

3 Patient-Focused Care at Community Cancer Institute

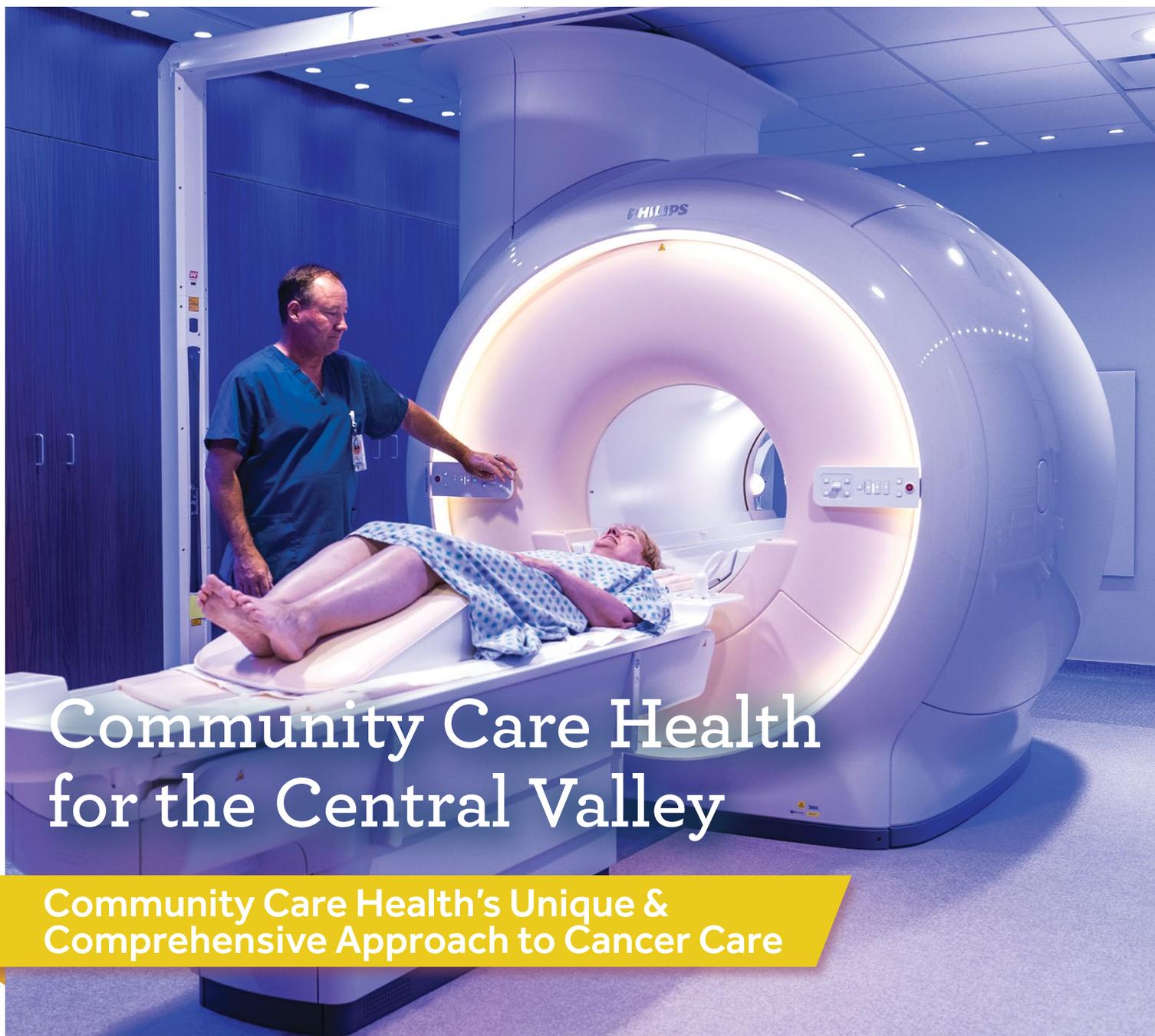
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Quarterly Newsletter | Fall 2018

# HealthMatters



Community Care Health  
for the Central Valley

Community Care Health's Unique & Comprehensive Approach to Cancer Care



*As we head into fall, having recently celebrated Breast Cancer Awareness month, this is an especially poignant time for the Community Care Health (CCH) family – an opportunity for all of us to remember loved ones lost and cherish the fighters and survivors who inspire us with their strength and determination.*



