



**BLACK  
HISTORY  
MONTH**

*February*

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Sutter Health and Sutter Bay Hospital - East Bay Advanced Care (EBAC) are at the forefront of championing health equity. EBAC, as an outpatient ambulatory clinic, is dedicated to serving the most marginalized, stigmatized, and disenfranchised individuals in our community. Our commitment is to create a safe and welcoming space for everyone in need.

Under the leadership of Director Tony Sillemo, we are actively addressing health disparities and the microaggressions that can be associated with them. Tony Sillemo recognizes that fostering health equity begins within our own staff. He is committed to ensuring that all employees at EBAC are not only aware of health disparities but actively engaged in efforts to eliminate them. Our approach to achieving health equity involves:

#### I. Inclusive Care:

- EBAC is committed to providing inclusive care that respects the diverse backgrounds, identities, and experiences of our patients. We prioritize culturally competent practices to ensure that everyone receives the care they deserve.

#### 2. Education and Training:

- Director Tony Sillemo is implementing ongoing education and training programs for staff to raise awareness about health disparities and microaggressions. This includes understanding the impact of implicit biases and actively working to eliminate them.

#### 3. Community Outreach:

- EBAC is engaged in community outreach to bridge gaps in healthcare access. By reaching out to underserved populations, we strive to make our services known and accessible to those who need them most.

#### 4. Patient-Centered Care:

- Our commitment to health equity is reflected in our patient-centered approach. We work closely with patients to understand their unique needs, circumstances, and concerns, tailoring our services to ensure equitable healthcare experiences.

#### 5. Advocacy and Policy Initiatives:

- Sutter Health and EBAC are actively involved in advocacy efforts and policy initiatives aimed at addressing systemic issues that contribute to health disparities. We work collaboratively with community organizations and policymakers to drive positive change.

#### 6. Employee Well-Being:

- Director Tony Sillemo prioritizes the well-being of EBAC employees, recognizing that a healthy and supported staff is better equipped to provide quality care. This includes creating a work environment that values diversity, equity, and inclusion.

Improving non-verbal communication at East Bay Advanced Care (EBAC) can significantly contribute to reducing the need for Code Gray incidents and fostering a positive environment for patients. Here are several ways non-verbal communication can be enhanced to promote patientsatisfaction:

## I. Positive Body Language:

- Train staff members to use positive body language, including smiling, maintaining eye contact, and adopting open and welcoming postures. These cues convey warmth and approachability, making patients feel more at ease.

## 2. Warm Greetings:

- Encourage staff to greet patients warmly as they enter the facility. A friendly and welcoming greeting sets a positive tone for the patient's experience and can alleviate anxiety.

## 3. Active Listening:

- Teach healthcare professionals to demonstrate active listening through non-verbal cues such as nodding, maintaining eye contact, and mirroring the patient's expressions. This conveys empathy and assures patients that their concerns are being heard.

## 4. Clear and Concise Communication:

- Use non-verbal cues to enhance clear and concise communication. For example, gestures, facial expressions, and body movements can help convey information or instructions effectively, especially when language barriers may exist.

## 5. Empathetic Touch:

- When appropriate and with consent, incorporating empathetic touch can convey care and support. A reassuring pat on the shoulder or a gentle touch can make patients feel more connected and cared for.

## 6. Professional Appearance:

- Ensure that staff members present themselves in a professional and well-groomed manner. A neat appearance can instill confidence and trust in patients.

## 7. Environment:

- Pay attention to the overall environment at EBAC. A clean, well-maintained, and organized space can contribute to a positive atmosphere and positively impact the patient's perception of care.

## 8. Timely Responses:

- Non-verbal communication also involves responding promptly to patients' needs. A quick acknowledgment of a patient's presence or timely assistance can convey attentiveness and dedication to their well-being.

## 9. Smile and Eye Contact:

- The simple act of smiling and making eye contact can go a long way in creating a positive impression. These non-verbal cues communicate warmth, friendliness, and a genuine interest in the patient's well-being.

## 10. Training and Awareness:

- Conduct training sessions for staff on the importance of non-verbal communication in patient satisfaction. Increase awareness about how subtle gestures and expressions impact the overall patient experience.

