Meeting the Needs of Our Community

(707) 884-4005
www.rcms-healthcare.org
RCMS Outreach Programs & Services

In addition to the medical and dental care provided at RCMS Health Centers in Gualala and Point Arena, a variety of other services and programs are available to our patients, area residents, and visitors.

The mission of RCMS is to provide high quality, family-oriented, community-based health care services to area residents and visitors. RCMS accepts most insurance plans and state and federal assistance programs including MediCal and Medicare. A sliding fee payment plan is available to those who qualify. No one will be denied services based on their inability to pay.

This booklet is a guide to the RCMS outreach programs and additional services it can provide.

For more information about this guide or for updates please contact:

Communications & Outreach Director
(707) 884-9434
kwilder@rcms-healthcare.org
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Community Wellness Resource Fair

It’s not just a health fair! Each year RCMS staff coordinates with other community organizations to organize community resource and information fair. Health, safety, wellness, and lifestyle resources from our coastal community come all under one roof. Attendees can get basic health screenings, learn about local fitness classes, learn about healing properties of local herbs, find local organic produce, and more.

We are always looking to expand the variety of resources to share. To participate in this annual event, or for more information, please contact kwilder@rcms-healthcare.org.

School Health Fairs

The Mendonoma Health Alliance, RCMS staff, and volunteers of RCMS coordinate to organize a School Health Fair each year. The Health Fair is supported by RCMS and other community health-related organizations and give school children access to free diabetes, heart rate, and blood pressure testing, as well as educational materials and demonstrations related to good nutrition and exercise.

For more information on how to participate in the all school health fair please contact heather@mendonomahealth.org.

Actual dates of annual events are posted publicly in the local paper and on www.rcms-healthcare.org under the Outreach tab and on the RCMS social media pages. Follow us for up to the minute news and notifications.
**Flu Shot Clinics**
Each fall/winter, RCMS holds flu shot clinics for area residents. RCMS vaccinates approximately 1,000 people at these clinics, which are held at various locations from Manchester to Timber Cove.

During flu season, flu shots are offered to area residents at no charge. However, a $10 per person donation is suggested and helps support staffing and other expenses related to the clinics.

Children under 12 and pregnant women cannot receive their flu shots at a flu clinic, and should make appointments to be vaccinated at either the RCMS Gualala Health Center (707) 884-4005, or the Point Arena Health center (707) 882-1704.

**Annual Sports Exam for Area Youth**
Every year physical exams for school-age children are offered by RCMS to ensure that area kids are healthy enough to participate in school sports. Exams usually take place in the summer, and days are set aside to conduct the exams at the RCMS Point Arena Health Center. There is a nominal fee for the exams.

- Exams will take place at: Point Arena Medical Center 30 Mill Street, Point Arena
- A signed parental consent form is required
- Immunizations are also available

Appointments are necessary and can be made by contacting the Point Arena Health Center at (707) 882-1704. Appointments are also available if you can’t make any of the scheduled exam days.
Healthy Habits Meetings
Healthy Habits is a fun and educational way to improve your health and well-being through exercise and nutrition. Hour-long Healthy Habits meetings are held at 5:30pm on the first Wednesday of each month (April - December), at the Elaine Jacob Center, 38550 S. Highway One, Gualala. Each month a specific health topic is covered, and there are always healthy refreshments and door prizes.

Healthy Habits is provided as a free service of RCMS and is led by RCMS nurse educators, Trish Miller, RN, and Jacquie Lappé, RN. You don't need to be a patient of RCMS to attend, everyone is welcome, and no reservations are needed. For more information call (707) 884-4005 x 139 or email dmteam@rcms-healthcare.org.

Diabetes Wellness Project
The Diabetes Wellness Project is a free program made available by the Redwood Empire Food Bank. The programs offers a monthly distribution of healthy and nutritious food to low-income adults who have been diagnosed with Type 2 Diabetes.

