



Pajaro Valley Community Health Trust

Health Watch

Celebrating 20 Years of Good Health

FALL/WINTER 2018

Providing Healthcare for the Whole Person, Regardless of Circumstance

by Caitlin Brune, MPH, CEO

Turning into Nielson Street, I watch an attentive young mother dip into her SUV to unlock a car seat, withdrawing a brown-eyed *guapito* sporting a little onesie that professes *The Ville* – hometown pride. His lungs announce discontent at such an early morning appointment. Mom reassures her precious cargo that Dr. Maciel's office is a welcoming place. A few cars down, two long braids attached to an apple-cheeked preschooler trail behind Dad, face alight with joy, small fingers gripping a new toothbrush and tiny-sized toothpaste.

Last year, more than 52,000 residents of the Pájaro Valley benefitted from healthcare and dental services through our local "safety net clinics": Salud Para La Gente's Main Clinic on East Beach Street and Clinica del Valle del Pájaro on Nielson Street; Watsonville Health Center on Freedom Boulevard; Planned Parenthood–Watsonville Health Center on Green Valley Road; Dientes Community Dental Care at Watsonville Health and Dental Center; and the Diabetes Health Center. The term "safety net clinic," a holdover from prior eras, obscures the reality that these entities provide comprehensive healthcare to uninsured, underinsured, and underserved individuals, including migrant workers and non-U.S. citizens. They serve anyone who comes through their doors, charging from \$0 to whatever individuals can pay on a sliding fee scale based on family size and income. These professionally staffed healthcare organizations uphold **the Pájaro Valley Community Health Trust's definition of health, which includes personal physical health, inclusive of oral, visual, and mental/emotional health, as well as wellness and disease prevention.** Importantly, they ensure that everyone, regardless of circumstance, has access to the healthcare they need and deserve.

For the past two decades, the Health Trust has been privileged to work alongside and provide small grants annually to two amazing partners in care: **Salud Para La Gente (Salud)** and **Dientes Community Dental Care (Dientes).**

For 25 years, **Dientes** has provided affordable,



high-quality, and comprehensive dental care for uninsured individuals and those on public insurance. Dientes' vision is to make prevention more common than treatment. Through its clinics and outreach programs, Dientes serves 11,000 low-income children, adults and seniors with over 37,000 dental visits a year. In the Pájaro Valley, Dientes provides approximately 7,000 dental visits annually through its clinic at Watsonville Health and Dental Center. Additionally, Dientes offers oral health education and services through school-based mobile clinics that reach 3,300 schoolchildren in the Pájaro Valley each year. Because the mouth is the gateway to the body, Dientes' care is a vital part of setting children on a lifelong path of good health and supporting adults to prevent chronic diseases – including heart disease and diabetes – and other poor health outcomes. Since 2001, the Health Trust has invested over \$190,000 in Dientes efforts to raise awareness about the significance of oral healthcare and ensure access to dental care for un- and underinsured local residents. For more information, go to <https://dientes.org>.

Our neighbor, **Salud**, has a team of nearly 100 providers offering healthcare to the Pájaro Valley community through 10 clinics. Salud uses a whole-person approach to health, providing a full spectrum of health and wellness services including family health, women's health (OB/GYN), lactation, pediatrics, dental, vision, nursing, counseling, health education and coaching, insurance enrollment, specialty care and telehealth services. In 2017, Salud's healthcare team served nearly 27,000 people through 136,000 visits. From prenatal care at its East Beach clinic to delivery at Watsonville Community Hospital, to fluoride sealants and immunizations provided at one of its five Pájaro Valley school-based clinics, Salud ensures access to individual and family wellness. Over the past two decades, the Health Trust has provided more than \$219,000 in funding to support Salud's efforts. To find out more about Salud Para La Gente's comprehensive healthcare services, go to <http://splg.org>.

For a quick overview of community health centers, check out <https://youtu.be/7Ujrj-all48>.



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Mission & Vision

Founded in 1998 as a nonprofit health foundation, the Health Trust works to improve health and quality of life for people of the greater Pajaro Valley. The Health Trust embraces a broad definition of health – to include whole person health, wellness and prevention, and psychological, social and economic well-being – to address both the symptoms and root causes of the healthcare needs in our community. We envision a greater Pajaro Valley where all people have the knowledge and resources they need to live healthy lives, health problems are prevented, and there is access to culturally competent healthcare.