*This issue of HealthMatters examines the immeasurable strides our community takes on a daily basis to battle – and defeat – this disease. And what better way than highlighting our commitment to making unique cancer services available to all CCH members, including the all-new Community Cancer Institute (CCI). Featuring the area's leading physicians and state-of-the-art PET/CT technology found nowhere else in the Valley, CCI sets itself apart by bringing an unparalleled, patient-focused approach to care that ensures you are never alone throughout your journey. From screening tips for colorectal and skin cancers to healthy recipes and more, we hope you find this an informative issue.*

*And be sure to check out our physician profile, which highlights the amazing work of Dr. Andrea Stebel, who works tirelessly to help those fighting cancer.*

*We continually strive to meet your needs and listen to your feedback. Feel free to send any comments or suggestions about HealthMatters to [info@communitycarehealth.org](mailto:info@communitycarehealth.org).*

*For specific questions about your health plan, Member Services can be reached at (855) 343-2247.*

**Aldo De La Torre**  
President, CEO  
Community Care Health

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COMMUNITY CARE  
HEALTH

HealthMatters is a quarterly newsletter brought to you from Community Care Health. Designed to keep members abreast of the latest information impacting their health, we hope you find this a valuable resource.

# Patient-Focused Care at Community Cancer Institute

## A New Day Is Dawning in the Fight Against Cancer



The opening of the Community Cancer Institute heralds a new era of cancer care for residents of the Central Valley – and beyond. Rivaling centers in Los Angeles and the San Francisco Bay area, Community Cancer Institute brings together world-class doctors, state-of-the-art technologies, and advanced treatment protocols. But it is our unique commitment to patient-focused care that truly sets the benchmark for comprehensive cancer care.

### **Patient-Focused Services & Support Throughout Your Journey**

From the moment of first diagnosis, cancer patients and their families are confronted with a new reality. As such, our specialized oncology support services team has been designed to support cancer patients and caregivers as they move forward on this new, unfamiliar path. These services are led by our experienced team of social workers, nurse navigators, care coordinators, speech language pathologists, dietitians, rehabilitation specialists and more to deliver an unprecedented level of individualized and effective care.

### **Genetics Consultation & Testing**

If you or a family member has been diagnosed with cancer, evaluating your genetic makeup can give you valuable information that will help you and your doctors make more informed decisions about your care – now and in the future.



**Clinical Navigators**

From the moment they hear the word cancer, oncology patients and those closest to them face a wide range of emotions: uncertainty, vulnerability, confusion, powerlessness. We understand this, and our team of Clinical Oncology Navigators has been created to provide a level of support not found in any other cancer center in the area.

With offices at the Community Cancer Institute, Navigators are uniquely positioned to do just that – help patients and their support networks navigate

caused by any number of cancers, conditions, and treatments.

Led by a certified speech language pathologist, services are available for individuals who have experienced difficulty with the ability to communicate verbally, concentrate and express thoughts, or difficulties swallowing during or after cancer treatment.

**Palliative Medicine**

Oncologic Palliative Medicine is specialized care focusing on symptom management, pain control, and

advanced care planning associated with cancer treatment. In concert with each patient’s team of surgical, medical and radiation oncologists,

our Palliative Care physicians frequently meet with each patient to customize his or her pain regimen to achieve the best results possible. Our goal: improve quality of life for both the patient and the family.

**Oncology Dietician Services**

During cancer treatment, good nutrition can help decrease side effects, help maintain weight, increase energy, and support the immune system. Due to the effects that traditional treatments – chemotherapy

and radiation – have on the body, it is critically important to take a proactive approach to patient nutrition. By meeting and advising patients before symptoms even present, we can develop nutritional strategies to help offset treatment side effects.

**Integrative Medicine**

In addition to mainstream cancer treatments, you may be wondering about complementary components. Complementary medicine when, combined with traditional medical care, is considered integrative medicine, the aim of which is to support a more holistic manner to address some of the symptoms and side effects of cancer and associated treatments.

