



MNHC Newsletter September 2023

Dear Mission Neighborhood Health Center Community,

It is with a deep sense of gratitude that I write as the new Chief Executive Officer of Mission Neighborhood Health Center (MNHC). This newsletter also happens to coincide with the celebration of Latinx/Hispanic Heritage Month, which takes place from September 15 to October 15, 2023. This month is a time of reflection and celebration, during which we come together to honor and recognize the rich and diverse cultures, histories, and invaluable contributions of the Latinx and Hispanic communities that have profoundly shaped and enriched not only our nation but also our vibrant city and local neighborhoods.

At MNHC, I am honored to take on the new role of CEO and am proud to lead an organization that, for 56 years, has embraced this diversity. We recognize our strength lies in our unity and the collective wisdom of our many cultures.

In my first weeks with MNHC, I have been so impressed by the team's commitment to providing respectful, high-quality healthcare that ensures everyone in our community receives care that is sensitive to their unique backgrounds and needs.



Thank you for being an integral part of Mission Neighborhood Health Center and for your unwavering support as I embark on this new journey as CEO. Together, we can continue to make a positive impact on the lives of our patients and community.

With appreciation,

Anna Robert, RN, MSN, DrPH
Chief Executive Officer

Estimada comunidad de Mission Neighborhood Health Center,

Con profunda gratitud, les escribo como la nueva directora ejecutiva de Mission Neighborhood Health Center (MNHC). Este boletín informativo también coincide con la celebración del Mes de la Herencia Latina/Hispana que se lleva a cabo del 15 de septiembre al 15 de octubre de 2023. Este mes dedicamos tiempo a reflexionar y rendir homenaje a la extraordinaria riqueza cultural, las historias inspiradoras y la invaluable contribución de las comunidades latinas e hispanas. Estas comunidades han dejado una marcada impresión, enriqueciendo no solo a nuestra nación sino también a nuestra vibrante ciudad y a los vecindarios locales.

Es un honor asumir la posición de Directora Ejecutiva en MNHC y me siento orgullosa de liderar una organización que, por 56 años, ha acogido esta diversidad. Reconocemos que nuestra fortaleza radica en nuestra unidad y en la sabiduría colectiva de nuestras diversas culturas.

Durante mis primeras semanas en MNHC, me ha impresionado el gran compromiso de todo nuestro equipo en la prestación de servicios de salud de la más alta calidad, asegurando que todos en nuestra comunidad reciban una atención adecuada, según sus necesidades particulares.

Quiero expresarles mi sincero agradecimiento por ser parte integral de Mission Neighborhood Health Center y por brindar su apoyo inquebrantable mientras me embarco en este viaje como Directora Ejecutiva. Juntos, podemos seguir marcando una diferencia positiva en las vidas de nuestros pacientes y en el bienestar de nuestra comunidad.

Con aprecio,
Anna Robert, RN, MSN, DrPH
Directora Ejecutiva





New School-Based Health Clinic Provides Easy Access to Students

Mission Neighborhood Health Center (MNHC) is committed to keeping San Francisco happy and healthy by offering a variety of healthcare services to people of all ages. Part of this commitment involves MNHC recognizing needs within the community and developing solutions to fill these gaps. With this in mind, MNHC partnered with John O'Connell High School to open a school-based health clinic on August 24, significantly expanding healthcare access to approximately 500 students.

