



## MNHC Newsletter December 2023



## Happy Holidays from Everyone at MNHC!

Where has the year gone? As 2023 draws to a close, we wanted to take a moment to wish everyone a joyous and safe holiday season. MNHC deeply values the diversity of our patients and team members every day and recognizes the various holidays celebrated by our community, including Thanksgiving, Chanukah/Hanukkah, Christmas, and Kwanzaa. We hope this time of year is filled with abundant love, hope, laughter, fun, and relaxation!

This message would also be incomplete without a huge THANK YOU to each of you for making 2023 such a stellar year. Without our incredible patients, clients, staff, volunteers, and community partners, we simply wouldn't be able to impact so many lives.

Every year offers its share of obstacles, but team MNHC constantly overcomes them as we continue delivering inclusive, equitable, compassionate healthcare to all who walk through our doors.

We look forward to a fantastic 2024 with you all — Happy Holidays, and we wish you a peaceful and prosperous New Year!

# Children's Christmas Party at MNHC!

Dear Friends,

MNHC is gearing up for another holiday season...and we need your help!

As the holidays near, Mission Neighborhood Health Center (MNHC) is preparing for our 43rd Annual Children's Christmas Party to be held on Saturday, December 9th, 2023, from 10:00 a.m. to 2:00 p.m. at our Shotwell location.

This special event is a time to rejoice with our families and community and distribute toys to Mission District families in need. Santa and Mrs. Claus will be here to take photos with each child, and we will need as many elves as possible to make this event possible.

More than ever, we will rely on the gracious giving of our volunteers and donors to ensure we have a successful event. With your help, we can once again bring the magic of the holiday season to hundreds of families. We need donors to help purchase the many toys we give away each year and volunteers to help Santa and Mrs. Claus spread magic on the day of the event.

On behalf of MNHC's Board of Directors, staff, and patients, we would like to ask you to support our 2023 Children's Christmas Party and Gift Giveaway by contributing any amount possible.

To make a tax-deductible donation, please go to our website at [www.mnhc.org/donate](http://www.mnhc.org/donate) or mail a check to 240 Shotwell Street, San Francisco, CA 94110. Checks should be made payable to Mission Neighborhood Health Center: ATT: Children's Christmas Party. Please feel free to reach out directly to our Executive Coordinator at (415) 552-3870 x2225 with any questions.

Thank you for your support!

Best holiday wishes to you and your families,

Anna Robert, RN, MSN, DrPH  
Chief Executive Officer

Jaime Ruiz, M.D.  
Chief Medical Officer

# October Breast Cancer Awareness Month: A Community Effort at Mission Neighborhood Health Center

October is a month that holds special significance as it marks Breast Cancer Awareness Month. Breast cancer is the most common cancer among women worldwide, and it also affects men. By increasing awareness and education, we can encourage more people to prioritize their breast health and take the necessary steps to detect breast cancer early, when it is most treatable.

Regular self-exams and screenings, along with a healthy lifestyle, can significantly reduce the risk of developing breast cancer. It's crucial that we all work together to ensure that no one faces breast cancer alone and that every individual has access to the information and support they need.

At Mission Neighborhood Health Center, we are dedicated to raising awareness about breast cancer, encouraging early detection, and supporting those affected by this disease. We're excited to share some of the activities that took place in our clinic in October.



We love helping our community!



Staff informing visitors about breast cancer during the Avon tabling event.



## Avon Comprehensive Breast Care Center Tabling on Wednesday, October 11th, at Shotwell Clinic

On October 11th, Avon Comprehensive Breast Care Center joined us to demonstrate to patients how to perform breast self-exams (BSE), answer patient questions, and provide breast cancer information and education focusing on the importance of early detection. The team also provided educational handouts and extra goodies for patients who stopped by the table. Thank you to everyone who participated!

Team members from MNHC enjoyed participating in the Nova 12 2023 Walk.



## NOVA 12 2023 Walk

In the spirit of community and unity, we are proud to share that some of our staff enthusiastically participated in the NOVA 12 2023 Walk. This fundraising walk is a wonderful opportunity to support breast cancer research and raise awareness. By joining the walk, our staff members demonstrated their commitment to making a difference and contributing to the fight against breast cancer. After the walk, we also provided a table to promote our services to all participants. We want to express our profound gratitude to Patty Caplan, who made a heartfelt donation on behalf of the clinic.