**Support Groups**

Support groups provide the opportunity to share experiences with other patients and caregivers. This is a chance to get feedback about how to address treatment side effects and discuss changes that may occur as a result of cancer. Groups allow patients to share their strengths and give advice on how they conquered the complexities and difficulties of a cancer diagnosis.

**Survivorship**

Even though a cancer patient’s treatment has been successfully completed, our journey together continues. Our Oncology Support Services continue to be available when our patients need us.

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*Support groups provide the opportunity to share your experience with other patients and caregivers*

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what is oftentimes an extremely confusing and overwhelming new reality.

**Oncology Social Work**

Every aspect of life is impacted by a cancer diagnosis and we believe in treating the whole person – not just the cancer. Our team of master’s-level trained Oncology Social Workers specialize in the unique and complex needs of cancer patients and their loved ones, providing an array of supportive services throughout diagnosis, treatment, recovery, survivorship and beyond.

Available as an outpatient service at the Community Cancer Institute, social workers address the emotional, social and practical complexities that impact quality of life and pose barriers to care throughout the cancer experience.

**Speech Language Pathology**

Uniquely integrated within the Cancer Services program, Oncology Speech Language Pathology services are designed to provide diagnosis, treatment, and management of swallowing, voice, language, and cognitive-communication disorders





## State-of-the-Art Technology in the Fight Against Cancer

One of the few comprehensive care centers to make available all of these technologies under one roof – and the only one in Central California – the Community Cancer Institute is able to identify, treat and surveil cancer faster and more accurately than ever before.

### Philips Vereos Full Digital PET/CT Scanner

One of only three in California, our Full-Digital PET/CT Scanner produces crystal-clear, high-resolution images, enabling doctors to detect and pinpoint much smaller instances of cancerous growth than previously possible.

### Philips Full-Digital 3T MR Scanner

Unique to radiation oncology and complementing the state-of-the-art PET/CT Scanner, the Full Digital MR Scanner delivers high-resolution imaging, leading to earlier detection and more-precise treatment planning.

### CyberKnife Robotic Linear Accelerator

The CyberKnife is the world's leading non-invasive, radiation treatment option for targeted radiosurgery (SRS) and stereotactic body radiation therapy (SBRT). Featuring the most-advanced – and only – robotic couch available for real-time patient positioning and comfort, CyberKnife destroys tumors while minimizing damage to surrounding healthy tissue regardless of whether the target is stationary or moving.

### Varian TrueBeam Linear Accelerator

Specifically designed to treat moving targets with advanced speed and accuracy, the TrueBeam Linear Accelerator is a fully integrated system for image-guided radiotherapy and radiosurgery. The TrueBeam system treats cancer anywhere in the body where radiation treatment is indicated, including lung, breast, prostate and head and neck.



**The Community Cancer Institute works in partnership with UCSF to bring international clinical cancer trials to patients in the Central Valley – providing access to new treatments before they're available to the public.**

As a member of three large cooperative groups sponsored by the National Cancer Institute (NCI), we have access to treatments that give some patients more options without having to travel far from home or change doctors.

We offer clinical trials for cancers in breast, cervical/endometrial, lung, pancreatic, prostate, renal cell, colon, rectal, HCC and anaplastic glioma tumors. And our partners at the UCSF clinical research program are pursuing research



opportunities in Hodgkin's Lymphoma and NHL, multiple myeloma, AML, metastatic NSCLC, and brain tumors.

One of the final stages of the cancer research process, clinical trials seek to determine whether promising approaches to cancer prevention, diagnosis and treatment are safe and effective. And in so doing, researchers and patients alike are contributing to the body of knowledge in the fight against cancer.

For more information about Clinical Trials at the Community Cancer Institute, please call us at (559) 387-1600.



# Screening For Colorectal Cancer

Insights from  
**Dr. Daniel Bluestone,**  
 Community Care Health Chief Medical Officer

The colon and rectum are the last part of the digestive tract. Commonly referred to with the shorthand, "colorectal," these screenings are an effort by your physician to examine the colon and rectum for signs of cancer or for growths (called polyps) that might become cancer.

The ultimate goal is to find and remove polyps before they become cancerous, or to find cancer early, before it grows, spreads, and causes problems. As such, screenings are recommended even for those who have no symptoms and no reason to think they have cancer. In fact, studies show that having colon-cancer screenings lower the chance of dying from colon cancer.