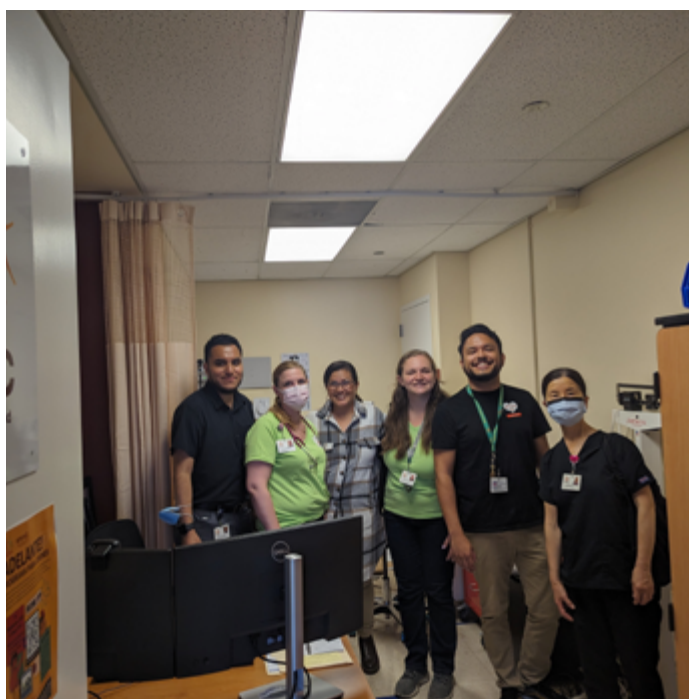
This new clinic compliments the school's existing Wellness Center and aims to be a convenient "one-stop shop" primary care point that helps students keep their healthcare on track. The services offered by MNHC include sports and general physicals, vision and hearing screenings, testing for TB, HIV, and

STIs, and care for burns, lacerations, sprains, and more. Additionally, students can access family planning and confidential services like pregnancy testing, contraceptive counseling, and treatment. The clinic can even help students and their family members connect to outside services.

“The proximity of John O’Connell High School to MNHC’s main Shotwell Street clinic has resulted in a strong relationship over time, with the school often referring students for confidential services. Unfortunately, the school did not have a nurse on staff during the last school year, as the district is experiencing difficulty finding and placing nurses at schools. These factors helped spur the creation of the new school-based clinic,” says Jose Lopez, Director of Programs and HIV Services at MNHC.

MNHC will also be promoting a couple of its unique programs as a complement to the healthcare services offered at John O’Connell. These programs include peer health outreach worker training, which consists of a paid stipend for high school students to receive training about public health and introduce them to mental health careers, and “Roadmap to Peace,” a youth violence prevention program.

The clinic is available to all John O’Connell students. Confidential services are free, while other healthcare services are either free of charge or require a nominal fee.



Food, Friendship, Fun, and MORE at MNRC's Ladies' Night

The Mission Neighborhood Resource Center (MNRC) offers a variety of events and services to San Francisco's unhoused population. One of the most popular events is Ladies' Night, held every Thursday night between 2-7 PM. Now in their 19th year, these walk-in gatherings welcome all cis and transgender people who identify as women.



In collaboration with the Homeless Youth Alliance, Ladies' Night provides a safe, supportive, and FUN space for the currently unhoused or those at risk of being unhoused. Attendees can have dinner, grab free clothing, sing karaoke, dance, play bingo, or receive services offered by community agencies.



In addition, a former MNRC client, now a licensed massage therapist, offers massages as a way of giving back to the community.

A team of dedicated staff members currently oversees each Ladies' Night and says that these weekly get-togethers were created because staff saw the specific need for women to access their services. Around 40 to 50 ladies are typically in attendance, and the strong sense of community and sheer enjoyment keeps many of them returning regularly!

MNRC is located at 165 Capp Street, San Francisco, CA, 94110.

The MNRC clinic is primarily funded by the Healthcare for the Homeless Federal Grant. In addition, homeless drop-in services are supported by the City of San Francisco Department of Homelessness and Supportive Housing.

For more information about the Mission Neighborhood Resource Center, please visit:

https://www.mnhc.org/community_programs/mission-neighborhood-resource-center/

MNHC Spreads Hope and Positivity During Suicide Prevention Awareness Month

On Tuesday, September 12th, our Wellness Team and Behavioral Health Team joined forces to create a heartwarming experience for both our patients and staff in celebration of Suicide Prevention Awareness Month, which is recognized each September. In a world where mental health challenges can often feel isolating, we wanted to foster an environment of support, kindness, and positivity.