By focusing on enhancing non-verbal communication, EBAC can create an environment where patients feel valued, respected, and cared for. This, in turn, contributes to a positive patient experience and helps reduce the likelihood of escalated situations like Code Grays.

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# NURSING EXPERIENCE

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## February is World Cancer

Did you know that people living with HIV are at a higher risk for developing cancer?

They are 500 times more likely to have Kaposi sarcoma which is a cancer found in the skin and mucous membranes that line the gastrointestinal tract.

Women are 3 times more likely to develop cervical cancer.

They are 12 times more likely to develop non-Hodgkin lymphoma and 19 times more likely to develop anal cancer.

These numbers are scary! BUT you can help catch early signs of cancer by getting the screening tests which help detect some cancers such as a colonoscopy and Pap test for patients with vaginas. Other factors to reduce the likelihood of cancer is to eat a healthy diet, limit your alcohol intake and to not use drugs such as meth, cocaine, or heroin. By taking your HIV medications as prescribed, and not missing dosages, your immune system is able to fight off infection and reduce your risk of cancers. Although it doesn't 100% prevent cancers from occurring, taking your HIV medications does improve your chances of remaining healthy.

Get your screenings done and notify your doctor of any concerns such as rectal bleeding, vaginal bleeding in patients who are post-menopause, or abnormal skin lesions.



# Lupe



Please welcome our new Medical Benefits Specialist Lupe!

Lupe joined our EBAC team January 2024 and will be our first Bilingual Enrollment Specialist. Lupe is also a Certified Phlebotomy Technician, Certified EKG Technician, Outreach Bilingual Enrollment Specialist, HIV Counselor, and Patient Health Navigator! With her experience & knowledge will be an amazing addition to our EBAC family!



## HEALTH BENEFIT REMINDERS

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Some of you may be aware that those enrolled with Blue Cross Medi-Cal and Blue Cross/HealthNet Medicare Advantage plans in 2023, migrated to Alameda Alliance and other Medicare advantage plans at the beginning of this new year. This requires manual checking and updating of each of our clients charts, so please stop by Finau's office to make sure your records are up-to-date and no additional maintenance is needed

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# SOCIAL WORK

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## TEEN DATING VIOLENCE AWARENESS & PREVENTION MONTH

February is Teen Dating Violence Awareness Month, a national effort in the US to raise awareness about abuse in teen and 20s & promote programs that prevent it.

DID YOU KNOW: girls & young women between ages 16-24 experience the highest rate of intimate partner violence; almost triple the national average.

-89% of college students report that they are not confident in their ability to recognize the warning signs of dating abuse.

- 1 in 3 teens in the US will experience physical, sexual, or emotional abuse by someone they are in a relationship with before they become adults.

-Only 33% of teens who were in a violent relationship ever told anyone about the abuse.

If you or anyone you know is in an abusive relationship & needs help. You can reach out to

The National Domestic Violence Hotline at Call 1-800-799-SAFE (7233) or Contact Love is

Respect at - Chat at [www.loveisrespect.org](http://www.loveisrespect.org) -Text loveis to 22522\* - Call 1-866-331-9474

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## NATIONAL EATING DISORDER AWARENESS WEEK

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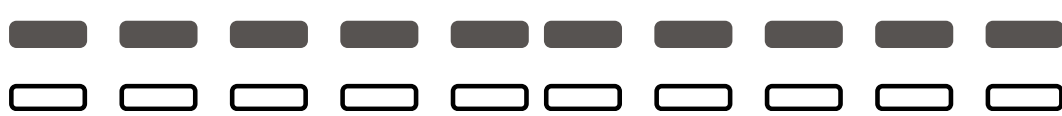
The week of February 26 - March 1, 2024 is National Eating Disorder Awareness Week!

Did you know that about 8% of the population of the US suffers from eating disorders?

According to the American Psychiatric Association, there are 5 different types of eating disorders, Anorexia Nervosa, Bulimia Nervosa, Binge Eating Disorder (B.E.D.), Avoidant Restrictive Food Intake Disorder (A.R.F.I.D.), and Other Specified Feeding or Eating Disorder (O.S.F.E.D.).