## COLON CANCER SCREENING TESTS

**Colonoscopy** – A colonoscopy allows the doctor to see directly inside the entire colon by inserting a very thin tube to which a tiny camera is attached. Before undergoing a colonoscopy, the colon must be clear, which can be achieved by drinking a special liquid or taking a medication that causes diarrhea. On the day of the test, medicine is administered to help you relax or sleep.

Once the tube is inserted, the doctor can see inside your colon. The tube also has tiny tools on the end allowing the doctor to remove pieces of tissue or polyps if they are present. After they are removed, they are sent to a lab to be checked for cancer.

- **Advantages** – A colonoscopy finds most small polyps and almost all large polyps and cancers. If found, polyps can be removed right away. This test gives the most accurate results. If any other screening tests are done first and come back positive, a colonoscopy will need to be done for follow-up. If you have a colonoscopy as your first test, you will probably not need a second follow-up test soon after.
- **Drawbacks** – A colonoscopy has some small risks. It can cause bleeding or can tear the inside of the colon, but this only happens in 1 out of 1,000 people. Also, cleaning out the bowel beforehand can be unpleasant. Additionally, people usually cannot work or drive for the rest of the day after the test due to the sedation they must take prior to the examination.

**Sigmoidoscopy** – While similar to a colonoscopy, a sigmoidoscopy looks only at the last part of the colon while a colonoscopy looks at the entire colon. Before undergoing a sigmoidoscopy, the lower part of the colon is cleared using an enema. Medication to help the patient relax is not needed for this type of screening, allowing the patient to drive and work afterward if desired.

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*Work with your doctor or nurse to decide which test is best for you*

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- **Advantages** – A sigmoidoscopy can find polyps and cancers in the rectum and the last part of the colon. If polyps are found, they can be removed right away.
- **Drawbacks** – In about 2 out of 10,000 people, a sigmoidoscopy can tear the inside of the colon. The test also can't find polyps or cancers that are in the part of the colon the test does

not view. If doctors find polyps or cancer during a sigmoidoscopy, they usually follow up with a colonoscopy.

**CT Colonography** (also known as Virtual Colonoscopy or CTC) – A CTC looks for cancer and polyps using a special X-ray called a "CT scan." For most CTC tests, the preparation is the same as it is for a colonoscopy.

- **Advantages** – A CTC can find polyps and cancers in the whole colon without the need for medicines to relax.
- **Drawbacks** – If doctors find polyps or cancer with a CTC, they usually follow up with a colonoscopy. A CTC sometimes finds areas that look abnormal but that turn out to be healthy. This means that a CTC can lead to tests and procedures you did not need. Plus, a CTC exposes you to radiation. In most cases,

amounts of blood in the stool, and that will show up in this test as well. You will have to collect small samples from your bowel movements, which you will put in a special container you get from your doctor or nurse. Then you follow the instructions to mail the container out for the testing.

- **Advantages** – This test does not involve cleaning out the colon or undergoing any medical procedure. It is very easy to do and very good at detecting blood in the stool.
- **Drawbacks** – Stool tests are less likely to find polyps than other screening tests. These tests also often come up abnormal even in people who do not have cancer. If a stool test shows something abnormal, doctors usually follow up with a colonoscopy.

**Stool DNA Test** – The stool DNA test checks for genetic markers of cancer,

movement. If a DNA test shows something abnormal, doctors usually follow up with a colonoscopy.

There is no blood test that most experts think is accurate enough to use for screening.

**HOW DO I CHOOSE WHICH TEST TO HAVE?**

Work with your doctor or nurse to decide which test is best for you. Some doctors might choose to combine screening tests, for example, sigmoidoscopy plus stool testing for blood. Being screened – no matter how – is more important than which test you choose.

**WHO SHOULD BE SCREENED?**

Doctors recommend that most people begin having colon cancer screenings at age 50. People who have an increased risk of getting colon cancer sometimes begin screening at a younger age. That might include people with a strong family history of colon cancer, and people with diseases of the colon called "Crohn's disease" and "ulcerative colitis." Most people can stop being screened around the age of 75, or at the latest 85.

**HOW OFTEN SHOULD I BE SCREENED?**

That depends on your risk of colon cancer and which test you have. People who have a high risk of colon cancer need to be tested more often and should have a colonoscopy.