We enjoyed interacting with a variety of visitors!



## Tabling Event at the Clinic

October gave further opportunities for community engagement. The Women's Clinic connected with patients through tabling efforts at our Shotwell clinic. Our goal for these events was to raise awareness about breast cancer and early detection. Also, we directed patients back to care in either Adult Medicine or the Women's Clinic. Our patient health educator, Angeles Hafiz, and our Clinical lead in the Women's Clinic, Denisse Porter, helped organize the events. Patients took part in engaging with educational materials; additionally, there was a prize wheel they could spin once they had engaged with the screening and prevention information that was shared. Both patients and staff were eager to participate, learn, and win prizes!

Thank you for joining us in honoring Breast Cancer Awareness Month by participating in our events, sharing information with your friends and family, and taking steps to prioritize your own breast health. Together, we can make a difference and help raise awareness about breast cancer, ultimately leading to better outcomes for those affected by this disease.

# Knowledge, Support, and FUN During Diabetes Awareness Month

Diabetes disproportionately affects the Latinx population in the United States, with a higher prevalence compared to non-Hispanic whites. According to recent statistics, Latinxs are nearly twice as likely to develop diabetes, highlighting the need for targeted healthcare interventions and awareness campaigns within this community.



In line with the recognition of Diabetes Awareness Month, celebrated each November, Mission Neighborhood Health Center (MNHC) took the opportunity to raise awareness in a fun and engaging way. To inject an element of fun into raising awareness, we introduced a roulette-style game. Patients and staff spun the wheel, faced intriguing questions about diabetes, and earned themselves a reward based on their answers – a choice between a crisp apple or a nutritious banana.

Some of the tips we were sharing with our patients on how to stay healthy, especially during this holiday season, include:

**Smart Indulgence:** Enjoy holiday treats in moderation. Opt for smaller portions and include colorful, nutritious options alongside festive favorites.

**Move Regularly:** Stay active with at least 30 minutes of exercise most days. Turn it into a social activity by involving friends or family.



**Self-Care Priority:** Amid the holiday rush, prioritize sleep and take breaks for relaxation. Manage stress with activities that bring joy and tranquility.

MNHC is committed to promoting health education with our patients and fostering a sense of community engagement. Thank you to everyone who participated and helped make our Diabetes Awareness Month celebration a success. Let's continue to raise awareness, encourage healthy choices, and support each other on our journey toward better health.

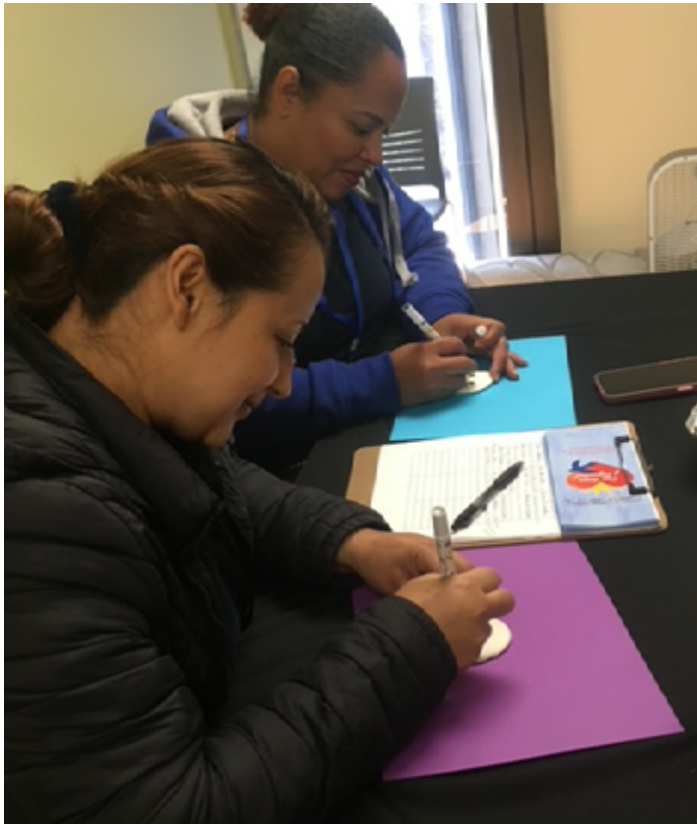
# MNHC Celebrates Día de los Muertos

Día de los Muertos is a Mexican celebration that joyfully honors and remembers departed loved ones through vibrant traditions, altars, and communal gatherings, symbolizing a celebration of life and the enduring connection with those who have passed away.

