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You're invited! Save the Date to attend the VCC Health and Hope for our Youth Gala on Nov. 21, 2015!

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## Save the Date: Health and Hope for Our Youth Gala

### *Message from Robert Gates, President, VCC Board of Directors*

Each year Vista Community Clinic provides affordable, high quality health care to thousands of children and youth from low-income families in North San Diego County. Your generosity has helped make this possible. You recognize the impact that VCC has made on the health and well-being of community residents for over four decades and you have chosen to support its mission.

I am writing today to ask for your continued backing of VCC. **Please save the date for the Health and Hope for Our Youth Gala on Saturday, Nov. 21, 2015 at the Omni La Costa Resort in Carlsbad.** The casino-themed gala will feature dinner, live auction and game tables. Proceeds will benefit VCC's programs and services for children and youth. By attending this elegant evening, you will continue to be part of a family of dedicated VCC ambassadors who provide health and hope to the children and youth in

our communities. Your participation will help VCC provide improved pediatric medical and dental services, and continue the Teen Clinic and REACH youth development program.

To learn more about sponsorship opportunities, please contact Betsy Heightman at 760-631-5000 x1139 or email [betsy@vistacommunityclinic.org](mailto:betsy@vistacommunityclinic.org).

I look forward to your participation in the Health and Hope for Our Youth Gala.

Your gift makes a tremendous impact on the health of our community.

Donate Now



## Psychiatry, Optometry & Chiropractic Care at VCC

Since it welcomed its first patients in donated space more than four decades ago, Vista Community Clinic has made rapid and purposeful strides to become a leading provider of medical and dental care, and health education to the residents of San Diego North County.

With the recent introduction of specialty services, VCC has taken yet another bold step to improve patient access to care. **VCC patients now receive psychiatric care, optometry services and chiropractic care in the medical home they know and trust.** VCC extends a warm welcome Dr. Donna Mills, psychiatrist, Dr. Ryan Rich,

## VCC: North River Expands on its Success

VCC: North River debuted in 2003 to meet an urgent need for affordable, high quality care for the residents of Oceanside and surrounding communities. Since then, the facility has emerged as a hub of exceptional primary care, pediatric care and women's health services, serving more than 5,000 patients each year.

Earlier this year, VCC embarked on an improvement project to build on the success of the North River facility. The remodeling and expansion, just a few weeks shy of completion, will result in an attractive and welcoming space with three additional exam rooms and the

optometrist, and Dr. Jaime Cortez, chiropractor.

The new services fulfill a great need for timely and integrated specialty care among VCC's predominantly low-income and uninsured patients who have historically experienced challenges in accessing these services. Watch for updates about ongoing enhancements to the VCC specialty care initiative in upcoming issues of Vital Signs!

capability of serving many more patients.

**The centerpiece of the VCC: North River improvement project is the new 3,143-square foot dental and behavioral health center located adjacent to the medical building.** The center, which opened its doors to patients on June 1, offers a complete array of dental services for adults and children including regular exams, X-rays, cleanings, sealants, fillings, and extractions. Behavioral health services will begin in the near future.



## Project REACH Changes Lives Forever, for the Better

Just a few years ago, Andres thought college was a distant, unattainable idea that was beyond his grasp.

"I had no idea on what to do or how to get there," said the soft spoken teen who lives in Oceanside.

What seemed like an elusive dream began to look like an achievable goal when a friend persuaded Andres to enroll in Project REACH, VCC's youth development program. At REACH,



## A Thank You to Our Funders

VCC extends a thank you to the government agencies and private foundations for their support of its health services and health education programs to serve the residents of San Diego North County.

**County of San Diego Neighborhood Reinvestment:** \$30,000 from the office of Supervisor Bill Horn for the purchase of one ultrasound machine.  
**San Diego County Employees Charitable Organization (CECO):** \$3,539 for purchase of exam

Andres found himself in a place infused with a strong college-going culture. He found mentors who shared information and guidance on how he could make college a reality. They encouraged him to persevere in his calculus class. They took him on field trips to college campuses, advised him on how to complete college financial aid forms and gave him tips on good study habits.

“The REACH counselors talked to me about making good choices and how everything I do now will follow me into the future,” Andres said.

His hard work and determination, and support from Project REACH has paid off. Andres, who just graduated from El Camino High School, will enter Chico State University in the fall to major in mechanical engineering.

“REACH means better choices,” said Andres, the youngest of four children and the first in his family to attend a four-year university. “Without REACH, I wouldn’t have known how to get to college. Even if I did, I would have to go down that road alone.”

Andres knows that the path to college graduation is filled with challenges. He also knows that Project REACH has prepared him with the tools to persevere and stay focused on achieving his goal. After he earns his engineering degree, he wants to return to his community in Oceanside to make a difference.

Please consider making a donation so that VCC can continue Project REACH and other programs that have made

room equipment at VCC: North River.

**Rest Haven Children's Health Fund:**

\$7,000 for purchase of medical exam room equipment at VCC: North River.

**Northrop Grumman ECHO:** \$3,000 for purchase of one dental operatory at VCC: North River.

**Sundt Foundation:** \$1,000 for the purchase of diabetes test strips.

**Seroptimist Oceanside-Carlsbad:** \$1,320 for 13 Project REACH girls to attend the UCSD Challenge Course team building program.

**Boys & Girls Foundation:** \$2,560 to Project REACH to promote harmony among youth in Oceanside neighborhoods.

**SANDAG:** \$3,000 iCommute Bike Mini-Grant to fund bicycle safety activities at two schools in Vista.

**Komen Foundation:** \$40,000 to the VCC Breast Health Program to provide patient navigation services.

**Avon Foundation:** \$50,000 to fund education and outreach by the VCC Breast Health Program.

**California Department of Public Health:** \$170,000 to the VCC Tobacco Control Program for efforts to advocate the health of diverse populations.

**California Department of Public Health Personal Responsibility Program:** \$200,000 to present reproductive health education to Project REACH youth, and teens served by foster care, courts and alternative high schools.

**Community Clinics Health Network:** \$10,000 funded by Kaiser to improve health of patients with diabetes and other cardiovascular health risks.

**California Colorectal Cancer Coalition:** \$7,300 to increase screening

such a profound impact on the lives of residents in North County communities. Your gift, regardless of size, helps us each day as we care for our patients and educate the community on healthy living. You can donate [online](#) or by contacting Betsy Heightman at 760-631-5000 x1139 or by email at [Betsy@vistacommunityclinic.org](mailto:Betsy@vistacommunityclinic.org). We thank you for your support.

rates by educating staff and outreach to patients on the importance of testing.

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Connect with VCC



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