

MENDONOMA HEALTH ALLIANCE

Newsletter

November 2024

Community Engagement: Highlights from Our September & October Outreach Events

September and October were busy months for our team, as we organized and attended a variety of events. We started September off in Fort Worth, Texas, attending a conference hosted by the Mobile Health Association. The conference offered our team a slew of information regarding the launch and sustainability of our mobile health services, vehicle maintenance, program evaluation and quality, and how to best deliver equitable services to our rural community.



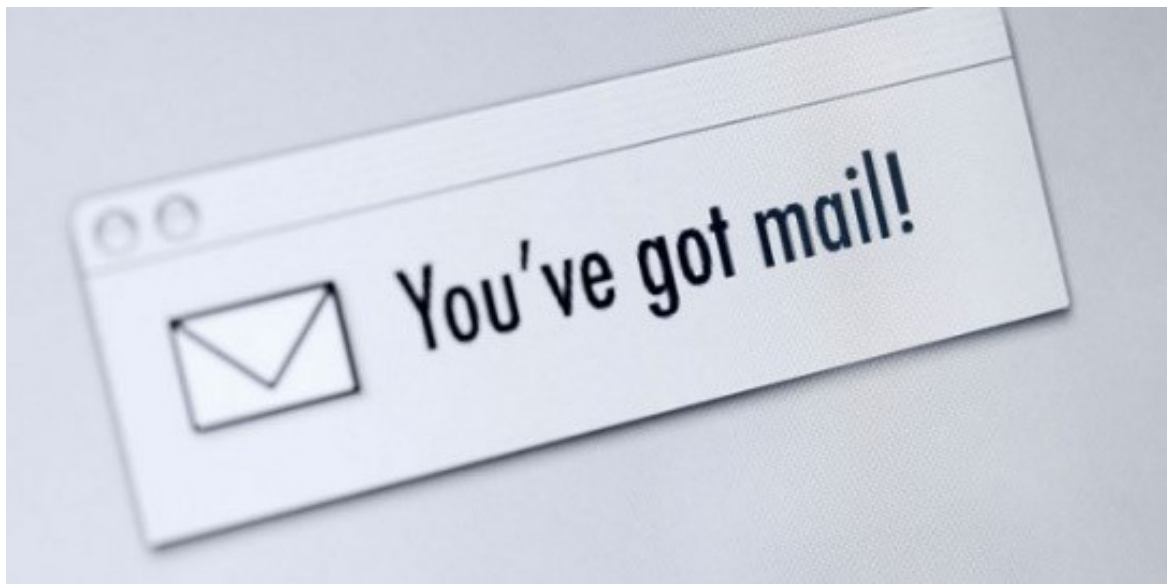
Upon return, our team hosted a public meeting on September 27th at Manchester Elementary School, to present information and answer questions regarding the launch of primary care mobile health clinic. To

learn more about the mobile clinic's days and hours of service and the services that will be provided, review the "Frequently Asked Questions" document by [CLICKING HERE](#). To learn about the official launch date of clinic services, continue following us on social media (Facebook and Instagram) and by reading our newsletters. Our team also had the opportunity to show off the mobile clinic vehicle on September 28th at the "I Am Democracy" event in Manchester. During the event, we gave tours of the vehicle and shared information regarding program sponsorship to fund the equipment and supplies needed to deliver services.

In October, MHA hosted the Annual All-Schools Health Fair at Point Arena High School. We were joined by hundreds of local children and youth, their teachers, and school administrators. The Health Fair was a huge success due to the number of partner organizations and businesses that participated. See below in our "Thank You" section for a complete list of community participants.

Later in October, our team hosted a Speakers Panel at the Arena Theater for 6th through 9th grade students. The purpose of the panel was to provide local youth with information about preventing substance use and addiction, and to connect them to local and regional resources that can contribute to a healthy life free of addiction. The panel, which was MCed by our own Jake Petrykowski, Peer Recovery Coordinator, featured five dynamic individuals in recovery – Shawn Horn, Efi Benjamin, Angela Tejada, John Duran, and Lorenzo Torres – each with an inspirational story to share. The panel also featured subject matter expert, Scott Gerbert, Director of Outreach and Strategic Partnerships for the Stanford Medicine REACH Lab, Division of Adolescent Medicine, who delivered important information to students regarding support, harm reduction, stigma and positive ways to seek happiness.

Coming Soon!



Keep an eye on your mailbox during the week of November 18th! Inside, you'll find a heart-warming success story of a member of our community, along with exciting updates on our programs and all the amazing progress we've made this year. Your generous support has truly made a difference, helping to improve the lives of many community members. We can't wait to continue this journey together, providing access to quality healthcare, vital prevention services, and wellness programs!

We're Hiring Medical Assistants!

Mendonoma Health Alliance is seeking two **Medical Assistants** to support the delivery of primary care services for our mobile medical clinic. These full-time positions (40 hrs/wk) include full benefits (dental, vision, health, helicopter, and life insurance, along with retirement with employer contribution and a gym membership). **Pay scale: \$25-\$35/hr**, depending on experience. Must have reliable transportation and a current CA driver's license. Hire date of January 2025. The ideal candidate is a team-player, flexible, detail-oriented, possesses strong interpersonal skills, and is passionate about improving access to healthcare, particularly in rural or remote areas. The individual selected to fill the position must be a reliable self-starter that possesses organization skills, good communication and has the ability to work effectively in a fast-paced, team-based work environment. Individuals who speak Spanish are strongly encouraged to apply. To apply, please send a resume and cover letter to hr@mendonomahealth.org. For more information, call (707) 412-3176 x 104.