For this year's Dia de los Muertos celebration at MNHC, various activities were held at the Shotwell Clinic for patients and staff to participate and enjoy. First and foremost, staff members helped decorate the clinic with papel picado and cempasuchiles. They also helped create a beautiful altar where patients and staff could remember and honor loved ones who have passed away.

With the decorations and the altar set up, we held two events for our patients and staff. On November 1st, patients and staff had the opportunity to decorate sugar skulls and take them home. On November 2nd, patients and staff were able to enjoy champurrado and pan dulce during a screening of the movie "Coco."





Overall, the Día de los Muertos celebration at MNHC not only provided a platform for cultural expression but also created a sense of community and shared remembrance.



# MNHC's HIV Services Provide Prevention, Compassion, and Hope

Thanks to advanced treatments, HIV is no longer the “death sentence” it once was. Although modern medicine gives hope to those with a positive diagnosis, managing this virus can still be mentally and physically challenging. MNHC recognizes the impact HIV has on the local San Francisco population and offers a range of quality, compassionate HIV-related services.

MNHC's Latino Wellness Center, a joint community program with Instituto Familiar de la Raza, provides community members at risk of HIV with preventative services, such as health plan assistance, STI, Hepatitis C, and HIV testing, and linkage to treatment for each. Outreach is also a significant component of MNHC's prevention efforts. For example, the Hermanos de Luna y Sol is a group program designed to reduce the risk of HIV infections and promote healthy relationships among Spanish-speaking, immigrant gay and bisexual men. Additionally, the HIV Treatment Outreach Team goes into communities to spread the word about HIV awareness, prevention, treatment, and more. Lastly, MNHC's PrEP Program aims to support the patient community by connecting folks to PrEP (pre-exposure prophylaxis) medication which is highly effective at preventing the spread of HIV.

Located at MNHC's Shotwell Clinic location, Clinica Esperanza (Clinic of Hope) gives HIV-positive patients access to lab work and clinical care. At the same time, the integrated Mission Center of Excellence Program offers a multidisciplinary care program that includes case management, nutritional counseling, mental health and substance abuse counseling, and treatment adherence support, to name just a few. Peer advocacy also provides an opportunity to work with an HIV-positive staff member who can help navigate the healthcare system while providing moral support. The clinic typically serves about 350-400 patients at a time.

Jose Enrique Lopez, Director of Programs and HIV Services, notes that Clinica Esperanza was created during the HIV/AIDS epidemic in the 1990s. Providers at the clinic saw patients being refused services at other clinics and took the initiative to treat them. Virginia Scribner, a nurse who founded the clinic, still provides on-call support.

There is currently an influx of newcomers and immigrant patients accessing various preventative and treatment services. MNHC is proud to offer culturally-sensitive healthcare to diverse populations, including those facing legal and other barriers, such as immigration status. Spanish-speaking clients can receive all their services in their native language, and about 80 percent of the HIV services patients speak or prefer communicating in Spanish.

Depending on where patients enroll within MNHC, they undergo a few assessments to create an effective treatment plan of care. Patients also have access to legal support, particularly when such support can improve treatments and health outcomes. Most HIV program funding comes from the Ryan White HIV and AIDS Program through the City of San Francisco and the Consortium of Clinics.

Clinica Esperanza at MNHC's Shotwell Clinic offers HIV-positive treatment services, while the Latino Prevention Center location provides health education, testing, and other prevention services. Although treatments require appointments, walk-ins are welcome for testing and healthcare linkage services. New patients can usually see a doctor within 30 days, with the wait time typically cut down to about five days for patients with a new HIV-positive diagnosis.

For more information about MNHC's HIV programs, please visit:  
<https://www.mnhc.org/medical-services-categories/hiv-services/>



Fun and friendship at the 2022 HIV Program Holiday Party!



240 Shotwell Street, San Francisco, CA 94110

 [www.facebook.com/MNHCSF](https://www.facebook.com/MNHCSF)

 [www.mnhc.org](http://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