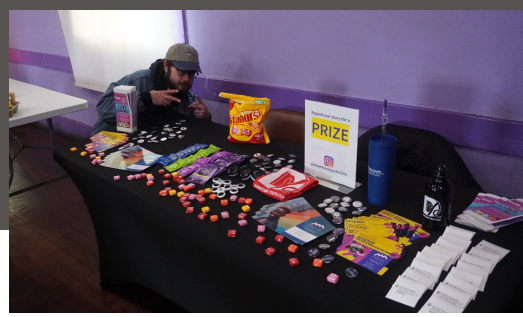
Although there are many main factors like genetics that are responsible for eating disorders, they can commonly co-occur with other mental health issues like anxiety, major depression, obsessive-compulsive disorder, and social phobia. Some of the possible symptoms associated with eating disorders include constantly feeling cold, fainting, sleeping issues, weight fluctuations, dizziness, weakness, and impaired immunity.

If you feel that you may be part of this group & would like some support, please reach out to our social work team or speak with your doctor! We are all here to support you!



# LGBTQ YOUTH CENTER

EBAC was invited to attend the Youth Awareness Conference at the Oakland LGBTQ Center! EBAC's social workers, Nick, Leslie & Ryan were able to mingle with a variety of organizations that focus on youth services and support. Even with weekend rain, it did not prevent our team from making connections & participating in games & fun activities.



**Shoutout to:** Alex from Community Resources of Independent Living (CRIL) that helps support individuals with disabilities & functional limitations find independence. Contract them at [info@crilhayward.org](mailto:info@crilhayward.org)

**Shoutouts to:** New Door; (bottom right) an organization that supports youth with their educational goals. Visit them at: <https://www.newdoor.org/>





# POWER OF ONE

## SUTTER EMPLOYEE EXPERIENCE EVENT

On January 12th, Deanna attended the first-ever **Power of ONE- Sutter Employee Experience Event** in Sacramento alongside 3,000 randomly selected Sutter team members.

Deanna describes the event as a truly amazing experience that she hopes to be able to attend again. Deanna was able to meet other great team members from all other Sutter locations and create lifelong friendships.

If you haven't heard, the **Power of ONE** is all about how one person can make a big difference in people's lives by bringing their best to work each day.

When our people keep doing that across Sutter, they help our organization grow, change and become the best place to work and receive care. And that's worth celebrating!

Congratulations again Deanna, we at EBAC are so excited that you were picked for this event!





## BLACK HISTORY MONTH 2024

### African Americans & the Arts

Did you know that since 1928, every Black History Month has had a theme? the Association for the Study of African American Life and History (ASALH) has actually made each February extra significant during Black History Month by choosing a different theme for every single year. So, starting with 1928, we have all the Black History Month themes to look back on. According to the ASALH, "Over the years, the themes reflect changes in how people of African descent in the United States have viewed themselves, the influence of social movements on racial ideologies, and the aspirations of the black community." This year we celebrate "African Americans and the Arts".

The ASALH shares, "African American art is infused with African, Caribbean, and the Black American lived experiences. In the fields of visual and performing arts, literature, fashion, folklore, language, film, music, architecture, culinary and other forms of cultural expression, the African American influence has been paramount. African American artists have used art to preserve history and community memory as well as for empowerment. Artistic and cultural movements such as the New Negro, Black Arts, Black Renaissance, hip-hop, and Afrofuturism, have been led by people of African descent and set the standard for popular trends around the world. In 2024, we examine the varied history and life of African American arts and artisans."



## CHINESE NEW YEAR (LUNAR NEW YEAR) 2024

February 10, 2024

Chinese New Year 2024 is a Year of the Dragon, more specifically, Wood Dragon, starting from February 10th, 2024, and lasting until January 28th, 2025. The date is decided by the Chinese Lunar Calendar, which is based on the cycles of the moon and sun and is generally 21-51 days behind the Gregorian (internationally-used) calendar. Five elements—wood, fire, earth, metal, and water—are also associated with each year's animal sign. In 2024, the Lunar New Year will mark the beginning of the Year of the Wood Dragon. Characteristics of the Wood Dragon differ from those of other elemental dragons—they are said to be quieter and more introverted, but also successful, strong leaders who dedicate themselves fully to their work.

