

## Mad River Care-A-Van

**Ruth:** Mondays leave the Clinic at 8:15 AM and 12:30 PM  
Leaves the Ruth store at 9:00 AM and 1:15 PM

**Hayfork:** Tuesdays leave the Tule Rd Community Center at 9:00 AM and 2:30 PM. Fridays, 2nd and 4th of the month, leave the Tule Rd Community Center at 9:00 AM and 2:30 PM.

**Into Town / Coastal:** Offered the 1st Friday of every month, Day-in-Town. (Eureka/Fortuna): Departs Mad River at 7:30 AM with stops at Dinsmore (7:45 AM), Bridgeville (8:00 AM) and Swain's Flat Outpost (8:10 AM).

**Call to reserve your seat at (707) 574-6616**

Be aware that medical appointments for necessary screenings or medical services have first priority. Other needs such as DMV, food bank, pharmacy visits, or shopping are available when the room is available and can greatly help those who are unable to transport themselves. To assure you have seating reserved, please call ahead of time to insure your name is on the list. Never fear! While this is a shared ride we will not leave any clients caught in appointments behind!

## Dental in Mad River

We are always accepting new patients! We recommend you call in the morning to see if anything is available that day or to make an appointment for the coming weeks. Call our Mad River facility.

**Babies and Toddlers:** •Brush babies gums after feedings •Kids should have their first dental visit by their first birthday

**For Kids:** •Ages 2-6 should use a pea sized amount of toothpaste when they brush twice each day •Caregivers shouldn't hesitate to brush their young child's teeth to ensure that all teeth are reached •Children's teeth should be flossed once each day as soon as there are two teeth that touch each other

**Remember!** In the battle against bacteria, always brush twice a day.

### Facility Hours

**Mad River**  
Phone (707) 574-6616  
Fax (707) 574-6523

**Monday to Friday**  
8:30am to 5:00pm

**Scotia Bluffs**  
Phone (707) 764-5617  
Fax (707) 764-5618

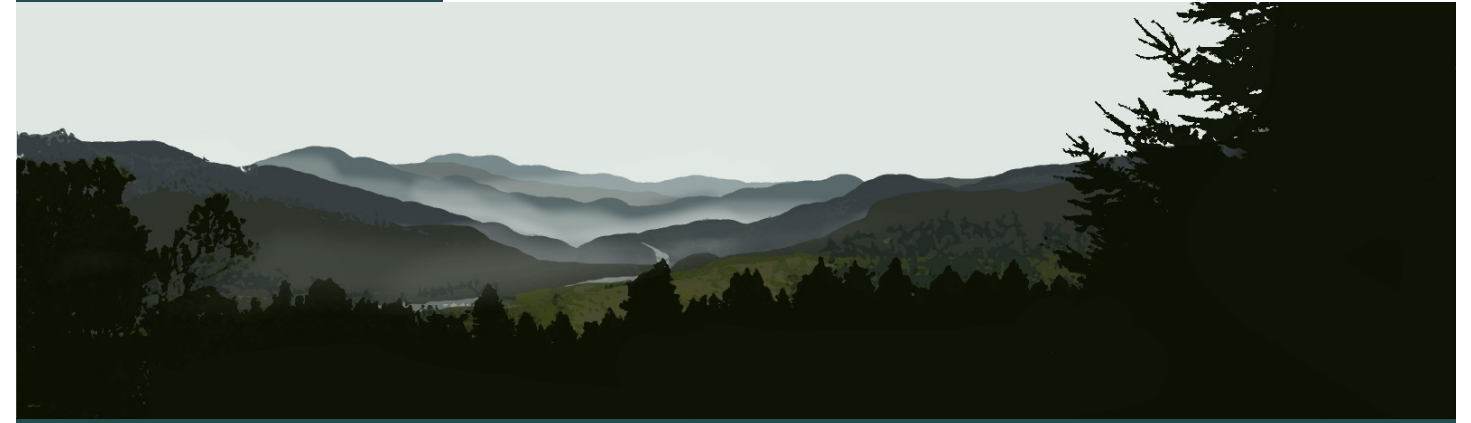
**Monday to Wednesday**  
9:00am to 6:00pm

