

WESTERN SIERRA MEDICAL CLINIC



WSMC WEBSITE
www.wsmcmed.org

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

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

MOBILE CLINIC CALENDAR FOR DECEMBER/JANUARY

Camptonville (Rebel Ridge):

All Day Every Tuesday & Thursday 10:00-4:00

Closed Thursday Dec 25 and Jan 1

Serving Alleghany and Pliocene Ridge at Pliocene Ridge School

Wednesday Jan 7 and 21 @ 10:00-1:00

LOCAL CLINICS UNITE

The Medical Clinics of Downieville's Western Sierra, North San Juan's Sierra Family, and Miner's Clinic in Grass Valley are co-operating to improve services. The union of resources will allow each clinic to be enriched with more solid and uniform programs. They will be able to efficiently share administration tasks, electronic implementation of patient charts, and other quality improvements.



Carolyn Seyler, RN-MS

This collaborative task falls in the very capable hands of Carolyn Seyler, Registered Nurse. Carolyn received her B.S. from the University of San Francisco School of Nursing and earned her M.S. in Computer Applications in Nursing Practice from San Francisco State University. Her professional career has always been a combination of clinical nursing, teaching and administration. Her areas of expertise are in Licensing and Certification, Regulatory Compliance and Quality

Management. She is a California licensed administrator for Skilled Nursing Home Administration and is certified in Residential Care.

Carolyn's position as Quality Assurance Nurse Manager is funded by a federal grant to create this three clinic collaboration. She will visit all clinics on a regularly scheduled basis every week. Her responsibilities will range from Federal and State regulatory supervision to participating in some education events throughout the regions. She will be visiting WSMC on Mondays and has already agreed to assist and consult with some of our high school students in one of her many "sub-category" projects (BMI screening article on next page).

Carolyn's extensive experience, education and wonderful sense of humor will be a tremendous asset to each of the three clinics.

AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE: THE SHINGLES VACCINE

By Kathryn Sisterman, FNP

What is shingles? In a word, ouch. Shingles is the painful reactivation of the chicken pox virus, varicella. Yes, our immune system may have battled and won against the varicella virus as a child, but the virus didn't completely go away. It retreated into a portion of our nervous system called the dorsal root ganglia. When our immune system weakens, the varicella virus leaves its hiding place and presents itself as shingles. One of the most common conditions that weakens our immune system is advancing age.

Shingles may first begin as pain that most commonly occurs on one side of our trunk or body. This is followed by a painful, blistering rash that lasts around

one week. Although the rash will eventually go away, a common complication of shingles is continued pain that can last months or years. Shingles can not spread shingles, but the fluid in the blisters of shingles can spread the varicella virus and cause chicken pox in a person who has not yet had this infection.

But wait. You do not have to endure shingles because there is a vaccine covered by most insurance plans, Zostavax. The Centers for Disease Control (CDC) recommends one dose of Zostavax in persons over the age of 60 years. The CDC encourages Zostavax in persons regardless of whether they have a prior history of shingles or if they have an unknown history of chicken pox disease or vaccination. Persons who are immunized with Zostavax have approximately half the risk of developing shingles than persons who are not immunized. In addition, persons vaccinated with Zostavax have reduced severity and duration of shingles complications.

If you are interested in Zostavax please contact WSMC so we can order and reserve your vaccine today.

Give More With “iGive”

by Rachel Guffin

“iGive” is a search engine that allows the user to pick their favorite cause and raise money for them while shopping online. Now you can give more this holiday season with just a few clicks of the mouse.



Our website, www.wsmcmed.org will have an access icon located at the upper right corner for you to surf shop and see the “shoppertunistic” discounts.

The Western Sierra Medical Clinic is a participant of iGive.com, allowing for supporters to easily donate online. It’s easy to use. Sign up free with iGive at www.iGive.com and choose the Western Sierra Medical Clinic as your supporting cause and start shopping. Each purchase from one of the over 700 online stores through iGive will have a percentage of your purchase going to the Western Sierra Medical Clinic. It’s an easy way to give while shopping online.

NUTRITION CLASS OFFERED: “HERBAL/DRUG INTERACTIONS”

Are you concerned about nutrient/herb and drug interactions? The Western Sierra Medical Clinic is sponsoring a class which will be hosted by the Senior Residential Care Center Jan. 15th at 12:00. The class will be presented by Danielle Yantis, Registered Dietitian. The class will be presented during the Senior Citizens weekly lunch.

Everyone is welcome; please contact Cindy Osborne at 289-1235 if you would like to come.

Downieville Students’ BMI Screening

By Kathryn Sisterman, FNP

WSMC will be conducting a Body Mass Index (BMI) screening for the children who attend Downieville School. Body Mass Index (BMI) is a number calculated from a person’s height and weight to provide a reliable indicator if they are in a healthy weight category.

Children and adults with BMIs that are above or below a healthy weight are at increased risk of certain disease processes and should receive further counseling and testing. Common diseases among overweight persons include: high blood pressure, high cholesterol, diabetes type II, joint problems, liver/gallbladder disease, and underactive thyroid. Diseases that are more common among underweight persons include: osteoporosis, anorexia, and overactive thyroid.

Tina Floyd, LVN and Kat Sisterman, NP will be meeting to collect data on Wednesday, January 14 at the Elementary School and Wednesday, January 28 at the High School. Danielle Yantis, RD will use this BMI data to help assess the nutritional needs of our community’s children and their families.

To learn more about your BMI or how to maintain a healthy weight, please contact your provider at WSMC. Also the Centers for Disease Control (CDC) has a great website with helpful information: <http://www.cdc.gov/nccdphp/dnpa/healthyweight/>.

CHRISTMAS AT THE FOOD BANK



The symbol of the cornucopia tells us that giving is an unending, abundant feeling of the heart. The original purpose of Christmas is to celebrate the cornucopia of love and sharing that was brought into the world. Many people symbolize this historic event with gifts to loved ones and kindness to those less fortunate.

All donations to the Food Bank go directly to providing and delivering nutritious foods for those in need. Please send your contributions to:

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

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.