

WESTERN SIERRA MEDICAL CLINIC

FEBRUARY 2010

EMERGENCY 911



New vitals monitor demonstrated by MA Allison Baca and Rachel Guffin



WSMC WEBSITE
www.wsmcmed.org

MEDICAL/DENTAL

WSMC
DOWNIEVILLE
Appointment
(530) 289-3298

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**

DR JUSTIN PFAFFINGER JOINS WSMC DENTAL TEAM



Dr. Pfaffinger treats dental patient Liz Fisher.

Dr. Justin Pfaffinger has joined the Western Sierra Dental teams at both Miners Family Health Center in Grass Valley and the Downieville Clinic. Dr. Pfaffinger has partnered with Dr. Hataoka and treats patients who require difficult

extractions, root canals, as well as routine dental procedures.

The Miners Family Health Center in Grass Valley opened October of 2009, with Dr. Justin Pfaffinger treating the pediatric population. Dr. Pfaffinger, a graduate of the UCLA School of Dentistry, sees children (birth -18 years) Wednesday through Friday for most of their dental needs, in addition to the emergency care of our expectant mothers. He is a California licensed provider in Oral Conscious Sedation, through which he is able to provide enhanced care to those children who may have extensive dental needs and/or dental anxiety.

Our expectant mother patients are cared for by Dr. Jean Creasey, DDS, a graduate of the UCSF School of Dentistry, and an avid advocate for increasing access to care for the underserved. Expectant mothers can be seen on Mondays for cleanings and most Tuesdays for basic dental services.

TIME TO QUIT SMOKING - PART 3

A THREE-PART ARTICLE

By Michael Askins, WSMC Counselor, PHD



Carr writes, "Setting a time table is important.... Look ahead about three weeks and set a stop date." It is helpful when making the decision to stop that you identify the times or occasions when smoking is most attractive to you. "If you smoke for the illusion that smoking affords a relief from stress (it actually increases stress, creates insecurity and erodes self confidence),

(CONTINUED ON OTHER SIDE)

PARKINSON'S SUPPORT

by Danielle Yantis, MS, RD



Round table discussions concerning nutritional needs by those afflicted with Parkinson's Disease take place at Loyaltan Senior Center.

WSMC Dietitian, Danielle Yantis, received an exceptionally warm reception from the Parkinson's Support Group in Loyaltan on Friday, January 29. The support group discussed the

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(QUIT SMOKING CONTINUED)

pick a relatively slack period like a vacation to stop. If you smoke mainly during boring or relaxed periods, do the opposite. Stop during busy times. Try to anticipate any event that might lead to failure.

Occasions like weddings or holidays need not deter you, providing you anticipate them in advance and do not buy into the idea that you will be depressed. Do Not!! attempt to cut down as the date approaches as this will only reinforce the illusion that cigarettes are enjoyable.”

Whatever you do, Carr adds, “don’t fall into the trap of just saying, ‘Not now. Later,’ then putting it out of you mind. Work out your time table now and look forward to it. Remember you aren’t giving anything up. On the contrary, you are about to receive a marvelous gift.” The gift, of course, is getting your healthy life back. It’s about time!!!



Large amounts of nicotine were once given to elephants in order to put them to sleep via animal dart guns.

MOBILE CLINIC CALENDAR FOR JANUARY AND FEBRUARY

Camptonville (Rebel Ridge) MEDICAL:

MONDAY TUESDAY & THURSDAY 10:00-3:00

Camptonville (Rebel Ridge) DENTAL:

WEDNESDAY MARCH 17 10:00-3:00

Call 289-3298 to make appointments

Serving Alleghany and Pliocene Ridge at

Pliocene Ridge School

WEDNESDAY 10:00 – 2:00

DONATIONS

Western Sierra Medical Clinic continues to provide and improve health care through generous contributions.

If you would like to assist in the continuation of health services in Nevada, Sierra and Yuba counties, 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.

(PARKINSON’S SUPPORT CONTINUED)

nutritional complications and considerations with Parkinson’s disease. Anyone who is affected, directly or indirectly, by Parkinson’s Disease will be able to discuss the many issues during the regular support group gatherings. Contact Danielle Yantis at the Downieville Clinic or Betty Ferguson (530) 993-4002, group leader. Betty has a medical background and a spouse with Parkinson’s disease which makes her perfectly suited to assist families in this area.

Mrs. Ferguson works tirelessly to bring interesting and helpful visitors to the group. She reports having guest speakers such as estate and trust planners, doctors, physical therapists, speech therapists, and companies that assist in helping devices for special needs. Her knowledge of Parkinson’s disease and where to find resources for her members is a great asset to our local communities.

50,000 people are diagnosed with Parkinson’s disease each year in The United States. It is a slowly progressive disorder associated with trembling of the limbs, stiffness, and rigidity of the muscles and slowness of movement. It is a neurological disorder whereby the nerves in the brain that supply the neurotransmitter dopamine are destroyed. The cause of the disease is still unknown with many theories pointing to the environment and genetic factors as a possibility. There is also no known cure at this time; however advances in medications and therapies such as deep brain stimulation have made the disease better managed.

If you would like to join the Parkinson’s Support Group, please contact Betty Ferguson at (530) 993-4002. The group meets at the Loyalton Senior Center the last Friday of every month from 1:30-2:30. As stated in their flyer, “support groups are helpful outlets for people with Parkinson’s, as they provide a safe environment of peer support, shared experiences and information.” The meetings are offered for not only people living with the disease, but also their families and/or caregivers. Currently there are seventeen members in the group who come from the greater Sierra Valley area, Quincy, Reno and Sierra City. You can be sure that you will be welcomed with a warm smile and a generous spirit!