

WESTERN SIERRA MEDICAL CLINIC

APRIL 2010



Scott and Carol Kellerman with Pigmy tribe in Uganda.



EMERGENCY 911

**MEDICAL/DENTAL
WSMC
DOWNEVILLE
Appointment
(530) 289-3298**

WSMC WEBSITE
www.wsmcmed.org

**MEDICAL/DENTAL
MINERS FAMILY
HEALTH CENTER
GRASS VALLEY
Appointment
(530) 273-9340**

**SERVING THE COMMUNITY'S MEDICAL AND DENTAL NEEDS WITH
COMPASSION AND EXCELLENCE BOTH DAY AND NIGHT**

WSMC WELCOMES NEW PHYSICIAN

Scott Kellerman, MD, our latest addition to the Western Sierra Medical Clinic staff, has interests that are worlds apart. On the basis of a three month rotation, Scott and his wife, Carol, trade two worlds: the tree-festooned forests of Downieville for those of Uganda Africa, California black bears for African silver-back gorillas, English speaking denizens of the Sierra Mountains for the Batwa pigmy tribes of the Biwindi Impenetrable Forest, American citizens with every conceivable convenience available at the touch of their keyboard for primitive cultures laughing and dancing to the natural offerings of their world. Through all of the differences, Scott has found the unbreakable weave that ties all of us together, the need for affordable health care from a dedicated, knowledgeable provider whose mission and passion is to simply help another friend.

Scott and Carol Kellerman combine their medical and teaching expertise to expand healthcare and education to the native tribes of the Batwa pigmies in Uganda. Their accomplishments while assisting the Batwa people are impressive. The death rate for children under five years old has dropped from 38% to 17% and the infant mortality has decreased from 18% to 8%. These statistics are possible through the ground-breaking efforts of Dr. Kellerman and other professionals that he has encouraged to assist, as well as the fund-raising that is necessary to cover equipment and operational costs. Since 2001, Scott and Carol Kellermann have worked to buy land, build homes, construct a hospital and several clinics, introduce water and sanitation programs, build and equip schools, introduce income generation and encourage indigenous rights.

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MAY 8 WALK FOR CANCER



CSF students Randi McCreary, Jessica Baiker, Bryan Bosworth and Marie Ellsworth help Cancer Walk.

Registration for the Third Annual Cancer Awareness Walk will begin at the Downieville School starting at 9 a.m. The Walk will start at 10 a.m. with options from a half mile to three miles.

\$10 registration includes lunch, a raffle ticket, speakers cancer awareness information and a prayer flag to honor someone who has had cancer.

California Scholarship Federation (CSF) students will give presentations on Leukemia, Lymphoma, Multiple Myeloma, Testicular Cancer and Oral Cancer. Funds raised from this event will help pay for mammograms and cancer care for residents of Western Sierra County.

Please check out our Facebook event page, "Cancer Awareness Walk" for updates and to RSVP. For information contact Downieville School 289-3473 or Debbie Wilson, yubadeb@gmail.com.

MAY 8 FREE SKIN CANCER CHECK

Frank J. Lang, FNP of the Western Sierra Medical Clinic, will provide **FREE SKIN CANCER SCREENINGS** as part of the Cancer Walk activities. Any community member may have a visual skin check from 9:00 AM until 1:00PM. The most serious form

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(NEW PHYSICIAN CONTINUED)

Prior to his commitment with the Batwa pigmy tribes, Dr. Kellerman, a specialist in tropical medicine, shared his medical expertise as a missionary in Nepal, Central America, and South America.

Scott and Carol are no strangers to the foothills of Northern California; they have lived in Nevada City for many years. Scott began a private medical practice in 1981 and later teamed with Dr. Dawkins and Dr. Chargin in 1985 to develop Miner’s Clinic while keeping his private practice nearby. He is now seeing patients at Miner’s Family Health Center, Grass Valley and the Downieville site when he is not in Uganda.

I hope you access their websites, www.pigmies.net, www.kellermanfoundation.org to learn more about the Batwa Development Program and perhaps support the cause through professional assistance or donations.

MOBILE CLINIC HELPS “K” TEAM



Penny Holland, RN, and Christina Potter, FNP, pose with two new members of the “K” team in Loyalton.

During a recent Sierra County Children’s Health Summit, there was a need expressed to have a clinic site available for the Kindergarten Round Up at Loyalton Elementary. This expressed need led to an amazing team effort with three health agencies. The Sierra County Health Department, Eastern Plumas Health Care and WSMC worked quickly together to meet that need. WSMC provided the Community Mobile Clinic and Sierra County Health Department and Eastern Plumas Health Center provided the screening services. There were thirty or so new tykes entering the “K” class for next year at Loyalton Elementary School. The convenience of having the WSMC Mobile Clinic available for this event was appreciated by everyone attending.

Each child had the opportunity to have a physical assessment by Family Nurse Practitioner Christina Potter, Eastern Plumas Health Care and Penny Holland, RN, from Sierra County Health Clinic. One by one they entered the school, checked in at the office, received a hearing and vision test from the school nurse, sat through a brief basic academic screening from Loyalton teaching staff, and then filed into the Mobile

(FREE SKIN SCREENING CONTINUED)

of skin cancer is melanoma, The ABCDE rule can help you tell a normal mole from an abnormal mole:

- **A**symmetrical. If lesion were folded in half, the two sides would not match.
- **B**orders irregular.
- **C**olor varies.
- **D**iameter greater than 6 mm (pencil eraser size).
- **E**volving. A mole or skin lesion that looks different from the rest or is changing in size, shape, or color. A sore that does not heal.

Screenings will be held in the Mobile Clinic outside the Downieville School Cafeteria.



More than 90% of skin cancer is caused by exposure to the sun.

(“K” TEAM CONTINUED)



Health Educator Laurie Marsh with Dandy the Smokeless Dragon.

clinic for parent approved immunizations, blood tests, heart and lung checks, as well as scoliosis screening. Cursory balance, speech and dental checks are included. Other

agencies took good advantage of this event to meet the new “K” team and their parents. Setting up a mini health fair were the Sierra County Tobacco Prevention Program and the California funded Women, Infant and Children (WIC) program. Laurie Marsh, Health Educator for the the Tobacco Use Reduction Program hosted the anti-smoking table along with "Dandy" the smokeless dragon. This introduces parents with new “K” kiddies on the importance of exposure to second hand smoke and the avoidance of tobacco products to maintain a healthy life style.

WIC director Joyce Cameron and her team offered information for new mothers and young parents. The WIC program is an education and training program to help new mothers provide healthy food choices for themselves and their young children.

MOBILE CLINIC CALENDAR FOR APRIL and MAY

Camptonville (Rebel Ridge) MEDICAL:
MONDAY TUESDAY & THURSDAY 10:00-3:00

Camptonville (Rebel Ridge) DENTAL:

Call 289-3298 to make appointments

Serving Alleghany and Pliocene Ridge at

Pliocene Ridge School

WEDNESDAY 10:00 – 2:00