Distributions occur on the Monday before the second Tuesday of each month from 1:00pm-2:00pm at the Elaine Jacob Center, between the Gualala Veterinary Clinic and High Tides and across from GBS, at 38550 South Highway 1, Gualala.

For more information call on the DWP program call (707) 884-4005 x 139 or email dmteam@rcms-healthcare.org.
Covered California
Need health insurance? Let us help you!

Get free, confidential assistance from a Certified Enrollment Counselor at RCMS.

- Each year during the open enrollment period, our Certified Enrollment Counselors on staff can help you navigate through the application process and show you your options.
- Currently enrolled members who experience a qualifying life event can change their coverage or choose a new plan.
- Many Californians could qualify for Medi-Cal and can apply anytime.

Health insurance can be complicated. If you, your family members, or friends need health coverage, they can get free assistance at RCMS. Schedule an appointment with Harm Wilkinson by calling (707) 882-2189 x 124 or email hwilkinson@rcms-healthcare.org.

CalFresh
CalFresh is a nutrition assistance program.

Get free, confidential assistance to apply for CalFresh benefits. Eligibility for this program is based on income. Qualifying individuals and families can receive assistance monthly on an EBT card.

Factors such as housing costs, utility payments, child care costs, etc. are factored in when determining eligibility. You can own a home, car, boat, etc., and may still qualify for assistance.

Schedule an appointment or call Harm Wilkinson to see if you may qualify. Call (707) 882-2189 x 124 or email hwilkinson@rcms-healthcare.org.
Caregiver Support Group
The Caregiver Support Group is designed for caregivers who are caring for family members or friends with a debilitating or terminal illness such as Alzheimer’s Disease or cancer.

Participants work toward mutual problem-solving and ways to cope with the stress of caregiving. The group meets regularly in Gualala on the third Wednesday of every month at 5:30pm. Meetings are held in Suite E at the Elaine Jacob Center, 38550 S. Highway 1, Gualala. For more information about this group contact Tara or Ralph Navarro at (707) 884-9202.

Grief Support Group
The Grief Support Group is a social model group open to anyone in the community who may be experiencing loss through the recent death of a loved one or an unresolved past loss.

The group meets weekly in Gualala, Fridays at 1:00pm. Meetings are held in Suite E at the Elaine Jacob Center, 38550 S. Highway 1, Gualala. For more information about this group contact Tara or Ralph Navarro at (707) 884-9202.

Shamli Hospice Program
RCMS offers hospice and palliative care to those with terminal illness. Home visits are made by our hospice nurses and medical providers to patients living within the RCMS service area. For more information on this program talk to your RCMS provider or call the Hospice Manager at (707) 882-2189 x 121.

Our hospice services are offered free of charge and made possible by the generous support of community members like you. If you are interested in donating to the Shamli Hospice program please contact the RCMS Development Office at (707) 884-9434 or email dmcquarrie@rcms-healthcare.org.
Transportation Assistance
RCMS staff works closely with Community Resources Connection (CRC), a local volunteer led organization that provides transportation assistance to and from healthcare visits. Rides are coordinated:

- **Locally** - CRC will help connect you with a CRC driver volunteer that can take you to medical appointments, local stores, and other services as requested.
- **Santa Rosa** - CRC driver volunteers coordinate to make a weekly trip to Santa Rosa on Wednesdays. If you are in need of this service please call CRC (707) 884-4562 72 hours in advance to schedule your ride.
- **Other locations** requested - based on availability of volunteer drivers

CRC services are free of charge. To learn more about all the services they provide call (707) 884-4562 or toll free at (800) 395-8984.

After Hours Medical Care
Our Urgent Care services are available Mon-Fri 8:00am-6:00pm. During weekends and holidays, Urgent Care staff are on-call and patients must call 707-884-4005 prior to arrival to assure that adequate staff can be called in to deal with your urgent matters.