Most people are not at high risk, so they can choose one of these schedules:

- Colonoscopy every 10 years
- CT colonography (CTC) every 5 years
- Sigmoidoscopy every 5 to 10 years
- Stool testing for blood once a year
- Stool DNA testing every 3 years (but doctors are not yet sure of the best time frame)

If you have questions about your risk of colon cancer, or what test to have, please talk to your Primary Care Physician.



the preparation needed to clean the bowel is the same as the one needed for a colonoscopy. The test is expensive, and your insurance companies might not cover this test for screening except under special circumstances.

**Stool Test for Blood** – Stool tests most commonly check for blood in samples of stool. Cancers and polyps can bleed, and if they bleed around the time you do the stool test, then blood will show up on the test. The test can find even small amounts of blood that you can't see in your stool. Other less-serious conditions can also cause small

as well as for signs of blood. For this test, you get a special kit in order to collect a whole bowel movement. Then you follow the instructions about how and where to ship it.

- **Advantages** – This test does not involve cleaning out the colon or having any other medical procedures. When cancer is not present, it is less likely to be falsely abnormal than a stool test for blood. That means it leads to fewer unnecessary colonoscopies.
- **Drawbacks** – It might be unpleasant to collect and ship a whole bowel

# Preventing Skin Cancer Before It Starts

With an average of 270 days of sun each year in the Central Valley, preventing sun damage and lowering your risk of skin cancer is critically important.

Although there are other causes, exposure to ultraviolet (UV) radiation from sunlight or tanning lamps increases your risk of developing skin cancer – and one of the most aggressive and deadly forms: melanoma.

How can a tan lead to skin cancer? A tan is a sign that your skin has been damaged. The more that your skin is damaged, the faster your skin ages and the faster your risk for all types of skin cancer increases.

For nearly three decades, experts have been telling us to use sunscreen to protect ourselves from skin damage. But which sunscreen should we use and how often?

## Sunscreen Guidelines to Protect Yourself from Skin Cancer

- Use a broad spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day.
- For extended outdoor activity, use a water-resistant, broad spectrum (UVA/UVB) sunscreen with an SPF of 30 or higher.
- Apply 1 ounce (2 tablespoons) of sunscreen to your entire body 30 minutes before going outside.
- Reapply every one to two hours or immediately after swimming or excessive sweating.
- Sunscreen should be used on babies older than six months.

## Other Ways to Avoid Skin Damage

Sunscreen alone isn't always enough. Here are some additional sun-safe and skin-safe behaviors to lower your chances of developing melanoma and other skin cancers:

- Seek shade, especially between 10 a.m. and 4 p.m.
- Avoid tanning and never use UV tanning beds
- Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses
- Do not burn
- Keep newborns out of the sun
- Use extra precaution when near water, snow and sand. These surfaces reflect sunrays and can increase your chances of a sun burn – even when wearing protective hats

Protecting yourself from harmful UV rays is essential to preventing skin cancer. Take extra precautions for the littlest family members, as newborns and young children have extra-



sensitive skin that is easily damaged.

For more information on how to protect yourself from skin cancer, visit the National Cancer Institute's website: [www.cancer.gov](http://www.cancer.gov).

# The ABCDEs of Melanoma. Check Yourself Today

Skin cancer is the most common type of cancer and melanoma is the most dangerous. Luckily, if melanoma is diagnosed and treated early, it is almost always curable. As such, it is up to all of us to stay vigilant in checking our moles. In fact, doctors recommend conducting a head-to-toe examination for suspicious moles every month.

But what exactly are you looking for? It's as easy as **A...B...C...D...E**.

## The ABCDE Signs of Melanoma

**Asymmetry** – Is your mole irregular in shape? Benign moles are usually symmetrical.

**Border Irregularity** – Are the borders of your mole difficult to define?

**Color Variations** – Do you have more than one color or an uneven distribution of color in the mole?

**Diameter** – Is your mole more than one-quarter-inch (6 mm) wide?

**Evolution** – Has your mole changed recently in size or any of the areas described above?

If any of the ABCDE rules apply to a mole on your body, bring it to the attention of your physician or dermatologist immediately. While these rules apply mainly to the most

common form of melanoma, there are other types of skin cancer that look a little different. While searching your body, also be on the lookout for:

- Any mole or lesion that stands out from the rest. It may be larger or darker than surrounding moles, smaller and redder, or the sole mole on an area of your body.
- Any red bumps – present for at least one month – that look like a pimple but are much firmer to the touch.
- Any darkly pigmented lesion containing some dark blue or black color that doesn't resemble the surrounding lesions.