Lunar New Year is a celebration of the arrival of spring and the beginning of a new year on the lunisolar calendar. It is the most important holiday in China, and it is also widely celebrated in South Korea, Vietnam, and countries with a significant overseas Chinese population. While the official dates encompassing the holiday vary by culture, those celebrating consider it the time of the year to reunite with immediate and extended family.



# Preventive Health Screenings

East Bay Advanced Care: 3100 Summit St, Oakland (510) 655-4000



At EBAC, **we care** about our patients' **overall health**—and we are committed to promoting **health equity**. Research suggests that African American patients, on average, live **five fewer years** than white patients<sup>1</sup>. This fact sheet lists illnesses that disproportionately impact our African American patients, and ways to prevent them. Reviewing **preventive care at every doctor's appointment** is a great way to **improve health outcomes**<sup>2</sup>.

## Prevention

- Monitor blood pressure, blood sugar, cholesterol, weight, and lifestyle to prevent **heart disease**<sup>3 4</sup>
- Start screening for **diabetes** at **age 35**, or earlier if at risk
- Test for HIV **every 3-6 months** when sexually active or if sharing needles <sup>5</sup>  
Ask your doctor about PrEP!
- Vaccinate at **age 65** for **pneumonia**. Ask if any of your health conditions qualify you for an earlier vaccine. <sup>6</sup>
- To prevent **vision loss**, see an eye doctor every 1-2 years to screen for **glaucoma, cataracts, and diabetic retinopathy** <sup>7</sup>



## Cancer Screenings

- **Cervical cancer:** Start screening at **age 21**, screen every 3 years
- **Breast cancer:** Start screening between **age 40 and 50**. Screen every 1 to 2 years.<sup>8</sup>
- **Colorectal cancer:** Start at **age 45**, the type of screening will depend on how often to complete it <sup>9</sup>
- **Prostate cancer:** Discuss your family history and the benefits and risks of this screening with your doctor. Generally, screenings begin at **age 55**.<sup>10</sup>



## Ask Your Doctor About...

- **Asthma:** if you currently have any symptoms or a family history of asthma<sup>11</sup>
- **Dementia:** ask for a Mental Status Examination or **Functional Activities Questionnaire** if you or a loved one suspect cognitive decline<sup>12</sup>
- **Stroke:** Ask your doctor if your overall health, lifestyle choices, or any underlying health conditions put you at **greater risk of having a stroke**<sup>13</sup>

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2. Harvard Health Publishing (2015). A checklist for the checklist: Do you really need a yearly physical? <https://www.health.harvard.edu/blog/a-checkup-for-the-checkup-do-you-really-need-a-yearly-physical-201510238473>

3. Sutter Health (2023). Health maintenance guidelines: Checkups, screenings, immunizations.

4. American Heart Association (2024). Heart-health screenings. <https://www.heart.org/en/health-topics/consumer-healthcare/what-is-cardiovascular-disease/heart-health-screenings>

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6. Centers for Disease Control and Prevention (2023). Risk factors and how it spreads. <https://www.cdc.gov/pneumococcal/about/risk-transmission.html>

7. American Optometric Association (nd). Comprehensive eye exams. <https://www.aoa.org/healthy-eyes/caring-for-your-eyes/eye-exams?ss0-y>

8. Sutter Health (2023). Health maintenance guidelines: Checkups, screenings, immunizations.

9. United States Prevention Task Force (2021). Colorectal Cancer: Screening. <https://www.uspreventiveservicestaskforce.org/uspstf/recommendation/colorectal-cancer-screening>

10. Sutter Health (2023). Health maintenance guidelines: Checkups, screenings, immunizations.

11. Mayo Clinic (2024). Asthma: Steps in testing and diagnosis. <https://www.mayoclinic.org/diseases-conditions/asthma/in-depth/asthma/art-20045198>

12. US Prevention Task Force (2023). Screening for Dementia

13. American Heart Association (2023). Stroke risk assessment. <https://www.stroke.org/en/about-stroke/stroke-risk-factors/stroke-risk-assessment/>