



SHARE OUR SELVES NEWS

Summer 2012

Personalized Care for Orange County

We are excited to announce that Share Our Selves recently received designation as a Federally Qualified Health Center (FQHC), completing a two-year strategic plan to increase clinic sustainability and expand the patient population we serve. FQHCs are community-based organizations that provide comprehensive primary and preventive care, including, but not limited to, health, oral health, behavioral health and case management services to persons of all ages, regardless of their ability to pay or health insurance status. This designation as a comprehensive care center, combined with our strong social services program, continues to allow us to carry forth our mission of caring for those who are most vulnerable. **Meet a few of our providers in our health center:**

Dr. Margarita Pereyda
Chief Medical Officer

In her eight years at Share Our Selves, Dr. Pereyda has led SOS from a small, volunteer organization providing basic, episodic primary care, to a fully integrated and innovative health center. She is a graduate of the University of Arizona and the University of Michigan School of Medicine. She completed her Internal Medicine Residency at Stanford University Hospital.

Dr. José Mayorga
Medical Director

The newest member of the SOS family, Dr. Mayorga has extensive experience working with underserved communities. He received his undergraduate and medical degrees at UCI, and completed his Family Medicine Residency at Harbor-UCLA Medical Center in Los Angeles.

Dr. Jila Nikkhah
Dental Director

Dr. Nikkhah has been the Dental Director since 1999. She attended UCI for her undergraduate studies and earned her Doctorate degree in Dental Surgery from University of Maryland, Baltimore. Her primary goal is serving and educating patients to change lives, one smile at a time.

Jeremy Elkins, MS, PA-C
Physician Assistant, Clinic Operations Officer

Jeremy began his career at SOS in 2005 as a Physician Assistant. His administrative skills, leadership and clinical knowledge have led to his current role as a COO.

Nancy Pierre-Paul, FNP-C
Family Nurse Practitioner, Clinical Programs Manager

Nancy received her Masters of Science, Nursing from Columbia University. She is a leader in the Women's Health Initiative at SOS and works closely with Susan G. Komen for the Cure and American Cancer Society.

Benjamin Kaska, MS, PA-C
Physician Assistant

Benjamin has come full circle at SOS. He started as a medical volunteer while getting his undergraduate degree at UCI. He recently graduated from USC's Primary Care Physician Assistant Program and followed his passion of providing for the underserved back to SOS where he is now a full-time PA.

Reflections by Karen

Summer once again brought with it great joy, reminding me of the sweet days of my childhood, when life seemed to slow down for everyone. I remember swimming in the lake, fishing vacations with my dad and family, my mom's fried chicken for picnics, hot humid days broken only by welcome thunderstorms. There was chasing lightening bugs, playing hide and seek at night, and reading my Grandmother's collection of Reader's Digest's greatest novels. We all have many of these wonderful memories, and for most of us much has changed since those summer days.

Change is the word we hear so often these days and it can be exciting, challenging, frightening, or simply something we do not want to do. After all, often what has been seems the best, easiest, and surest way for us to proceed. SOS has certainly been faced with this dilemma in the past few years as we have sought to insure the sustainability of our mission while holding true to our core values. To that end, this newsletter announces one of our strategic plans for our Health Center and introduces you to our outstanding providers. These providers represent a new generation, that embraces innovation, transformation, and change as the new normal, and I am excited to be a part of the team.

So as I end this summer note, I know that memories are building blocks that challenge us to be risk takers, see new horizons, and help keep the beauty of the child within us while we move through our journey of life. Hopefully, the child within us will be proud of the adult we have become.

Karen L. McGlenn
SOS Executive Director

Our Mission:

We are servants who provide care and assistance to those in need and act as advocates for systemic change.

Our Core Values:

Dignity. Service. Excellence. Justice.

Thank You

Foundation and Community Support

- **Health Resources and Services Administration**, in support of the Clinic
- **Blue Shield Foundation**, for core support of the Clinic
- **Todds Food Enterprises**, in support of the Food Pantry
- **City of Newport Beach**, in support of the Clinic
- **City of Santa Ana**, in support of Social Services
- **Orange County Health Care Agency - Expanded Access Program**, in support of the Clinic
- **Orange County Health Care Agency**, in support of the Clinic
- **St. Joseph Health System Foundation**, in support of the Medical Clinic and Food Pantry
- **Orange County Community Foundation - ReachOut OC**, in support of our Clinic Call Center
- **Dr. Kamkar and Newport Harbor Optometry**. Since July of 2011, SOS referred close to 400 patients to Dr. Kamkar, who provides discounted eye exams and materials for our patients. We greatly appreciate his commitment to caring for the most vulnerable populations in our community.

