

Southern Trinity Area Rescue (STAR)

Submitted by Brooke Entsminger

A New Ambulance For STAR!

For years, with our amazing volunteers pouring time and effort into raising funds, the organization was able to pick up a new ambulance on January 21st. The McLean Foundation donated a large portion of the funds necessary to make this happen and have shown their support in making our community safer! If you run into one of our volunteers, be sure to thank them for the effort they put into our community!



Care-A-Van for the Mad River Clinic

Ruth: Mondays leave the Clinic at 8:15a and 12:30p
Leaves the Ruth store at 9:00a and 1:15p

Hayfork: Tuesdays leave the Tule Rd Community Center at 9:00a and 2:30p

"Into Town" or Coastal: Every 1st and 3rd Wednesday of the month from Bridgeville Post Office at 9:40a For coastal drives.

Be aware that medical appointments for necessary screenings or medical services have first priority. Other needs such as DMV, food bank, pharmacy visits, or shopping are available when the room is available and can greatly help those who are unable to transport themselves. To assure you have seating reserved, please call ahead of time to insure your name is on the list.

Never fear! While this is a shared ride we will not leave any clients caught in appointments behind!

PARATRANSIT (707) 574-6616 x 264

Volunteers Needed!

We are in desperate need of STAR Volunteers. As the ONLY ambulance service for East Larabee Valley to South Fork Ridge, Ruth, Zenia, and Mad River areas, our services are crucial for the community members and visitors from the neighboring counties. Are you short on available time but interested? Call either clinic and request to speak with someone about STAR and we'll be happy to work with your availability!

A Warm Welcome!

We have several new staff members since the previous Employee Quarterly Meeting:

Bill Petit

Chief Financial Officer
Both Facilities

Tammy Terrasas

Visit Coordinator
Scotia Clinic

Kelsey Willburn

Visit Coordinator
Mad River Office

Priscilla Ahrens

Registered Dental Assistant
Mad River Office

**Welcome One,
Welcome All!**



Need a Ride?

574-6616 ext 261

Important Numbers

STHS Mad River 707 574-6616

Medical Appointments.....1
Dental Appointments.....2
Patient Assistance.....213
Administration.....203

STHS Scotia Bluffs 707 764-5617

Medical Appointments.....1
Outreach/Marketing.....264
Administration.....214
Billing.....3

STAR Emergencies

707 574-6421
or
911

Clinic Providers

Michael Schafle, MD
Frank Fisher, MD
Jim Tinkelenberg, PA-C
Arlene Staton, FNP
Sandra Lee, FNP

Chief Executive Officer

Lee Lupton

Chief Financial Officer

Bill Petit

Chief Operations Officer

Amanda Huber

EMS Coordinator

Brooke Entsminger, Paramedic

Medical Director

Michael Schafle, MD

Dental Director

Mark Medinnus, DDS

The Rural Health News Quarterly

All the news in one place:
Southern Trinity Health Services - Mad River
Southern Trinity Health Services - Scotia
Southern Trinity Area Rescue (STAR)

THE SEARCH FOR BOARD MEMBERS CONTINUES!

Southern Trinity Health Services is governed by an all volunteer board of directors that meets monthly, insuring that our facilities are serving the healthcare needs of our communities. The board is searching for individuals who represent the service area covered by our Scotia Bluffs location to join them as members. If you or someone you know is interested, please have them give us a call at either clinic and request to speak with administration.

A Letter From The Chief Executive Officer

Submitted by Lee Lupton, CEO

Hello everyone,

My goodness a long time has expired since our last newsletter. We will make a better effort at getting communication out quarterly. At any rate, many things have happened since our last update.

We are successfully operating in two major locations now; Mad River and Scotia. The site in Humboldt is growing and we are very excited about the prospects of serving that area. However, we will never forget our folks being served at our Mad River location. Currently we have two MDs, three Nurse Practitioners, a Dentist and a LCSW. The LCSW is at Scotia only and the Dentist at Mad River exclusively.

STHS is seeking volunteers to serve on its Board of Directors and volunteers for Emergency Medical Services (STAR). If anyone wishes to reach out and help, simply contact our offices and let us know. This is a great opportunity to get involved with your community and provide a very valuable service to the patients we serve. Please, HELP US!