First, we introduced the “Positivi-Tree” activity, which took place in our first-floor clinic hallway. The concept behind this initiative was simple yet profound: anyone passing by, whether a patient or a staff member, had the opportunity to write down positive and supportive messages for individuals who may be going through mental health struggles. It was a chance to remind one another that we are not alone on our journeys toward better mental health and that there is an abundance of compassion within our community. The “Positivi-Tree” quickly blossomed with leaves, each bearing messages of hope, encouragement, and understanding.



Second, our staff also received encouragement through a “Post-It Positivity” activity hosted in the staff break room. This initiative allowed our team members to leave uplifting messages for one another. It was a way to remind our staff



that they are valued, appreciated, and an integral part of the care provided for our patients. The activity carried messages of gratitude, motivation, and admiration for our staff. Staff were also given green ribbon pins to wear through the remainder of September to continue recognizing this important message.

We provided lavender sachet pouches during this event. Lavender is known for its calming properties, and we hope these sachets serve as a soothing reminder of the importance of self-care and mental well-being. Additionally, we offered patients education and information about local crisis intervention services, self-care tips, information

sheets on suicide prevention, and flyers that addressed suicide myths.

These activities were not just symbolic gestures but a tangible embodiment of the compassion and care that define our community. Mental health is a shared experience, and it's through these collective acts of kindness that we build bridges of understanding and support.

As we move forward, we encourage our community to continue nurturing this culture of empathy and positivity. Remember, a simple message of support can make a world of difference in someone's life!

MNHC Recognizes National Hispanic Heritage Month

On September 15th, we kicked off our vibrant celebration of National Hispanic Heritage Month. This month-long celebration, lasting from September 15th to October 15th, is a time to honor and recognize the rich cultural contributions of Hispanic and Latinx communities in the United States.

At Mission Neighborhood Health Center, we are celebrating this important cultural observance and embracing the diversity that makes our community so special with the following activities:

“Traje Típico” Day Contest:

As a tradition in our health center for years, our staff was encouraged to proudly wear traditional attire from a Latin American country they have roots in or simply love. It was an opportunity to showcase the vibrant and diverse cultures that our staff celebrates. Staff entered the contest by submitting pictures of their attire to our Human Resources department and were encouraged to vote for their favorites. We had three winners!



Goodie Bags for All Staff:

We distributed special goodie bags to all clinic staff members as a token of our appreciation for their hard work and dedication. These goodie bags contained a variety of treats, including lavender sachet pouches for relaxation, Latin American candies, and a green ribbon to commemorate Suicide Prevention Awareness Month. We are simultaneously celebrating our heritage and supporting the well-being of our community.



National Hispanic Heritage Month also coincides with the independence days of several Latin American countries, such as Costa Rica, El Salvador, Guatemala, Honduras, Nicaragua, Mexico, Chile, and Belize. These celebrations reflect the diversity and vibrancy of the Latinx and Hispanic communities, which include people from Mexico, Puerto Rico, Cuba, Jamaica, the Dominican Republic, Central and South America, Spain, and other regions. This month is a reminder for us all to learn, share, and appreciate the richness that diversity brings to our lives.

As we continue to celebrate throughout this month, we encourage everyone to take part in the festivities and join us in honoring the heritage and contributions of our Hispanic and Latinx community members. Several events in the community are celebrating our roots:

Weave on a Loom with the Mexican Museum

Wednesday, 9/27/2023, 5-6pm | Noe Valley Library, 451 Jersey St, SF, CA 94114
Space is limited. Reservations required: (415) 355-5707

Illyanna Maisonet, Diasporican: A Puerto Rican Cookbook

Saturday, 10/7/2023, 2-3pm | Ocean View Library, 345 Randolph St, SF, CA 94132

Author and Chef Illyanna Maisonet discusses her award-winning cookbook, the recipes, the stories, and the process of cookbook writing. There will be Puerto Rican-inspired snacks. Space is limited. Reservations required: (415) 355-5615