Services Donors

- Briggs Electric for electrical services
- Coast Mailing for mailing services
- David Ballard Electrical for electrical service
- Lab West for support of the SOS Clinic Lab
- Mesa Center Automotive for van maintenance

Volunteer Corner

What a summer we've had here at SOS! So many new faces in both the Clinic and Social Services! We welcome you all with open arms and thank you for your willingness to help those in need. In addition, we thank all of our visiting volunteers (Back to School, corporate, and student volunteers). Together we have made a difference in the lives of so many!

With fall quickly approaching, and school just around the corner, this is the perfect time to recognize our student volunteers as they move ahead in their medical careers – we are proud of your accomplishments and wish you the best!

University of Pennsylvania Leiza Walia – School of Dental Medicine • **University of Southern California** Candace Yau – School of Pharmacy • Amy Vu – School of Pharmacy • Alice Chiu – School of Pharmacy • **Western University of Health Sciences** Peiwen Chain – School of Pharmacy • **University of Virginia** Olivia Hoang – Medical School • **Lock Haven University of Pennsylvania** Radit Aur – Physician Assistant Program • **University of California, Irvine** Anne Nguyen – Masters in Public Health, Emphasis in Socio-Cultural Diversity & Health • Cynthia Gonzalez – School of Medicine • **Touro University of Nevada** Marisa Look – School of Osteopathic Medicine • **University of Miami** Amir Sharim – Miller School of Medicine • **Tufts University** Long Le – School of Medicine • **Oklahoma City University** Andrea Beyaoju – BSN Program • **George Washington University** Monica Salama – School of Medicine • **Midwestern University** Ani Hakobyan – School of Dentistry • **St. George's University** – **Grenada** Jane Kuon – School of Medicine • **University of Central Florida** • Romela Petrosyan – College of Medicine

For information about volunteering, contact Julie Larson • jlarson@shareourselves.org • 949.270.2113

SOS Case Management: Providing Integrated Care

Case Management provides clients one-on-one short to long-term comprehensive assistance, navigation, and tools for success. The goal of Case Management is to offer a comprehensive, easily accessible resource to assist low-income individuals and families through crisis situations and help them achieve long-range stability. This program increases clients' access to healthcare and their awareness of services in the community for which they may be eligible. Here's an example of how the SOS Case Management team provides integrated care for our patients:

When Elyse's brother got sick in 2007, things got bad quickly. They discovered he was diabetic and had a bacterial infection. He was hospitalized and underwent multiple surgeries. He was also uninsured.

Elyse was scared, not only for her brother's health but about the mounting bills. Luckily, his doctor referred him to SOS. "My life... forever changed," she says. Over the next five years, SOS helped Elyse and her brother every step of the way. It started with visits to SOS for diabetes, dental, and vision care and his medications. The family was amazed at the level of care and understanding SOS provided for them.

Several years later, her brother got depressed and his mental health deteriorated. He went to counselors, but it wasn't enough. Once again, the family turned to SOS for help. The Case Management team, led by Senior Case Manager, Yadira Gomez, leveraged resources to get him into a facility where he is now safe and getting the care he needs. Elyse praised Yadira for "her compassion, patience, care, knowledge, understanding and most of all, dedication,"

In a thank you to the SOS team, Elyse says, "This clinic... is the absolute best healthcare facility I have ever seen and it's due to the people who run it and care so much like they do."

How you can help the SOS Case Management Team coordinate patient care? Consider donating an item from their wish list:

- TrueTrack (InVitro) Glucose Test Strips
- CPAP Machines/supplies
- \$25 will supply a patient with 1 month of insulin
- \$10 can supply a client with a taxi voucher

Celebrity Chef Dinner Friday, November 9, 2012

On Friday, November 9th, 13 of Orange County's most generous chefs will team up to prepare a fabulous five course dinner paired with specialty wines. The event will be held at the beautiful Hyatt Regency Huntington Beach. The evening includes a silent auction and a live auction where the chefs will offer exciting dining packages. Event proceeds benefit the SOS Food Pantry. Mark your calendars - you don't want to miss out on this great event! For more information, please contact Elizabeth Evans at 949.270.2137 or efevans@shareourselves.org.



