

NOVEMBER 25, 2020



**THIS MONTH'S
NEWS
AND UPDATES:**

**A Message from the
CEO**

**What Family means
to SCFHC**

**Self Care during
the holidays**

**Thank you to our
Funders**

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

I am proud of how SCFHC family has stayed resilient and resolute during these trying times. When PPE and COVID-19 testing was scarce, we were able to provide the needed PPE and COVID-19 testing to over 7,600 patients in our community. I am grateful for your selflessness. Although you have a family of your own to care for, every day you put the lives of the underserved before yours and in a display of benevolence that makes our clinics a driving force for good in our communities.



With Thanksgiving approaching, I understand the need to gather with our loved ones. Traditions are hard to amend but it is important to continue to take care of yourselves and to practice safe social distancing during the COVID-19 pandemic. Suggestions from the CDC on how to be safer during the pandemic are included in this newsletter. We must keep in mind that the United States is in a state of heightened alert. According to the Los Angeles times 20.3% of Los Angeles County residents have lost their jobs, and 7,142 Los Angeles County residents have lost their lives. Your family and coworkers deserve your best efforts to socially distance.

I strongly encourage everyone to limit their gatherings during our Thanksgiving break. Instead of being a part of large crowds try using a virtual outlet to reach out to someone you care for. Let them know how thankful you are to have them in your lives.

If you are in need of help with your daily challenges or difficult situations the [Employee Assistance Program](#) (EAP) **866-327-4762** is another resource available to all staff. I hope you enjoy your Thanksgiving break and find these suggestions and resources helpful.

Sincerely,

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

Chief Executive Officer

South Central "FAMILY" Health Center

A Message from Dr. Mina Hakim

According to Dr. Mina Hakim, a Pediatric Physician at our Huntington Park clinic, people do not receive medical care from a place they do not trust. The services we provide in our clinics build trust in the community. The high demand for care we see every day reflects our patient's certainty.

Dr. Hakim's service has earned him the community's trust.

A pregnant patient recommended Dr. Hakim's care to one of her family members. Endorsed by word of mouth, Dr. Hakim is now the attending physician for both families. It is great that our providers are trusted and respected.



SCFHC's mission unifies us with our patients, and we are committed to leaving no family member behind. When COVID-19 first hit South Central, we changed how we provided service in response to the community voice. We moved to telehealth, enhanced social distancing practices, and expanded access to our Behavioral Health services for our patient's unique needs.

We will continue to adapt to community change. When caring for patients' health, SCFHC will not turn a blind eye to the ups and downs in our community. To help our communities grow and tackle inequities South Central Family Health Center focuses on overall family health because we are committed to leaving no family member behind.

Why our Providers are Trusted?

1. Word of Mouth/Recommendation
2. Board Certification
3. In the Community
4. Shared Cultural Background
5. Patient Satisfaction

Giving to Ourselves During the Holidays

A Message from Monica Torres

We must provide the same care we give to others to ourselves. According to the World Health Organization (WHO) self-care, is the ability of individuals, families, and communities to promote health, prevent disease, maintain health, and to cope with illness and disability with or without the support of a healthcare provider.

Here are three self-care suggestions from a member of our Behavioral Health team, Monica Torres:

1. Be kind to yourself: One way to do so is to do something for yourself that brings you joy. How you treat yourself sets the tone for how others will treat you. Whether you are reading a book or listening to your favorite song, do what brings you joy and practice routinely.
2. Share your feelings: Keeping things bottled can be unhealthy and could lead to depression. Sharing your emotions in a journal or with a confidant can help release anxiety or stress you may be having.
3. Give yourself praise: Caring for over 24,500 patients during a global pandemic is a praiseworthy accomplishment for our staff. Acknowledging your achievements is a way to practice self-praise. Give yourself compliments in the mirror daily, or treat yourself to something nice whenever you complete a goal or a milestone. Try saying, " Today was hard, but I know I tried my best to complement that cult, but I'm glad I mastered it."



Though there are many ways to practice self care, finding a method that works best for you is all that matters. Here are some helpful resources for you to explore.

Grateful:

A gratitude journal you can keep on your phone.

Talkspace:

With this app you can text your therapist daily.

Therapy For Black Girls:

Has a nationwide directory of therapist of color.

Sunrise Inspiration:

Motivational quotes, videos, and pictures daily to help with self motivation.

Thank you



2020 has been one of the most challenging years for the people of South Central Los Angeles and our clinic. We could not have overcome the barriers in our path without our supporters and donors. We appreciate each and everyone of our funders. Here is a list of all who have helped us this year.

Adnant, LCC	HRSA SAC
ASR V Sportswear	Jogiel
Border Grill	L.A. Care Health Plan
California Department of Health Care Services	LAC Supervisor Mark Ridley-Thomas
California Medical Association	Los Angeles County Medical Association (LACMA)
CCALAC	Los Angeles Regional Food Bank
Chovihani	Masks 4 Humanity
Cotton California	Nicole M. Michalik
CVS	Pride Industries
Direct Relief	Project Face Shield
Ellen M. White	Senator Lena Gonzalez, CA 33rd District
Formcraft Tool Company	Shield-19
Get Us PPE	STKY
Health Services Resources Administration	The LA Trust for Children's Health
HealthNet	UCLA Center for Health Equity
Hon. Curren D. Price Los Angeles 9th Council District	UCLA School of Dentistry
Hon. Reginald Jones-Sawyer, CA 59th Assembly District	

And You!

A MESSAGE FROM THE CDC

More than 1 million COVID-19 cases were reported in the United States over the last 7 days.

As cases continue to increase rapidly across the United States, the safest way to celebrate Thanksgiving is to celebrate at home with the people you live with. Gatherings with family and friends who do not live with you can increase the chances of getting or spreading COVID-19 or the flu.

Wear a mask

Wear a mask with two or more layers to help protect yourself and others from COVID-19.

Wear the mask over your nose and mouth and secure it under your chin.

Make sure the mask fits snugly against the sides of your face.

Attending a Gathering

Celebrating virtually or with the people you live with is the safest choice this Thanksgiving.

If you choose to attend a gathering

Take these additional steps if attending a Thanksgiving gathering: Bring your own food, drinks, plates, cups, and utensils. Wear a mask and safely store your mask while eating and drinking. Avoid going in and out of the areas where food is being prepared or handled, such as in the kitchen. Use single-use options, like salad dressing and condiment packets, and disposable items like food containers, plates, and utensils.

Wash your hands

Wash hands often with soap and water for at least 20 seconds. Keep hand sanitizer with you and use it when you are unable to wash your hands. Use hand sanitizer with at least 60% alcohol.

Travel

Travel may increase your chance of getting and spreading COVID-19. Postponing travel and staying home is the best way to protect yourself and others this year.

If you do travel

Check travel restrictions before you go.

Get your flu shot before you travel.

Always wear a mask in public settings, when using public transportation, and when around people who you don't live with.

Stay at least 6 feet apart from anyone who does not live with you.