



A MESSAGE TO THE COMMUNITY FROM THE STAFF AND BOARD

It is the mission of the Anderson Valley Health Center to provide excellent and affordable health care to the people of Anderson Valley. Our vision for the future is to continue to thrive and enhance the quality of life in our community. However, like many organizations these days the Health Center has been affected by the current economic downturn. The State has eliminated our service support grants, which means that we will have a \$250,000 loss in revenue to our just over \$1M annual budget. The State cuts combined with program cuts to adult dental, and child health programs represent a 33% reduction in revenues in this fiscal year. We are also experiencing a sharp increase in the number of patients who do not have health insurance. We treat these patients, of course, but we will not be reimbursed for the cost of their care.

The Board of Directors of the Health Center is addressing this huge decrease in revenue in a number of ways. We have asked our staff to purchase only those items that are absolutely necessary for providing excellent care for our patients. We have also instituted what we hope will be a temporary 9.75% cut in pay for all staff. At this time we do not anticipate a decrease in services so we will continue to offer medical services five days per week, and dental services four days per week.

These are ways to save money but we are also looking for ways to increase our income. We have contacted U.S. Senators Barbara Boxer and Diane Feinstein, Congressman Mike Thompson, and State Senator Wes Chesbro, to ask them for assistance in helping us secure federal funds to support the services that we provide to uninsured patients as required by our status as a Federally Qualified Health Center Look-alike. They have promised to explore ways to help.

In the meantime, our Executive Director, Judith Dolan, will be applying for any grants that appear to fit our situation. However, granting agencies are suffering from the same difficult financial climate as everyone else so there are fewer dollars to go around.

Our fund raising committee is discussing activities for the coming year. We are looking into special events where we can work as volunteers and thus be beneficiaries of some of the proceeds. We will need community support for these efforts so we are forming the Friends of the Health Center to raise funds and provide volunteers. If you would like to join this special group you will find a form on the back of this newsletter.

Over the years many members of the community have supported the Health Center with generous donations that have helped make it possible for us to provide quality health care to over 78% of our diverse community. Now we are asking our community to continue to support our vital health care organization. We feel strongly about continuing to offer health and dental services here. We hope that you feel the same. Thank you in advance for seriously considering an end of summer donation toward community health. It is a community affair!



OUR NEW LEED BUILDING – A FIRST IN CALIFORNIA !

The Anderson Valley Health Center has been awarded LEED® Gold certification by the U.S. Green Building Council (USGBC). LEED is the USGBC's leading rating system for designing and constructing the world's greenest, most energy efficient, and high performing buildings.

The AVHC is the first community health center in California to be awarded the LEED Gold certification. A local company, Verdier Architects, was chosen as the design team to meet the vision “Light is the Theme”. “The maximization of daylight and views from the windows was really important to us for the wellness of both patients and health care professionals”, said Judith Dolan, Executive Director of the AVHC. The AVHC Board also required a high standard of energy efficiency and green features in the new building. Verdier Architects had to meet specific prerequisites and criteria to attain LEED certification through their design adherence to regional/renewable materials, water use reduction, interior air quality, non-volatile organic compound paint, a 22kW photovoltaic rooftop array and many additional green requirements. Kevin Gilleran, LEED AP, of Gilleran Energy Management acted as LEED consultant on the project.

The project consists of a one-story addition of about 4,775 square feet to the Anderson Valley Health Center plus approximately 450 square feet of renovation to the previously existing clinic, which was constructed in 1983. The new structure houses state of the art dental services, mental health and substance abuse services, a multipurpose room, records storage and office spaces, and alternative medicine services. In addition, a new 1,288 square foot Ambulance Services facility houses the Anderson Valley Volunteer Ambulance and EMT staff. The expansion was undertaken by Nonella Construction Company of Santa Rosa who used best practices to ensure the use of sustainable materials and for construction waste management to prevent job-site pollution.

The ground breaking took place in July 2007 and the Anderson Valley community raised \$1.3 million, including a matching grant from the Tides Foundation for \$250,000 that launched the funding process. The Board of AVHC worked hard to raise the capital as well to obtain donations of original artwork, furnishings and sustainably harvested and milled redwood.

“Building operations are nearly 40% of the solution to the global climate change challenge,” said Rick Fedrizzi, President, CEO & Founding Chair, U.S. Green Building Council. “While climate change is a global problem, innovative non-profits like AVHC are addressing it through local solutions.”

Please visit our website at www.AVHC.org for photos and more information about the Health Center and our new green building.

AVHC STAFF PROFILE: Mark Apfel, MD, Medical Director, AVHC

Dr. Mark Apfel is one of the most important members of our community and certainly the vital heart of our health center. In 1976, Mark's cousin, Franklin, started the Anderson Valley Health Center with other interested valley residents. Mark joined him six months later after completing medical school. Mark grew up in the Bronx and attended Syracuse University. After interning at Harkness Hospital in San Francisco in 1973, he worked in several bay area medical facilities, then he settled in the Valley in 1976. He has been interested in rural medicine since medical school and is truly a country doctor in the old fashioned sense. Mark tends to his patients at all hours and situations - often making house calls to or from his work at the Health Center. Until recently he was a part-time emergency room doctor at the Ukiah Hospital.

Mark is interested in all facets of medicine, not only the daily delivery of medical interventions. He received a Health Leadership Fellowship sponsored by the California Health Foundation, which is a prestigious two year program of limited enrollment devoted to leadership skills, system changes and generally the 'bigger picture' in medicine. This experience provided a wide network for Mark to draw upon and is beneficial for all his patients. He is involved in the POLST (Physician Orders for Life Sustaining Treatment) project dealing with end of life concerns. He says, "This is a tipping point in health issues. This program is a paradigm of working together as a team, providing a means of simple communication which puts the patient in the middle of what is important in health care."

Mark is a person of wide ranging interests. He plays golf and makes wine. He enjoys family life and travel, and relishes the human contact involved in his role in the community. We in Anderson Valley are so fortunate to have him as our doctor, our friend and active community participant.

AVHC BOARD MEMBER PROFILE: Susan Addison, Chair of the Board, AVHC

Susan has been active in community affairs for much of her adult life. Some years ago while living in La Jolla, she obtained a Certificate in Horticulture, which led to her volunteering at the Wild Animal Park in Escondido, supervising the horticultural library. When the family moved to Berkeley she became involved with the Strybing Arboretum (San Francisco Botanical Gardens) in Golden Gate Park. She was a board member for a number of years, serving four years as president.

In 1987, she arrived in the Valley and joined the board of the Anderson Valley Land Trust, serving as president for four years. In 2006 she was recruited to be on the board of the Anderson Valley Health Center. As co-chair of the capital campaign, she helped raise 1.3 million dollars for the expansion of the facility. To quote Susan: "The Health Center is vital to the well being of the entire community." She was elected chair of the Board of Directors of the Health Center in March 2009, and continues to demonstrate her positive leadership skills as the organization faces the fiscal realities of these difficult economic times.



COMMUNITY MEMBER

To join the Friends of the Health Center please fill out the form below and send it with your donation:

Name: _____

Address: _____

Telephone number: _____ Email: _____

Payment by ___ Check ___ Visa ___ MasterCard ___ Amount _____

Card number _____ Valid through _____

Signature _____

I would like to work as a volunteer as needed. Yes _____ No _____