And remember, even with monthly self-exams, you should have your skin checked head-to-toe by a dermatologist every year.

## No Cost Interpreter Services for Our Members

If you need help talking to your doctor, understanding medical information or obtaining care, please call our customer service department. We have representatives who speak English, Spanish, and Hmong and can provide access to interpreter services in over 100 other languages. You may also be able to get written materials in your preferred language.

Call Community Care Health Customer Service at 1 (855) 343-2247. Let us know your preferred language when you call. We are glad to help.



## Supporting Our Members When They Need Us Most



Community Care Health wants to reassure those members affected by natural disasters, including wildfires in California, that you will continue to have access to medically necessary health care services. If you have been affected, the following are some of the actions Community Care Health may take, as it deems necessary or appropriate for the circumstances:

- Relaxed time limits for prior authorizations or referrals
- Prescription refill limitations suspended
- Affected members permitted to refill prescriptions at out-of-network pharmacies

- Access to out-of-network providers if in-network providers are unavailable or if members are displaced due to the disaster
- Replaced medical equipment or supplies
- Extended filing deadlines for claims, if applicable
- New member ID cards issued

Please contact Community Care Health Customer Service at 1 (855) 343-2247 if you need assistance or have questions or concerns.



**TOGETHER,  
LIFE FLOWS  
FROM HERE.**

## Excited to Welcome Central California Blood Center to CCH Family

Here in the Central Valley, we're proud to grow the food that feeds much of America. We're also proud of a way of life where we've always taken care of our own. Whether it's for a family member, a neighbor, a stranger, or even yourself, we all need a safe, fresh, ready supply of locally donated blood. 1 in 7 people entering the Hospital will likely need blood products. This is why the Central California Blood Center exists: To provide safe, locally sourced blood and blood products for the patients of the Central Valley. For our people, by our people: Together, life flows from here. For a complete list of drives and donor center hours, please visit [donateblood.org](https://www.donateblood.org)

# Chimichurri Farro Grain Bowl

by Chef Jeff Dinmore, Clovis Community Medical Center

## To make the chimichurri sauce:

1. Rinse the parsley and oregano in water, remove and discard the stems. Rough chop the parsley and oregano leaves.
2. Smash the garlic cloves and remove the skin.
3. Combine the parsley, oregano and garlic in a food processor and pulse until coarsely chopped. Add the chili flakes, paprika, vinegar, oil, salt and pepper and process until smooth.
4. Reserve until later.

## Instructions:

1. Pre-heat a sauté pan over medium-high heat. When hot, add the oil and heat until shimmering.
2. Add to the pan the red onions, kale and red bell peppers and sauté for 3 to 4 minutes or until the onions are translucent.
3. Add the potatoes, black beans, corn and zucchini and continue to sauté.
4. Add the chimichurri sauce and toss to combine.
5. Place the farro in a serving bowl and top with sautéed vegetables. Serve hot or at room temperature.



## Ingredients

- |                               |  |
|-------------------------------|--|
| 3 Cups fresh Italian parsley  | 2 Cups kale, stem removed and chopped              |
| ¼ Cup fresh oregano           | 1 Cup red bell pepper, small diced                 |
| ⅛ Cup garlic cloves, peeled   | 1 Cup, fingerling potatoes, cooked and cut in half |
| ¾ Tsp red pepper flakes       | 1 Cup black beans, cooked                          |
| ½ Tbsp. Spanish paprika       | 1 Cup corn, removed from the cob                   |
| ¼ Cup red wine vinegar        | 1 Cup zucchini, small diced                        |
| 1¼ Cup extra-virgin olive oil | 4 Cups farro, cooked                               |
| ½ Tbsp sea salt               | 1 Tbsp. extra-virgin olive oil, for sautéing       |
| ¾ Tsp black pepper            |  |
| ½ Cup red onion, small diced  |  |

## PHYSICIAN PROFILE



### Andrea Stebel, M.D.

Dr. Stebel completed her medical training at the State University of New York. Her residency in internal medicine was at the University of California, San Francisco in Fresno. She completed her fellowship in Hematology/Oncology at UCI Medical Center in Irvine, CA. After completing training in breast oncology, Dr. Stebel concentrated her practice as a breast specialist opening the first dedicated breast oncology practice in Orange County. She relocated to the Central Valley to continue her interest in breast oncology with the Community Cancer Institute.

