

ROTARY CLUB OF GRASS VALLEY AND WESTERN SIERRA MEDICAL CLINIC TO HOST HEALTHY COMMUNITY DAY ON AUG. 8 IN GRASS VALLEY

GRASS VALLEY — Rotary Club of Grass Valley and Western Sierra Medical Clinic will hold a Healthy Community Day on Aug. 8 that focuses on immunizations and dental checkups at no charge for children.

The goal of the health event is to encourage community members – especially school-age children – to receive no charge health screenings and immunizations against potential life-threatening diseases such as measles and meningitis.

Healthy Community Day runs 10 a.m. to 2 p.m. Saturday, Aug. 8, at Western Sierra Medical Clinic, 844 Old Tunnel Road in Grass Valley. The half-day event is held just days before public school starts in the region.

Immunizations, dental checkups, and health fair booths – including car-seat safety information from the California Highway Patrol – are part of the four-hour event. A free barbecue and carnival-type games will also be available.

The family-oriented event includes a free raffle for those who complete their immunizations and dental checkup. Numerous raffle gifts are available, including two mountain bikes, donated by Jim Self, Horace Mann Insurance, two helmets and movie tickets donated by Rotary Club of Grass Valley, and a family 4 pack and supersaver pack donated by 49er Fun Park..

“We wanted to hold a health-focused event that helps busy families a few days before school starts,” Western Sierra Medical Clinic CEO Scott McFarland. “Families have so much going on, and if we can meet some of their health care needs while they have some fun, then Healthy Community Day will be a huge success.”

Vaccinations will be available at no charge to residents of Nevada, Sierra and Yuba counties who have no insurance coverage or high co-pays or deductibles. No fees will be collected for co-pays and participants will be asked to complete paperwork so insurance companies can be billed or state-provided vaccine administered. Parents need to be present and/or send written permission for children to be vaccinated. They also need to bring their insurance card and child’s immunization record.

“Our organization and our members are committed to making sure everyone who needs to be immunized has the opportunity, regardless of their circumstances,” said Bob Long, president of the Rotary Club of Grass Valley and a longtime executive with community clinics in the region. “A healthy community begins with residents doing their part, and getting immunized is an easy and effective way to help ensure we reach that goal.”

Unfortunately, Nevada County has one of the lowest immunization rates in California, with only 73% of residents current on their vaccines – much lower than the statewide average of 90%. So, about 30,000 residents, including many school-age children, are running the risk of getting and

spreading numerous diseases, including measles, meningitis, mumps, rubella and whooping cough.

“The low vaccination rate is a real public health concern,” said Dr. Ken Cutler, Public Health Officer for Nevada County. “Because some are too young to be vaccinated, some have weakened immune systems, and some don’t fully respond to vaccination, we want high community vaccination rates to help protect those who are particularly vulnerable.”

Nevada County Superintendent of Schools is a partner of Healthy Community Day, along with Nevada County Public Health Dept., California Highway Patrol, Grass Valley Fire Dept., and Grass Valley Police Dept. Volunteers.

“We’re very grateful for all of our partners who are willing to come together and help families – and the community,” McFarland said.

About Rotary Club of Grass Valley

The Rotary Club of Grass Valley, chartered in 1925, serves the Grass Valley community through humanitarian, educational and service projects. Grass Valley Rotarians are a visible part of the community and our contributions and dedication to service have left an indelible mark for the better on virtually all aspects of community life. For more information about the Rotary Club of Grass Valley, please visit www.gvrotary.org and on Facebook at www.facebook.com/RotaryClubOfGrassValley

About Western Sierra Medical Clinic

Western Sierra Medical Clinic provides comprehensive medical, dental and behavioral health care in Nevada, Sierra and Yuba counties. Founded in 1975, Western Sierra emphasizes preventive care, education and empowering patients to make informed decisions. Western Sierra provides services for the HMO and private markets, and to low-income and senior citizens. Western Sierra is the largest outpatient health care provider in Nevada County, where a new full-service health clinic meets the growing demands in the community. You can learn more about Western Sierra Medical Clinic at www.wsmcmed.org and on Facebook at www.facebook.com/WesternSierraMedicalClinic