Mini Cactus Piñata Workshop

Saturday, 10/14/2023, 1-2pm | Excelsior Library, 4400 Mission St, SF, CA 94112
Learn how to make a Mini Cactus Piñata with Chukaruka! The workshop offers a step-by-step tutorial on the Mini Cactus Piñata that brings out creativity and

a greater appreciation for Latinx Heritage. This workshop is for library patrons ages five and up. Space is limited. Reservations required: (415) 355-2868

Marigold Crowns Workshop

Wednesday, 10/25/2023, 6-7:30pm | Mission Library, 1234 Valencia St, SF, CA 94110

Make your own Day of the Dead headpiece with marigolds, cempasúchil, and other traditional elements. This is a bilingual workshop, and instructions will be given in English and Spanish. Space is limited. Reservations required: (415) 355-2800 (starting October 1)

Coco Film and Crafts

Thursday, 10/26/2023, 3-5pm | Ocean View Library, 345 Randolph St, SF, CA 94132

Watch Coco, have a snack, and do a craft to celebrate Día de los Muertos. Aspiring musician Miguel, confronted with his family's ancestral ban on music, enters the Land of the Dead to find his great-great-grandfather, a legendary singer. PG, 102 mins., 2017. Closed captions (CC) in English.

iViva 16th Street! Performance

Thursday, 10/26/2023, 5:30-7:30pm | Main Library, 100 Larkin St, SF, CA 94102

We honor and celebrate the legendary 16th Street strip with a screening of the acclaimed documentary iViva 16! as well as live performances and a star panel. Co-sponsored by El/la Para Translatinas, GLBT Historical Society, and Memoria Trans SF.

Pier Party at the Wharf

Every Friday and Saturday from 2-6 PM until 9/30/2023 | 2820 Taylor St, SF, CA 94133

Come rock the dock at the ultimate outdoor summer concert series set in the heart of San Francisco's Fisherman's Wharf. Along with the weekly rotation of guest performers, Fisherman's Wharf, in collaboration with the Port of San Francisco, is kicking things up a notch with signature drinks, cocktails, beer, and wine.

Día de los Muertos Community Gathering

Saturday, 10/28/2023, 3-4:30pm | Bayview/Linda Brooks-Burton Library, 5075 3rd St, SF, CA 94124

Calixto Robles, San Francisco artist and activist, leads a community altar creation, and Alil Blum will lead all age-friendly printmaking craft. Celebrate those who have passed by contributing an ofrenda (offering) to the altar. Bring flowers, incense, photos, letters/notes, sealed food/drink, or any small keepsake or trinket that serves as a remembrance for your loved one. Create a three-color reduction art print using styrofoam.

“Celebrando Nuestra Herencia Latinoamericana” Group Art Exhibition

9/2/2023-9/30/2023 | Mission Cultural Center for Latino Arts, 2868 Mission St, SF, CA 94110

We look forward to seeing the vibrant expressions of culture and unity within our organization and hope this celebration fosters a deeper appreciation for the diversity that makes us stronger.

Thank you for being a part of our culturally rich and compassionate community at MNHC!



240 Shotwell Street, San Francisco, CA 94110

 www.facebook.com/MNHCSF

 www.mnhc.org

Administrative Offices are open Monday through Friday from 8:00 AM–5:00 PM

Phone: (415) 552-1013

Fax: (415) 431-3178

Locations

Shotwell Clinic
240 Shotwell Street, San Francisco, CA 94110
☎ (415) 552-3870

Excelsior Clinic
4434 Mission Street, San Francisco, CA 94112
☎ (415) 406-1353

Mission Bernal Clinics
1580 Valencia Street, San Francisco,
CA 94110 Suite 701 (Pediatrics) & 506 (Adult)
☎ (415) 852-4080

Adult Medicine Fax Number: (415) 647-7502
Pediatric Clinic Fax Number: (415) 852-4058

Mission Neighborhood Resource Center
165 Capp Street, San Francisco, CA 94110
☎ (415) 869-7977



FTCA Deemed Facility



2020 AHA and AMA Target BP Recognition



2020 HRSA Health Center Quality Leader