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Contact VCC: (760) 631-5000



## Message from Robert Gates

President, VCC Board of Directors

I am pleased to report to you that VCC has now widened its service area to include Riverside and Orange counties. Our two new health centers in the cities of Lake Elsinore and La Habra now provide the affordable, high quality care that's synonymous with the VCC name.

VCC: Lake Elsinore opened in December 2015 in the city of Lake Elsinore in Riverside County. VCC: The Gary Center, located in the city of La Habra in Orange County, is the result of our merger in March 2016 with The Gary Center, a non-profit that has provided behavioral and dental health services since 1971.

Residents of Lake Elsinore and La Habra have an acute need for high quality health care that they can access and afford. In many ways, they bear striking similarities to our service areas in San Diego North County. The two new facilities will allow us to leverage our knowledge and experience in community health to serve the neediest in our neighboring counties.

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## County Honors Dr. Rebecca Cornille

Since she joined VCC in 2010, Dr. Rebecca Cornille has brightened the smiles and lives of thousands of patients.

Her kindness and compassion, and her many contributions to make dental services accessible to the underserved have been recognized by the County of San Diego. Dr. Cornille, Director of Dental Health Services at VCC, received the **Individual Public Health Champion** award from the County Health and Human Services Agency at the 2016 *Live Well San Diego* Public Health Champion Awards ceremony in April. The awards recognize individuals and organizations who have made a difference in the health and wellness of county residents.

Dr. Cornille is known for her untiring work to provide the best care to her patients. She tells her young patients to brush and floss daily. She advises grandfathers on the importance of regular dental visits. She urges expectant moms not to forget to take



## New Mom and Baby Thrive with the Best Care

On a recent morning, as the sun began to break through the morning clouds, a young mother pushed a stroller through the double doors of the VCC Women's Center. Five-month-old Abigail woke up from her nap, took a look at her mom Juliana and went back to sleep with a slight smile on her face, reassured that everything was alright with the world.

As Juliana recalls the nine months leading up to Abigail's birth, her eyes well up with tears of gratitude for the caring, kindness and compassion she found in the doctors and staff members at the Women's Center.

"I believe pregnancy is a special time and they made it special for me," said Juliana, who received prenatal care throughout her pregnancy at the Women's Center. "They were warm and welcoming. They made me feel comfortable. They truly care about their patients."

As a first time mother, Juliana had many questions and concerns. She wanted to

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In addition, Dr. Cornille has spearheaded many initiatives to make dental care more accessible to low-income patients at VCC. Among them are A+ Teeth, a free, mobile dental health program for school children and community residents; CAMBRA (Caries Management by Risk Assessment), a nationally recognized system for identifying high risk dental patients; and a comprehensive dental care program for adults on Medi-Cal. Dr. Cornille also developed the One-Stop Program where children who come in for pediatric visits receive a dental check up and dental care kit.

“Dr. Cornille exemplifies what it means to be a caring and committed health care provider,” said Fernando Sañudo, VCC Chief Executive Officer. “She goes the extra mile to reach those who need special attention. She is a strong leader who inspires her colleagues.”



## VCC Program Helps Create Smoke-Free Homes

As evidence of the harmful effects of exposure to secondhand smoke continues to mount, VCC has joined the

to eat. She was looking for recommendations for the best car seat for her baby.

At the Women's Center, Juliana found all this and more. Center staff members formed a bedrock of support for the mom-to-be, answering questions, alleviating anxieties and reassuring her that she was doing well.

For friends and family members who are expecting or considering having a baby, Juliana's advice is simple: Go to the VCC Women's Center.

It's the support of donors that allows VCC to serve patients like Juliana and little Abigail with affordable, high quality health care. Please give to VCC by using the blue Donate Now button. For more information, contact Betsy Heightman at 760.631.5000 x1139 or email [Betsy@vcc.clinic](mailto:Betsy@vcc.clinic).



## You're Invited!

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to protect the health of non-smokers.

**Smoke-Free Homes**, modeled after a program developed at Emory University, began in February to help North County residents breathe easier in their homes. It aims to protect people, pets and property by encouraging smokers to change their behaviors and not light up inside the home.

Program participants learn about the harmful effects of secondhand smoke and the benefits of living in a smoke-free home. They receive educational materials and coaching phone calls from program staff.

