

# WESTERN SIERRA MEDICAL CLINIC

## AUGUST 2009

**EMERGENCY 911  
24 / 7**

### MEDICAL HOURS

**Appointment  
(530) 289-3298**

Reg Office Hours  
8:30 to 5:00

M-T-\*W-Th-F  
\*Wednesday to 6 PM

### DENTAL HOURS

**Appointment  
(530) 289-3199**

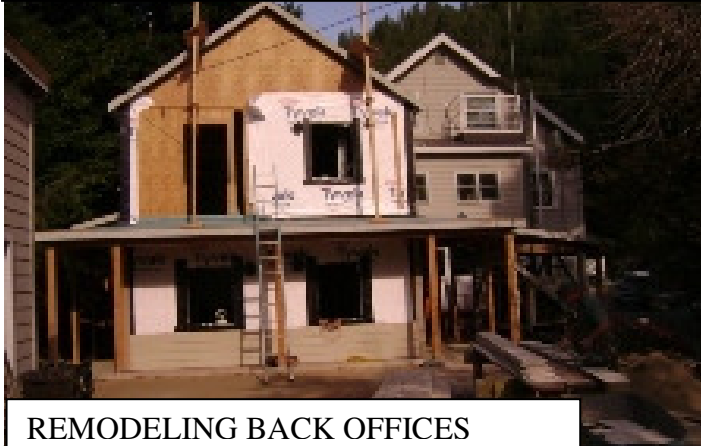
8:30-12:00 and  
1:00-5:00

M-T-W-Th



Supported by the  
AMA Foundation

**WSMC WEBSITE**  
[www.wsmcmed.org](http://www.wsmcmed.org)



REMODELING BACK OFFICES

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

## MOBILE CLINIC CALENDAR FOR AUGUST AND SEPTEMBER

**Camptonville (Rebel Ridge):**

MONDAY TUESDAY & THURSDAY 10:00-3:00

Call 289-3298 to make appointments

**Serving Alleghany and Pliocene Ridge at**

**Pliocene Ridge School**

WEDNESDAY 10:00 – 2:00

## SEPT 1<sup>ST</sup> FLU VACCINATIONS

It is that time of year once again when you can practice your right to bare arms to protect yourself from millions of harmful invaders. The Western Sierra Medical Clinic and the Mobile Clinic (see schedule to left) will begin administering the influenza vaccine on Tuesday September 1<sup>st</sup> and will continue until the viral season winds down.

The vaccine will be given to all patients except children under six months old. For questions about vaccine dosage for children older than six months, you may call the clinic for information. All patients nine years old and above will receive the single vaccine.

## WSMC PRESCRIPTION PROGRAM

WSMC and Loyalton Pharmacy are teaming up and starting a new prescription drug program that will make prescription medicines more available to patients without insurance and will financially help support WSMC. The more WSMC patients use the program the more financial support WSMC will receive. WSMC is facing severe financial cuts by the State of California, so this new program will be a big help to WSMC. WSMC is eligible for this program because it is a Federally Qualified Health Center. This is a Federal Program called 340B and administered by the Office of Pharmacy Affairs (OPA). The OPA negotiates drug prices using a Prime Vendor Program (PVP). The PVP can purchase drugs in such quantities and varieties that it can make a wider range of medications available to WSMC at lower pricing. Basically, WSMC becomes the wholesaler of the prescriptions WSMC patients get filled at Loyalton

(CONTINUED ON NEXT PAGE)

## LICENCED RADIOLOGIST READY FOR X-RAY DUTY

Two years of studying and taking hundreds of x-rays both here at WSMC and Yuba Docs in Grass Valley has finally come to a happy end. Paul Douville, currently employed at WSMC as receptionist and Medical Assistant-in-Training passed the California test for Radiology and is now a state validated x-ray technician.

Paul says, "The course work was made longer by the weekend commutes to Sacramento but the content of anatomy, physics, biology, and medical care was very interesting. I feel fully prepared to provide safe and diagnostic x-rays for WSMC patients. I really appreciate the support and patience of the WSMC staff during the time I was taking x-rays in Grass Valley."



**Blondes have more hair than  
dark-haired people.**

## (PRESCRIPTION PLAN CONTINUED)

Pharmacy. WSMC purchases prescription medicines at a rate that is close to the low rate Veteran Affairs pays.