**Thursday and Friday**  
8:30am to 5:00pm

**Saturday Urgent Care**  
8:00am to 1:00pm

**Trinity Dental Center**  
Phone (530) 623-8888  
Fax (530) 623-8887

**Monday to Thursday**  
9:00am to 5:00pm



SPRING 2019

SOUTHERN TRINITY HEALTH SERVICES AND SOUTHERN TRINITY AREA RESCUE

### Inside this issue!

Board Member Search . . . . . Page 1  
New Facility . . . . . Page 1  
Employment Opportunities . Page 2  
Welcome to STHS . . . . . Page 2  
Executive Staff . . . . . Page 2  
Tooth Loss & Malnutrition . . Page 3  
Facility Providers . . . . . Page 3  
Mad River Transportation . . . Page 4  
Dental in Mad River . . . . . Page 4  
Facility Hours . . . . . Page 4

### Important Numbers

**STHS Mad River**  
(707) 574-6616

**STHS Scotia Bluffs**  
(707) 764-5617

Medical Appointments . . . . . 1  
Dental Appointments . . . . . 2  
Patient Assistance . . . . . 3  
Billing Department . . . . . 4  
Ambulance Dispatch . . . . . 5  
STAR Manager . . . . . 209  
Administration . . . . . 211  
Medical Records . . . . . 213  
Transportation . . . . . 261  
Outreach/Marketing . . . . . 264

**STHS Trinity Dental Center**  
(530) 623-8888

**STAR Ambulance Dispatch**  
(707) 574-6421 or 911

## Board Members Needed!

As a Federally Qualified Healthcare Center (FQHC), we are a non-profit health center that offers services to everyone, regardless of their ability to pay. As such, we are run by a Board of Directors who are entirely composed of volunteers who live in our service areas. Often, these board members are patients of the facility as well. This board meets monthly to ensure that our facilities are serving the communities properly and that we continue to improve our quality of care provided. Due to the desire and goals for the facilities, however, we are in need of a new board member from our Scotia Bluffs and Weaverville facility service areas. This role would greatly enhance representation for our patients to ensure their needs are heard and met for all three of our facilities. If you might be interested, check out our website or email a Letter of Interest to [hr@sthsclinic.org](mailto:hr@sthsclinic.org).

## Trinity Dental Center

As of January 7th, Southern Trinity Health Services has opened a dental practice in Weaverville, California. In light of his preparation for retirement, Dr. Frederick Carlin of Weaverville decided to sell us his practice. In doing so, he and his entire team have joined Southern Trinity Health Services as Trinity Dental Center! Dr. Carlin, Dr. Byram and the team have jumped into the roles and taken off with all the changes implemented. What's important, however, is to note that the Weaverville location now accepts Medi-Cal patients when it did not previously. The Sliding Fee Scale you may already be familiar with applies here as well! Current and new patients are all welcome, call at (530) 623-8888.

**100 Horseshoe Lane, Weaverville, California 96093**

## Employment Opportunities with Southern Trinity Health Services

If you are interested in a position with STHS and would like to apply for a position, you can visit our facilities and request an application or you can download one from our website at [www.sthsclinic.org](http://www.sthsclinic.org) and email it to [hr@sthsclinic.org](mailto:hr@sthsclinic.org). Please include a resume or CV as appropriate for the position for which you are applying.

<b>Licensed Clinical Social Worker (LCSW)</b>	Scotia Bluffs location
<b>Dentist</b>	Weaverville location
<b>EMS Coordinator</b>	Mad River location
<b>Registered Dental Assistant (RDA)</b>	Weaverville location
<b>Chief Financial Officer</b>	Scotia Bluffs location

### Forty Years Ago... How It All Began

Mad River, Ruth Lake and surrounding areas have beautiful mountains, a gorgeous lake, beautiful forests with hiking and riding trails, fields of wildflowers and two local refreshing rivers (Van Duzen River and Mad River). Now imagine living, working or vacationing in this beautiful community without emergency services. What would you do if your child, spouse, parent, friend, neighbor, or someone not known to you needed immediate medical attention? In researching the history (Southern Trinity Tribune), talking with folks that lived or still live out here, of the many times people tried to help unsuccessfully was heart breaking. They would say: “back in the 70’s you would hope someone would come by with a pickup and that they would make it to town alive!” The wait time for an ambulance depended on their location, in the woods, off the road in a ditch, at the lake or an outlying community (Hetten Valley or Zenia). It could take anywhere from 90mins to 3+ hours to get help! If the weather was bad, it could extend the wait time or be cancelled! Even with local help, if the person was not properly trained in emergency medical services, the result of unintentional additional harm or tragedy could occur. In 1977 California Legislator’s passed a bill which would provide funds for rural health clinics. The need was great here and three community members, Russ Frasier, Dan Gordon and Andy Gough, rose to the task volunteering to get the application process started. First was the task of becoming a non-profit 501C3, in order to be eligible for funding. The travel

### Southern Trinity Health Services is still accepting new patients!

With the medical provider crisis in the country, rural areas like our own get struck the hardest, making finding a provider or dentist incredibly difficult. STHS is committed to helping you and your family whether your needs be big or small. We accept all insurances and offer a sliding fee scale for those with and without coverage. We also accept Medical and Partnership!

