

Celebration of two grand openings

By Kathleen Alexander
East Palo Alto Today

It was a time for fanfare and celebration as Mayor David Woods cut the ribbon, formally opening Ravenswood Family Health Center's new Center for Health Promotion and the Ravenswood Family Dentistry.

The two facilities, located across from Ravenswood's main clinic on Bay Road in East Palo Alto, are next door to each other and share a common reception area.

Community residents who attended the opening celebration on April 29, were amazed to see that what looks ordinary from the outside is extraordinary within, beautifully de-



Photo courtesy of Kathleen Alexander
The above photo shows a patient at the Ravenswood Family Health Center's dental clinic.

signed and state-of-the-art.

Center for Health Promotion
One of Ravenswood's board members, Gordon Russell, who came up with the idea of building a Center for Health Promotion to accommodate RFHC's expanding services, committed a major gift for its construction.

Thanks to President

Barack Obama and Congresswoman Anna Eshoo, additional funding was provided through the American Recovery and Reinvestment Act

The Center has room for the entire Ravenswood Health Education team, including a classroom and space for retinopathy screening for diabetic patients. Another section of the Center accommodates insurance enrollment specialists who meet with uninsured people who want to find out if they are eligible for public health coverage.

Also, thanks to Stanford Hospital & Clinics, the Center also has a branch of the Stanford Health Library. With the assistance of a bilingual medical librarian, any one in the

community who wants to find out about some health issue is welcome to come. The health library is open Monday-Friday 9am to Noon; 1pm to 5pm.

Next to the Center is the Ravenswood Family Dentistry. This state-of-the art dental clinic has 10 dental chairs, a special pediatric unit, a surgery unit, and the most advanced digital dental technology. There has been an overwhelming need for accessible, low-cost dental care.

Ravenswood's CEO Luisa Buada said, "Dental disease is the most common health problem we see among children and adults and untreated it can have real health risks. Ignoring the need has never been an option. We've known

from the day we opened RFHC in 2001 that we had to find a way to address dental health problems." Ravenswood stepped up to the challenge of building the dental clinic, receiving a significant grant from David and Lucile Packard Foundation and other funders

RFHC's Dental Director Jack Luomanen, DMD who has set up many community dentistry clinics over the past 30 years, is incorporating best practices for early detection and prevention into RFHC's dental program including a method designed at UCSF to detect bacterial condition in the month in young children under the age of three, treat it and thereby reduce/prevent

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Observing Family Service Day

By Sandra Y. Casillas
East Palo Alto Today

Youth Community Service (YCS) held its 7th Annual Family Service Day and Community Fair in East Palo Alto at Cesar Chavez Academy on Saturday, April 24th.

Family Service Day is a day that is service oriented and thus focused on giving the community opportunities to give back in their



own neighborhood.

This year's focus was on health and education and provided many service-learning opportunities that reflected those themes.

The day consisted of service-learning arts and crafts projects for younger kids as well as service projects for teenagers and adults. Volunteers of all ages gardened, cared for trees, helped sort and

price items for a fundraising garage sale to benefit the Ravenswood Education Foundation, and helped prepare classrooms for STAR testing, among several other service opportunities!

In the afternoon, the community fair took place and allowed

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Lifecycles

Honoring East Palo Alto's oldest resident

By Meda Okelo
East Palo Alto Today

Over 100 seniors and friends attended the first annual Older Americans Month Elder Award celebration luncheon at the East Palo Alto Senior Center on Friday, May 21st. The celebration represented the culmination of several months of work by the City's Senior Advisory Committee and Community Services Department staff, seeking nominations for the oldest East Palo Alto resident.

This enviable award was given to Mother Juanita Letha Meadows, born on May 5, 1913 in Choctaw, Oklahoma. A mother of ten, Mother Meadows moved to California in



Photo courtesy of Meda Okelo
East Palo Alto Vice Mayor Carlos Romero presents a gift basket to Ms. Juanita Meadows.

1977 first residing in Redwood City before settling in East Palo Alto. Most of her children were in California and she got tired of travelling regularly from Oklahoma to assist in the caring of her grandchildren.

She is the sole survivor out of her six siblings and she is the reigning elder out of a fam-

ily of more than five hundred relatives.

To the question, What are the secrets to longevity, Mother Meadows unhesitatingly advises all to be: kind to others; to seek forgiveness from others and forgive others willingly and wholeheartedly for any transgressions; to not let one's body be the temple for anger, resentment, jealousy and any negative emotions or feelings; use herbs.

Mother Meadows was born with a passion for music, learning to play piano by ear when she was eight years old. She is well known locally as the house pianist for many congregations and community events. She in addition serves as Choir director for several

groups, most notably the East Palo Alto Senior Center where she holds court every Friday afternoon.

Three other nominees were honored at the event, Mrs Ruby Smith born in 1917 and residing in East Palo Alto for the last 47 years; Mrs Essie Richardson, born in 1922 in Reklaw, Texas and living in East Palo Alto for 48 years and Mrs Mary Scott, born in 1901 in Manila Phillipines who had lived in East Palo Alto until last year when she moved to a senior residential care facility in Mountain View.

Vice Mayor Romero and Councilmember Abrica were both present to give the awards. Congratulatory resolutions from Assemblyman Ira



E.P.A. City Council Meeting
05/18/10

Ms. Juanita Meadows was honored by East Palo Alto Mayor David Woods at the May 18 city council meeting.

Ruskin, State Senator Joe Simitian, and Supervisor Rose Jacobs Gibson were presented to Mother Meadows. The City presented her with a plaque acknowledging her as the 2010 Older Americans Month Elder Award recipient.

Mother Meadows, has 32 grandchildren, 62 great grandchildren, and 34 great great grandchildren. She likes quilting, swimming, singing, dressing up in the latest fashions, visiting the health spa and more than anything else she likes to help others in ways to improve their health.

Meda Okelo is the Community Services Director for the City of East Palo Alto.

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future caries. "One of our main goals," says Dr. Luomanen "is to prevent children from ever getting caries by applying fluoride varnish and educating parents about their role in protecting their children's teeth."

Given limited staffing, Ravenswood will only be able

to accept its registered medical patients. It expects to see 1,800 patients in year one, expanding to 3,000 patients in year two. At full capacity, the 10-operator clinic will be able to see 6,000 to 8,000 unique patients annually.

To expand capacity, RFHC is exploring a partnership with

the University of Pacific School of Dentistry to become a site for the National Dental Pipeline Program, offering community externships to dental students. "At school, they will be learning the latest techniques in dentistry and we will have the technology and staff to give them more clinical ex-

perience here in the community," says Dr. Luomanen. RFHC is also exploring a partnership with the Foothill Colleges Dental Hygienist and Dental Assistant Program to provide externships and is working through the Mid-Peninsula Dental Society and the Santa Clara and San

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Mateo County chapters of the California Dental Hygiene Association to recruit dental professionals as volunteers to increase access for more patients.


Kathleen Alexander is the director of communications and marketing for the Ravenswood Family Health Center.

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