We're Hiring Medical Providers!

Mendonoma Health Alliance is excited to announce the expansion of services to include primary care via our mobile medical clinic. As part of this expansion, we are recruiting **licensed primary care practitioners (NP, PA)** to join our team to provide high-quality, patient-centered, equity-based healthcare to our community. As a member of our team, primary care practitioners will work closely with medical assistants, community health workers, and other clinical and nonclinical staff to create a team-based work environment that is supportive, cohesive, and promotes a positive culture for all team members and patients. The ideal candidate is a team-player, flexible, detail-oriented, and passionate delivering whole-person, judgement-free care, particularly in our rural community.

This is a salaried/exempt position. Full or part-time positions available. Excellent benefit package for full-time including dental, vision, health, helicopter, and life insurance, along with retirement with employer contribution, a gym membership, and continuing education assistance (partial benefits for part-time). Pay Scale: \$124,800 - \$166,400, depending on experience. Requirements: Graduate of an accredited school or program, current California medical license (FNP/PA), current DEA, current BLS and CA driver's license required. Spanish speaking preferred but not required. Join our team! Send your resume to cathy@mendonomahealth.org.

Thank You!

Mendonoma Health Alliance wouldn't be what it is today without ongoing support from our partner organizations and community members. We would like to take a few moments to thank the following partners:

For participation in the Annual All-Schools Health Fair: Action Network, Arena Market, Cal Fire, California Highway Patrol, CA State Parks, Coast Community Library, Coast Life Support District, Health Management Associates, Healthy Families Mendocino, Mendocino County Behavioral Health & Recovery Services, Mendocino County Sheriff's Office, Physical Gym, Redwood Coast Medical Services, RCMS Behavioral Health, RCMS Dental Clinic, Redwood Credit Union, Roots Herbal Apothecary, Sonoma County Indian Health Project, Sonoma County Parks, Veterans Affairs.



For participation in our Speakers Panel outreach event for youth:
Angela Tejeda, Efi Benjamin, John Duran, Lorenzo Torres, Scott Gerbert, Shawn Horn, [Action Network](#), [Arena Theater](#), [RCMS Behavioral Health](#), [Mendocino Coast Clinics](#), [Mendocino County Behavioral Health & Recovery Services](#), and [MCAVHN Care & Prevention Network](#).





For donating toward MHA's programs: Thank you to [Good Buy Clothes](#) and the Point Arena Medical Board for their recent donations to support important classes offered by Mendonoma Health Alliance, such as Matter of Balance and Living a Healthier Life with Diabetes.

Happy Anniversary



We would like to congratulate Janis Sites, Executive Assistant, and Jake Petrykowski, Peer Recovery Coordinator, for another successful and action-packed year at Mendonoma Health Alliance. This year we celebrate Jake's 2nd year anniversary and Janis's 7th year anniversary, which has been marked with life-changing support to hundreds of individuals in our community. Our programs would not be what they are without the devotion, compassion, and commitment exuded by these powerful, caring, and talented people. We recognize how fortunate we are to have them on our team and look forward to many more years of impact together.

Welcome Two Dynamic Team Members



Amanda Woodward, Bi-lingual Community Health Worker

Mendonoma Health Alliance started its planned staffing expansion in July by hiring Amanda Woodward to fill the role of a Bi-lingual Community Health Worker. Amanda is a long-time local, raised in the Gualala-area since birth. Amanda brings a unique skill set to our team, including integrated trauma healing and nervous system regulation skills. Holding a Bachelor of Arts in Art History with an emphasis in Communications from UC Davis and a variety of certifications in holistic healing, including Subtle Body Trauma Release and Reiki, Amanda has built a strong foundation in healing and wellness. Amanda is a life-long learner that is always ready and willing to soak up new



Cathy Frey, Director of Clinical Operations

We are pleased to introduce Cathy Frey as our new Director of Clinical Operations. Cathy recently returned to Gualala after working and living out of the area for about 20 years. Before moving out of the area, she and her husband raised two daughters in Gualala. With an extensive background in healthcare administration, specifically Federally Qualified Health Centers (FQHCs), Cathy brings over two decades of experience in health center management, quality improvement, and operational leadership. Before joining our team, Cathy served as the Director of Performance Improvement at WellSpace Health for six years and the CEO of Central Valley Health Network for the five years prior. A

educational opportunities. Amanda has spent the past few years facilitating private trauma release sessions, offering energetic clearings, and teaching self-developed methods to promote nervous system regulation and overall well-being. With a previous professional career as a model and actress, along with experience in bakery management and shamanic healing, Amanda has gained the ability to connect with individuals from all walks of life. As a Bi-lingual Community Health Worker, Amanda will be working with Spanish-speaking community members to help provide services that improve access to resources and health-affirming services.

graduate of Golden Gate University with a Master's in Healthcare Administration, Cathy is also certified as a Professional in Healthcare Quality. Her expertise in operational efficiency, patient-centered care, and regulatory compliance will be invaluable as she manages our primary care program. As the Director of Clinical Operations, Cathy will work with an integrated team of medical providers, Community Health Workers and Peer Recovery Support Coordinators to expand access to wrap-around health services focused on meeting the needs of the whole person and facilitating a caring, energetic, and professional clinic environment.

Donations from the community help support our ability to provide free services to all, such as health screenings, Care Coordination, and free health management devices (blood pressure cuffs, scales, glucometers, etc.). All donations are tax-deductible.

Donate Today!

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