Dr. Stebel is an expert in diagnosing and treating breast disease. She travels domestically and internationally advising and speaking about breast cancer diagnosis and treatment for pharmaceutical and diagnostic companies.

**Board Certified:**  
American Board of Internal Medicine

**Medical School:**  
State University of New York

**Residency and Fellowship:**  
University of California, San Francisco (Fresno)

UCI Medical Center (Hematology/Oncology)

# What's Happening

...around town and at Community Medical Centers

## NOV 6

### The Magic of Language

A workshop for parents, staff & community. How to move from whining, grunting and pointing, to talking! Speech development in your child, birth - 5.



## NOV 11

### Veterans Day Pancake Breakfast

Enjoy a delicious pancake breakfast and support VFW Post 3225. Boutique, bakery, and raffle items available.

Time: 7:00 a.m. to 11:00 a.m.

Place: Clovis Veterans Memorial District, 808 Veterans Parkway, Clovis, CA 93612

Admission: \$7 per person

## NOV 15

### One Enchanted Evening

Step back in time for Old Town Clovis' annual kick-off of the Holiday Season. Explore Old Town, a quaint village of shops and restaurants, that is known far and wide as the 'heart and soul' of Clovis. As you stroll down cobbled sidewalks lined with old-fashioned street lamps, holiday entertainment awaits around every corner. Enjoy carolers, horse-drawn trolley rides, free food and a truly unique festive atmosphere set in a quieter, slower-paced lifestyle.

Time: 5:00 p.m. to 8:00 p.m.

Place: Old Town Clovis

Free Admission

Contact: Business Organization of Old Town (559) 298-5774 | [www.oldtownclovis.org](http://www.oldtownclovis.org)



## DEC 1

### Children's Electric Christmas Parade

Each December, Valley residents look forward to the Clovis Children's Electric Christmas Parade, ushering in the holiday with a parade featuring a spectacular display of holiday cheer alive with thousands of local children, adults, animals and floats, all blanketed in a blizzard of lights.

Time: 6:30 p.m.

Place: Old Town Clovis

Free Admission

Contact: Old Town Clovis Kiwanis at (559) 270-0929 | [www.otckiwaniis.org](http://www.otckiwaniis.org)



## 89th Annual Downtown Fresno Christmas Parade

Fresno was aptly referred to as the "city of tomorrow" in the 1960s because of its growth and development. The reopening of Fulton Street after 53 years has dramatically shifted the course of our future for the better.

Join us on December 8 at the 89th annual Downtown Fresno Christmas parade to reimagine and redefine Fresno's Future through the eyes of Christmas.

Date: Saturday, December 8

Time: 1:00 p.m.

Location: Fulton Street in downtown Fresno

For more information:

<http://downtownfresno.org/christmasparade/>



## Farmers Market Around Town

**Eat Healthy. Stay Healthy.  
Support Your Community.**

**Fresno VA Farmers Market**  
Tuesdays, 8:00am - 1:00pm  
Front Entrance of the Fresno VA

**Vineyard Farmers Market**  
Saturdays, 7:00am - Noon  
Blackstone & Shaw

**Old Town Clovis Saturdays  
Farmers Market**  
Saturdays, 8:00am - 11:30am  
Pollasky & Fifth



COMMUNITY CARE  
HEALTH

Community Care Health  
P.O. Box 45020  
Fresno, CA 93718  
1-855-343-2247  
communitycarehealth.org

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# Committed to Providing Quality Healthcare Services for the Central Valley



**Your Voice  
Matters**

Have a story to share, questions or  
comments? Please contact our staff at  
[staff@communityhealth.org](mailto:staff@communityhealth.org)

Would you like to get HealthMatters by  
email? Please send your email address to  
[editor@communityhealth.org](mailto:editor@communityhealth.org)