When the clinic is closed from 6:00pm to 8:00am, all calls are retrieved by TeamHealth Medical Call Center, a medical advice line staffed by Registered Nurses available to answer your questions. The nurse triage telephone services provide 24/7 access for our patients.
Our Partners in Community Health

Volunteer Services

We love our volunteers and we couldn't do it without them!

RCMS volunteers help in a variety of ways:

- Volunteer driver for CRC - help people to their medical appointments
- Office volunteer for CRC - connect people with resources
- Fitness friend - walks or light exercise for in home bound patients
- Hospice volunteer - help with errands or just a friendly visit
- Event volunteer - help at RCMS fundraising events
- Bereavement volunteer - help people in difficult times such as un unexpected death
- Collect surveys - help RCMS staff gather feedback from the community
- Solicit donations for RCMS - help gather items for donation or auction for an RCMS fundraiser

To learn more about becoming an RCMS volunteer contact Deborah Lane, (707) 884-9215, visit her at the Elaine Jacob Center 38550 S. Highway 1, Suite A6 in Gualala, or email dlane@rcms-healthcare.org.

Health Alliance of Northern California

RCMS is a member of the Health Alliance of Northern California (HANC), a network of community clinics and health centers working to promote the health and well-being of our communities in rural, Northern California. The goal is to expand access to quality health care – including physical, mental health, and dental care – and improve health outcomes for all people, regardless of their ability to pay.
**Project Sanctuary**
Located in the RCMS Dental Office, Project Sanctuary provides free and confidential domestic violence (DV) and sexual assault (SA) crisis intervention services.

Appointments to see a counselor or an advocate can be made by calling (707) 882-3457 or (707) 961-1507.

A legal advocate will be available on Mondays in Point Arena.

Walk-in clients are welcome, however, appointments are encouraged.

The Project Sanctuary office is open on Mondays and Thursdays from 8:00am to 5:00pm and is located at 175 Main Street in Point Arena (corner of Main and Mill streets).

**Crisis line available 24/7 at (707) 964-HELP (4357).**

**Mendonoma Health Alliance**
The Mendonoma Health Alliance (MHA) was formed in 2016 by three northern California health care organizations: Coast Life Support District, Redwood Coast Medical Services, and St. Joseph’s Health System.

This integrated rural health network is focused on expanding access to, coordinating, and improving the quality of healthcare services in our coastal community.

- **MISSION** - to improve local access to wellness education, prevention services and quality healthcare through creative solutions in collaboration with our community.
- **VISION** - optimal health and wellness necessary to promote quality of life for everyone in our community.
- **CORE VALUES** - include person-focused decisions, integrity, collaboration, excellence, accountability and stewardship.

MHA provides free blood pressure screenings and coordinated the Care Transitions Program, a program designed to help client and their caregivers better manage care after hospitalization. For more information about MHA contact (707) 412-3176.
RCMS Locations & Hours of Operation

**Gualala**

**Gualala Health Center**—46900 Ocean Drive  
Primary Care  
Phone: 707-884-4005  
Hours: Mon—Fri 8:00am to 6:00pm  
Excluding Holidays

Urgent Care Services  
Hours: Mon—Fri 8:00am to 6:00pm  
On-Call: Reduced staffing on weekends & holidays  
8:00am to 6:00pm, please call 707-884-4005 before arrival.

**Sea Watch Center** - 39150 Ocean Drive, STE 3  
Phone: 707-884-4005  
Hours: Tues—Thurs 8:00am to 5:00pm  
Excluding Holidays

**Point Arena**

**Point Arena Health Center**—30 Mill Street  
Phone: 707-882-1704  
Hours: Mon—Thurs 9:00am to 5:00pm  
Excluding Holidays.

**Point Arena Dental Center** - 175 Main Street  
Phone: 707-882-2189  
Hours: Mon—Thurs 8:00am to 5:00pm  
Excluding Holidays.

[www.rcms-healthcare.org](http://www.rcms-healthcare.org)

*If you have a medical emergency or life-threatening situation, always call 911.*