For information regarding who we are and what we provide, you can check out our website at [www.sthsclinic.org](http://www.sthsclinic.org) or you can stop by any of our facilities to check us out!

#### Mad River Facility

321 Van Duzen Road, PO Box 4  
Mad River, CA 95552

#### Scotia Bluffs Facility

500 B Street, PO Box 7  
Scotia, CA 95565

#### Trinity Dental Care Facility

100 Horseshoe Lane  
Weaverville, 96093

#### Southern Trinity Health Services Executive Staff

##### Lee Lupton

Chief Executive Officer

##### Amanda Huber

Chief Operations Officer

##### Michael Schafle, MD

Medical Director

##### Georgene Chase, DDS

Dental Director

##### Brooke Enstminger

EMS Coordinator

#### Southern Trinity Health Services Providers

##### Medical

###### Michael Schafle, MD

Appointments available at both the  
Scotia Bluffs and Mad River facilities.

###### Fred Wakil, MD

Appointments available at our Scotia  
Bluffs facility.

###### James Tinkelenberg, PA-C

Appointments available at both the  
Scotia Bluffs and Mad River facilities.

###### Mary Ann Meyers, FNP

Appointments available at our Scotia  
Bluffs facility

##### Dental

###### Georgene Chase, DDS

Appointments available at both the  
Mad River and Weaverville facilities.

###### Frederick Carlin, DDS

Appointments available at our  
Weaverville facility.

###### Charles Byram, DDS

Appointments available at our  
Weaverville facility.

###### Ami Graves, RDH

Appointments available at our  
Weaverville facility.

###### Rebecca Madden, RDH

Appointments available at our  
Weaverville facility.

##### Behavioral Health

###### Joy Worrell, LCSW

Appointments available at our Scotia  
Bluffs facility.

###### Peter Heck, LCSW

Appointments available at both the  
Scotia Bluffs and Mad River facilities.

Expenses, consultant fees, etc., to get this process going was funded by the Six Rivers Lions Club. Upon submission for EMS funding, they were told that the State would provide such funding only if it were within a primary care facility. In order to continue, the second task was to create a formal medical plan for the underserved in the area. With the help from an advisory committee (Don Bridge, Mavis Brown, Irene Stapp, to name a few), community members, Supervisors from Trinity and Humboldt Counties, members of the State Department of Health, representatives from ambulance companies, North Coast EMS and many others, it took months to work out a plan. Through their tireless efforts, Southern Trinity Health Services (STHS) was born. Its first priority was emergency care, second was education (public training programs in 1<sup>st</sup> aid, CPR and eventually EMT), third was to establish a local clinic that would serve as a base for the emergency and training operations and also be available as a year round medical center for routine care. Finally the application moved through the approval stages and in the spring of 1978 final approval was received! However, actual funding was far from being received. Now STHS was told by the State, an operating program was needed to receive operating funds. The Ruth Riding and Roping Club came to the rescue with a loan of \$5000 to get the project underway. The next hurdle was getting a building to rent or own, which was solved by the Trinity County Board of Supervisors! Our then County Supervisor, George Wilburn, convinced the BOS to purchase a mobile building and lease it to STHS. But wait, now where are they going to put the building? The Ruth Lake Community Services District came to the rescue, by leasing a part of their leased property that is owned by Southern Trinity Unified School District. In late summer of 1978, construction began with volunteers. STHS opened its doors with basic medical care in November 1978 and the training of STAR volunteers began and continues to this day. Here, in our local community, is where caring people without medical knowledge, got together to start an EMS service, where community organizations stepped up with support, where neighbor helped neighbor and volunteering took hold and still holds our STAR organization together today. This summer I will continue the celebration of our 40th Anniversary with more articles, a picture of the first ambulance (a 1978 Chevy Suburban), how fishing tackle boxes were used to carry 1<sup>st</sup> aid supplies and the emergencies that STAR responded to in the early days. A huge thank you to the following people that helped me gather this information; told of their stories and encouraged me to write this article of “How it all began”: Danene Bates, Claudette Bushman, Shirley Dillon, Brooke Entsminger, Jean German, Susan Gordon, Mark Middleton, Jack Rogers, Dottie Simmons.

Written by: Sandy Rasche-Borden