Secondhand smoke, also referred to as *involuntary smoking* or *passive smoke*, exposes non-smokers to nicotine and toxic chemicals like arsenic, benzene and formaldehyde. Among infants and children, secondhand smoke causes frequent and severe asthma attacks, respiratory infections and even Sudden Infant Death Syndrome (SIDS). Passive smoking is also associated with coronary disease, stroke and lung cancer.

Smoke-Free Homes is an initiative of the **VCC Tobacco Control Program** which has successfully advocated for measures to reduce minors' access to tobacco products and the ban of e-cigarettes where cigarette smoking is prohibited in the communities of Oceanside, Vista, Carlsbad and Poway. The program is funded by the California Department of Public Health.

To learn more about the Tobacco Control program at VCC, please email Gena Knutson at [gena@vcc.clinic](mailto:gena@vcc.clinic).

Thursday, Aug. 18 at the Shadowridge Golf Club in Vista. This is a great opportunity to learn more about VCC -- the breadth of our services, our accomplishments, and the challenges we have overcome in the last four decades to become a leading provider of health care in the region. This is a free event. Registration and breakfast is from 7 to 8 a.m. The Health Report to the Community will be from 8 to 9 a.m.

***Space is limited. Please register early by calling Betsy Heightman at 760.631.5000 x1139.***

**The Health & Hope for Our Youth Gala** will be held Saturday, Nov 19 at the Omni La Costa Resort & Spa in Carlsbad to benefit our pediatric services and the Project REACH youth development program. We have been honored to have many of you as guests in the past and we hope you will come again this year. For those of you who have not attended the gala before, we invite you to join us for an elegant evening with dinner, dancing and entertainment to support VCC.

**The 30<sup>th</sup> Annual Holiday Homes Tour** on Sunday Dec. 4 is a great kickoff for the holiday season. We will feature four beautiful private residences decorated for the holidays, the historic Rancho Buena Vista Adobe, a holiday bazaar and gourmet food truck. Your sponsorships and ticket dollars will benefit our young patients from the neediest families.

We hope that you will join us and we look forward to welcoming you. For sponsorship opportunities, please contact Betsy Heightman at



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## Thank You for Your Support

We thank the funders who support our work to provide affordable, high quality health services, prevention programs and health education.

### California Colorectal Cancer

**Coalition:** \$10,000 to educate patients about the importance of colorectal screening.

**County of San Diego:** \$95,000 to provide HIV counseling and testing services in North County.

### Health Resources and Services

**Administration:** \$325,000 to improve and expand the delivery of substance abuse services with a focus on Medication-Assisted Treatment for opioid use disorders.

**Molina Foundation:** 900 young adult books for Pediatrics and Project REACH sites, and 31 boxes of Spanish language children's activity books for Pediatrics.

**San Diego HIV Funding Collaborative:** \$20,000 to provide PreP (pre-exposure prophylaxis) medications for people at high risk for HIV infection.

**Susan G. Komen San Diego:** \$40,000



## Congrats to our REACH Grads!

Alex wants to become an architect and build a home for his family. Yesenia dreams of becoming a veterinarian. Juan wants to earn a Ph.D.

The students are among the Project REACH participants who have just graduated from high school and moving on to futures filled with promise and hope. Three of the 28 graduating seniors will enter Cal State San Marcos in the fall. Many others will enroll in community colleges. Two will serve in the military.

On May 17, VCC hosted a celebration to recognize the new grads. Friends and family as well as VCC staff members were on hand to applaud their hard work and perseverance in the face of many challenges.

"I came to REACH to do my homework, get advice on things I am not sure of, and most importantly, to stay out of trouble and off the streets," said 18-year-old Bernardo. "REACH has helped me to be responsible. I know what it takes to be successful. I want to attend community college, hopefully transfer to a four-year university and make my parents proud."

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education.

**Wells Fargo Foundation:** \$5,000 to support a tutorial assistant at the Project REACH site in Rancho Buena Vista High School.

program by VCC provides low income teens a safe and supervised space after school, along with academic tutoring and education on healthy lifestyle choices. If you would like to support to Project REACH and help us help young people succeed, please contact Betsy Heightman at 760.631.5000 x1139.

[Connect with VCC](#)



**Our mailing address is:**  
1000 Vale Terrace Drive  
Vista, CA 92084  
[info@vistacommunityclinic.org](mailto:info@vistacommunityclinic.org)



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