When a WSMC patient with insurance fills a prescription at the Loyalton Pharmacy, WSMC sells the medicine at regular market value to the patient's insurance carrier. WSMC then gets the difference between what it sold the drug for and the cost it paid. This benefits Loyalton Pharmacy as well because they are paid a flat rate for WSMC prescriptions that are filled. If a patient does not have insurance, the patient will receive a Prescription Benefit Card and will pay only a little more than what WSMC pays. Therefore, instead of the profits going to the pharmacy companies, the money supports WSMC and, more importantly, makes medicines more available to patients without insurance.

It will also allow WSMC to help provide pharmaceuticals to patients that cannot pay for them. To help encourage participation and increase access to the program, WSMC will also cover the cost of shipping the prescriptions from the Loyalton Pharmacy to the patient. Some medicines may not be covered in the program and also some prescriptions may not be allowed to be mailed. If you have any questions about the program, then contact Mark Lang.

## SLIDING FEE PROGRAM

Now that Medi-Cal has suspended most of the adult dental care procedures, many patients are looking for affordable ways to maintain good dental health. The Western Sierra Medical and Dental Clinics continue to strive toward providing the best care possible to all patients regardless of income situations.

As a community health care center, WSMC offers services with a sliding fee discount. We want to make sure that the community is aware of this wonderful program and takes advantage of it. The Sliding Fee Scale is established by Federal Poverty Guidelines. If a patient is at 100% poverty, then there is a 100% discount on his/her medical or dental services. If a patient whose income is over the poverty level, they can get a discount ranging from 20% to 80%.

To maintain this program, WSMC has a minimum fee standard of \$20 for medical and \$35 for dental.

## DONATIONS

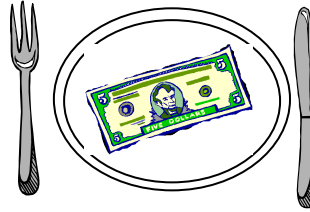
The Medical and Dental Clinics continue to provide and improve health care through the generous contributions of visitors and residents. If you would like to assist in the continuation of medical services in Western Sierra County, please send your contributions to:

**WSMC, P.O. Box 286, Downieville, CA 95936**

We are a non-profit, tax exempt 501(c)3 corporation. Donations to the Clinic are generally tax deductible: consult your tax advisor.

## REDUCING FOOD COSTS IN A TIGHT ECONOMY

By Danielle Yantis, MS, RD



The increasing cost of food in combination with a poor economy can make eating well a difficult task. Value food items tend to be higher in carbohydrates,

salt and sugar. Cheap in the short run can mean a higher cost to your health later. So how do you reduce food expenditures and still maintain a healthful diet?

The idea of strategic shopping which combines in-store sales with clipping coupons can really help with the bottom line. According to Lana Allen, creator of [abundantfoodsavings.com](http://abundantfoodsavings.com), there are cycles within the food industry of which we can take advantage. For example, in June there is a reduction in breakfast cereal consumed because school is out and parents cook breakfast rather than providing a quick meal before dashing off to school. Her website also walks you through weekly specials at almost every national store with links to sites that have printable coupons.

Sometimes grocery store coupons can be used at the same time as manufacturer coupons for double savings. Another helpful trick is downloading coupons onto your grocery card ahead of time so you do not have to clip coupons and hold up the line at the check out counter. [P & GeSaver](http://P&GeSaver.com) and [shortcuts.com](http://shortcuts.com) are both sites that provide clip-less coupons.

Making a master grocery list based on meals you cook and staples you routinely need can make it easier when scanning for promotions and coupons. It will save you time and money to plan ahead. When an item like ground meat is on sale, buy extra and freeze the rest. When looking at bulk items, calculate the cost per unit (i.e. ounce, pound). Sometimes larger is not always the better deal. Don't be afraid of items that are on sale for quick movement. They may be near or at the expiration date, but the food is still good and just needs to be used or frozen as soon as possible. A good example of this is brown bananas. They can be frozen for smoothies or used in pancakes and breads.

Lastly, preparing food at home and cooking more from scratch can save money and can be healthier. A good example is beans. Buying a can of beans which provides 2-4 servings and costs \$2-3 is much more expensive (and less healthy) than buying a bag of dried beans for \$1.50 that provides 12 servings. Maximum savings = \$9.00. Using leftovers in a creative way can save grocery dollars as well. Leftover meats can be disguised the next day in casseroles, sauces, soups, added to salads, stir-fry and sandwich spreads. The "Use-It-Up Cookbook" is a helpful resource with more than 200 recipes and 900 ideas for using leftovers.