Chef Alessandro Pirozzi (Cucina Alessá) & Chef Alan Greeley (The Golden Truffle)

18th Annual Star Team Onion Luncheon

This spring the SOS Star Team, SOS A-Team and their guests attended the annual SOS Star Team Onion Luncheon, held at the wonderful Five Crowns Restaurant in Corona del Mar. The luncheon honored the members of the Star Team, a support guild of Share Our Selves. The fundraising efforts of the guild directly benefit the life sustaining services SOS provides to Orange County residents living in poverty. Thank you A-Team and Star Team for all you do for SOS!



A-Team President, Kathy Thompson, with SOS Executive Director, Karen McGlenn

Back to School Program

There are going to be lots of happy students this fall! As part of our 17th Annual Back to School program, SOS distributed more than 2,500 backpacks, stuffed full of supplies, to local students from low income families. SOS was fortunate to be the recipient of the OC Fair's We Care Wednesday Back to School Supply Drive. Fair patrons who donated school supplies received free fair admission. With the help of volunteers, SOS collected over 88,000 items! Thank you to the OC Fair and all those who came out to support the drive. An additional thank you to the many community members, groups and businesses who donated supplies:



Smiling for school supplies! A student proudly shows of her bright backpack

Agility • CH2M Hill • City National Bank • Hoag Radiation Oncology • Hoag Emergency Department • Hot Topic • International Association of Workforce Professionals • JAMS • Metro PCS • United Health Care • University of Wisconsin Alumni of Orange County • Wescom Credit Union

SOS Board of Directors

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Ways to Benefit SOS

- Donate your vehicle. Download the form on our website.
- Renew & register your Ralphs card at www.ralphs.com and use the SOS number 84538. Cards must be renewed as of September 1st.
- Make a donation in honor of someone's special day - consider donating a gift to SOS in honor of a special birthday, anniversary, wedding, or holiday.
- Become a Pantry Partner. Sign up for a month and hold a food drive in your office. The group that brings in the highest number of items will win 10 tickets to the 20th Annual SOS Wild & Crazy Taco Night held Spring 2013.

SOS transforms individual lives and is critical to sustaining a quality of life for all Orange County residents. SOS has a 42 year legacy of helping those in need, of people sharing of themselves. You can sustain that legacy by including SOS in your estate—creating a legacy of your own.

For details, contact Elizabeth Evans at efevans@shareourselves.org or 949.270.2137.



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SAVE THE DATE...SAVE THE DATE

Celebrity Chef Dinner

Friday, November 9, 2012
Hyatt Regency Huntington Beach

5 Course Dinner With Wine Pairings
Live Auction • Silent Auction • Opportunity Drawing

For more information, contact Elizabeth Evans
949.270.2137 • efevans@shareourselves.org

Wish List

The need for support continues all year. Here is how you can help:

- Soft Toothbrushes and Dental Adhesives
- Baby Items - Clothing, food, and diapers in all sizes
- Birthday Boxes for Children - cake mix, party favors, etc.
- Food - Merchants, our volunteers will pick up your donated food. Hold a food drive in your neighborhood (canned goods and dry goods)
- Hotels & Motels - consider donating toiletry items or half-full shampoos, lotions, etc. We will pick them up from you.

A few wishes for our campus!

- 3 medium sized outdoor plants
- 2 large matching indoor trash cans
- Window tinting for Social Services
- Office Safe: 1.4 cubic feet or smaller and fire-safe

For more information on donating any of the items above, please email vontiveros@shareourselves.org or call 949.270.2150.

Calendar of Events

November 9	22nd Annual Celebrity Chef Dinner
November 19-21	Thanksgiving Food Distribution
December 17-20	43rd Annual Adopt A Family Program
April 11	20th Annual Wild & Crazy Taco Night

For more information on these events, please contact Elizabeth Evans at 949.270.2137 or efevans@shareourselves.org, or visit our website at www.shareourselves.org.

Join the Conversation

Facebook: [facebook.com/shareourselves](https://www.facebook.com/shareourselves)
Twitter: [@shareourselves](https://twitter.com/shareourselves)

Go Green - Email Newsletter!

Go green and save SOS mailing costs! If you would like to receive newsletters and event invitations via email, please send an email to efevans@shareourselves.org.