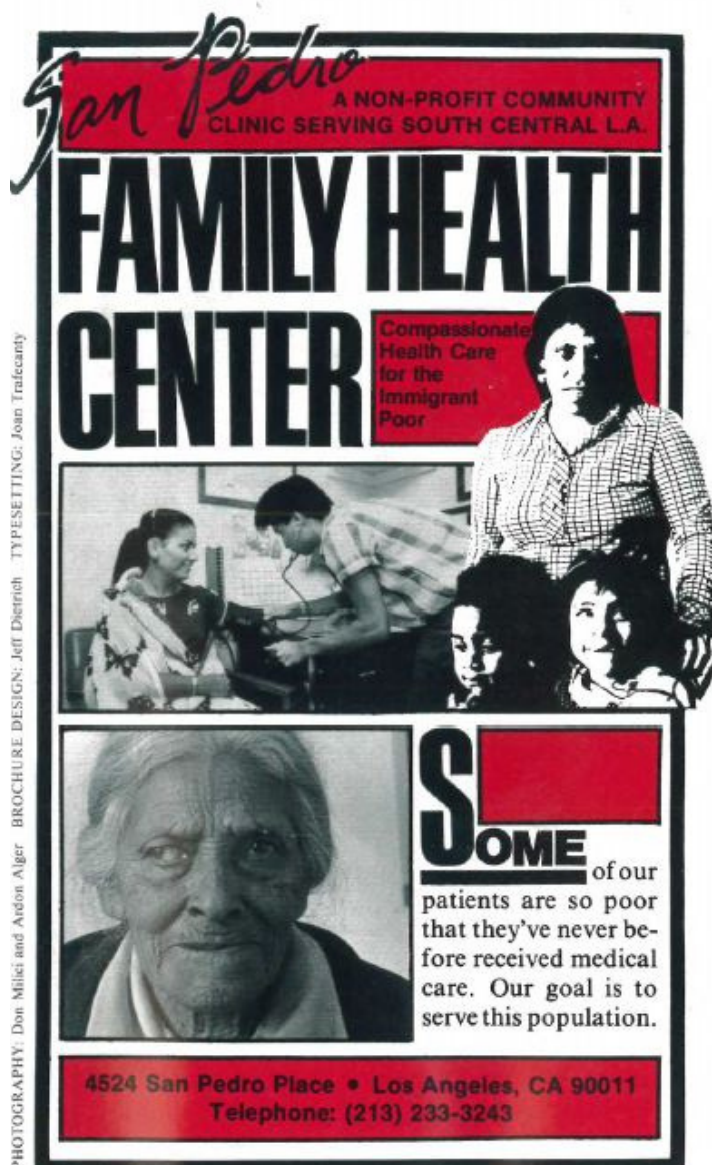
(Photo: SCFHC's Founders, Catherine Bax and Dr. Ann Turner)

SCFHC is proud of its 40-year presence in our L.A county underserved communities. We are thankful for all of our staff who have grown with us along the way. Without you, SCFHC could not be able to serve those who need us the most.

SCFHC EMPLOYEE MILESTONES

A CELEBRATION OF YEARS OF SERVICE

Herrarte, Alba Ines	29 years
Cardoza-Martinez, Sonia	25 years
Garcia, Marcela	23 years
Huskey, Denise	22 years
Herrarte, Sandra L.	21 years
Flores, Elizabeth	21 years
Ramirez, Sonia	19 years
Rogers, Yolanda M.	19 years
Veloz, Richard A.	18 years
Ramos, Paul A.	18 years
Rojas, Maria G.	17 years
Johnson, Daniel	17 years
Nuñez, Lizeth V.	17 years
Mull, John Dennis	17 years
Alvarez, Zunilda	14 years
Martines, Susana	14 years
Filmardirossian, Genevieve	14 years
Rolon, Amelia	13 years
Chiquete, Saila E.	13 years
Zarate, Maricela	13 years
Mora-Renteria, Evelia	13 years
Arce, Natalie Rachel	13 years
Granados, Mildred N.	12 years
Martinez, Evelin R.	12 years
Herrarte, Kristina	12 years
Gonzalez, Maria D.	11 years
Rendon, Lupe A.	11 years
Diaz, Diana	11 years
Rodarte, Gabriela	10 years
Ramirez, Danesa A	10 years



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