We pursue our mission through three interdependent programs: direct health services, through the Diabetes Health Center; grantmaking, to support preventative and holistic approaches to address health concerns and encourage a strong pipeline of culturally competent health professionals; and convening, to facilitate collaborative work to improve health outcomes.

Sincere Thanks to Our Donors In Kind!

Support flows in many forms: encouragement, connections, voluntarism, cash and contributions of goods and services. In addition to gifts listed above, provided in support of An Evening of Wine & Roses, we are extremely grateful for gifts in kind from the following organizations and individuals: **Cocoa Logos, Gabriella's Café, Live Earth Farm & Farm Discovery, Storrs Winery, The Fish Lady, VinoCruz.**

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We invite you to invest in our strategies to foster good health and community well-being.

Your contribution supports local residents to access services at the Diabetes Health Center, regardless of ability to pay. Funding helps to convene organizations to identify where collaboration can promote a healthy community and ensure the most effective response to local health concerns. Your investment also advances our grantmaking to nonprofits that encourage healthy living and address the root causes of obesity, diabetes and other health challenges. Donate using the enclosed envelope, visit <https://pvhealthtrust.org> or phone (831) 761-5639.



Healthcare Beyond the Clinic

On March 23, 2018, the Health Trust hosted the 15th Annual Diabetes Forum on the theme Healthcare Beyond the Clinic: Addressing the Social Determinants of Health. Caitlin Brune, CEO, opened the day by observing that \$3 trillion in annual healthcare expenditures in the U.S. has not resulted in improved health status and outcomes when compared with peer nations. Ms. Brune remarked, "Factors such as neighborhood safety, housing quality, the presence or absence of economic opportunities, and access to green space and libraries greatly affect health and well-being. Indeed, recent research indicates that zip code is a stronger predictor of a person's health than his or her genetic code."

Shelly Barker, Projects Manager at the Health Improvement Partnership of Santa Cruz County, introduced a series of speakers. Elsa Mendoza Jimenez, Director of Monterey County Health Department, acknowledged that only 20% of health outcomes and longevity is due to access to clinical care. "Eighty percent is due to where we live," Ms. Jimenez noted, prompting the need for healthcare practitioners, public health organizations, and city planners to consider issues like race, economic status, gender, disability status, age and sexual orientation when working toward a healthy community. Next, MidPen Housing's Director of Housing Development for the Central Coast region, Betsy Nahas Wilson, and Director of Resident Services for Seniors, John Savage, described how policies instituted by the Federal Housing Administration and other federal programs have disadvantaged poorer people and people of color, contributing to disease and illness. Ms. Wilson cited that political will, coupled with creative financing partnerships between nonprofits and the City and greater public support for increased housing density could lead to dramatic progress in resolving the region's affordable housing crisis. A panel of speakers closed the Forum, offering entrepreneurial solutions intended to support low-income children and families to thrive. Speakers included Maria Cadenas, Executive Director of Santa Cruz Community Ventures; Reid Norris, Executive Director of Everyone's Harvest in Marina; and Rich Puente, Pajaro Valley Unified School District Administrator of the Healthy Start Collaborative. The forum is available at <https://tinyurl.com/y87dn2sq>.



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Celebrating 20 Years of Good Health

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Celebrate the Health Trust's 20th Anniversary with the richness of the Pajaro Valley!

Friday, November 2, 2018, 6-9 PM

Crosetti Hall, Santa Cruz County Fairgrounds

Sample wines from notable Santa Cruz Mountains' vintners and delicious bites from local eateries. Pair these tastes of the region with opportunities to bid on excursions and fine items offered via live and silent auction.

Try your luck in our Winner's Choice Vacation Raffle — all amidst a background of beautiful, locally grown flowers!

Join us November 2nd as we transform Crosetti Hall, Santa Cruz County Fairgrounds to host An Evening of Wine & Roses — a collective celebration of our vision of good health for all!

100% of event net proceeds support programs of the
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For details and tickets visit <https://pvhealthtrust.ejoinme.org/2018>
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