Putting You First! A Letter from Your Provider

Submitted by Sandra Lee, FNP

The Season of celebration is upon us. We all know the time, it's when the days get shorter, we bundle up more and stay closer to home. We look forward to the holiday season, and work extra to buy the presents. We make the family dinners in celebration of the ones we love. We don't think of ourselves... we think of others. That's what the season is about, right? This season, what I am asking you to do is put yourself on the list too! How about you set aside of month of the year, be it the holidays or your month of birth to be the time you set aside for yourself for your health check up. Most illnesses are preventable, and if not preventable then manageable. What I've learned in my thirty years of caring for people is that we are more alike than different. We are all on our own journey through this life and your life is worth taking care of.

If you have struggled through addiction, diabetes, chronic pain, the fear of being judged, or whatever

else it may be...

You are safe here.

What I can promise you is that when we meet I will listen. We can create a plan just for you to be able to move forward. If, for any reason I cannot help you, I will stop at nothing to find someone who can. If you can't afford insurance, we have people here who can help you find options. Like all those people you usually care for during the holidays, your life matters, and I want to help you enjoy it by ensuring the best for your health.

Editors note: Sandra Lee is the newest provider to our practice and has returned to Humboldt county to offer services at both our Mad River facility in Trinity County off of Highway 36 as well as our Scotia facility in Humboldt County off of Highway 101.

Billing Is Back In The House!

Submitted by the Billing Team

For those of you who didn't know our billing department was outsourced three years ago and we've worked to bring it back in house to serve you better. As our company grows, we want to make sure we are able to serve you the best we can in all aspects of your care. If you have any questions or concerns with your bills, payments, or insurance. We are able to accept cash, checks, debit or credit card payments at the front desk at both locations in Mad River and Scotia and are also able to accept card payments over the phone at extension 3 from either location's number. We want to thank you for

the opportunity to assist you here in the billing department and look forward to helping you with any questions you may have.

Check Us Out Online!

www.sthsclinic.org
facebook : @STHSClinic
twitter : @STHS_Clinic

From The Tooth Fairy!

Submitted by Tamila Medinnus

Babies and Toddlers: •Brush babies gums after feedings •Kids should have their first dental visit by their first birthday

For Kids: •Ages 2-6 should use a pea sized amount of toothpaste when they brush twice each day •Caregivers shouldn't hesitate to brush their young child's teeth to ensure that all teeth are reached •Children's teeth should be flossed once each day as soon as there are two teeth that touch each other

Remember!

In the battle against bacteria, always brush twice a day.



Use circular strokes aimed at the gum line.

Outreach, Part of the Community

Submitted by Madelyne Perry

As some of you may be aware, Madelyne Perry has moved from the fiscal office to the position of Outreach/Marketing Coordinator! We have had our first two events for Outreach, the Humboldt County Fair on Aug 22nd and the Ruth Lake Festival on Sep 3rd. If you know of any events you feel would be appropriate for our clinic to participate with, please give Madelyne a call at extension 264.

An Online Presence

At the last quarterly staff meeting, Lee mentioned the updates and changes to the website. We now offer job postings online and are in the process of streamlining the process for new patients! Now that our current information is correct, the Outreach Coordinator is in the works of recreating our entire website. Stay tuned!

From The Nurse's Station: It's Flu Season Again!

Submitted by Jackie Coghil, RN

Getting an annual flu vaccine is the first and best way to protect yourself and your family from the flu. Flu vaccination can reduce flu illnesses, doctors' visits, and missed work and school due to flu, as well as prevent flu-related hospitalizations. The more people who get vaccinated, the more people will be protected from flu, including older people, very young children, pregnant women and people with certain health conditions who are more vulnerable to serious flu complications. A few things are new this season: Only injectable flu shots are recommended for use this season. Flu vaccines have been updated to better

match circulating viruses. There will be some new vaccines on the market this season. The recommendations for vaccination of people with egg allergies have changed. Four component vaccines are recommended to include the same three viruses above, plus an additional B virus. The timing of flu is very unpredictable and can vary in different parts of the country and from season to season. Seasonal flu viruses can be detected year-round, however, seasonal flu activity can begin as early as October and continue to occur as late as May. Flu activity most commonly peaks in the United States between December and

March. Everyone 6 months and older should get a flu vaccine each year by the end of October, if possible. However, getting vaccinated later is OK. Vaccination should continue throughout the flu season, even in January or later. Some children who have received flu vaccine previously and children who have only received one dose in their lifetime, may need two doses of flu vaccine. A health care provider can advise on how many doses a child should get.

