

Glendale Healthy Kids



President: Gary Finer, DDS
Case Manager: Jo Ann Parnell, RN
Director Project CHASE: Lilit Aladadyan
Editor: Cathy Keen



July 2006

Annual Meeting Held June 29

Over 70 people filled the auditorium at **Glendale Memorial Hospital and Health Center** for Glendale Healthy Kids' 12th Annual Meeting on the evening of June 29. **Bob Quarfoot**, Senior Vice President of Business Development for Glendale Memorial, welcomed the guests and introduced **Karen Krug**, CFO of the hospital. We thank **Catherine Pelley**, President and CEO of **Glendale Memorial Hospital & Health Center**, for the gracious hospitality of **GMHHC**.

Guests dined on a buffet of hors d'oeuvres and desserts arranged by Board Member **Karen Panchari, Director of Food and Nutrition Services** at the hospital, prior to the program which featured the year in review, an update on Project CHASE and examples of children helped this year.

The highlight of the evening was the recognition of volunteers. **Julie McCarty** was honored as Volunteer of the Year for her commitment and dedication to Glendale Healthy Kids. She has spent countless hours over the years organizing the Dental Education Program, helping with the USC Mobile Dental Clinic, participating as a Board Member and hosting *Guess Who's Coming to Dinner?* parties. Congratulations, **Julie!**

Provider Recognition awards went to three providers who never say "no" when **Jo Ann Parnell**, our Case Manager, calls them about a child. **Joseph Goodsell, DDS**



Debbie Hinckley, Cathy Keen, & Julie McCarty at Annual Meeting

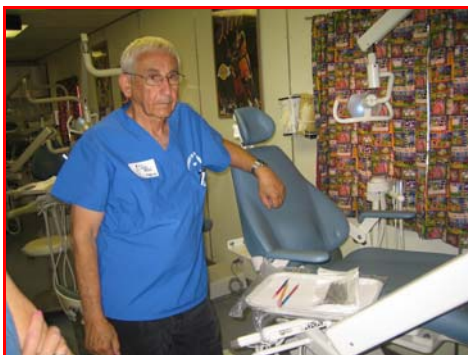
has been a provider since the beginning of Glendale Healthy Kids. **Vahan Aladadi**, Pharmacist at **Glendale West Pharmacy** received accolades for his contributions of medicines to our families. Finally, the **Arthritis Orthopedic and Sports Medicine Center** comprised of **Philip Merritt M.D., Carlo Orlando M.D., Roy Ashford M.D., Gary Arends D.O.** and **Armond Khachatourians M.D.** were thanked for continually treating GHK children.

On hand to give commendations to our honorees were **Josh Goldstein** from **Congressman Adam Schiff's** office, **Vanessa Aramayo** from **Assemblyman Dario Frommer's** office, **Suzy Jacobs** from **Senator Jack Scott's** office and **Rita Hadjimanoukian** from **Supervisor Michael Antonovich's** office.

Outgoing Board Members **Bill Wilkie** and **Ken Biermann** were recognized for their six years of service to the Board. **Connie Toomey** was honored as a founding member of GHK and for her twelve years on the Board. **Carol Reynolds** was also recognized for her past contributions to GHK as Executive Director and Board Member.

The evening concluded with the welcome of new Board members by **Kathleen Powers** and the Installation of Officers by **Brian Bergh, DDS**. Newly installed President, **Gary Finer, DDS** thanked outgoing President **Debbie Hinckley** for her tireless dedication to Glendale Healthy Kids during the past year. Gary looks forward to a productive year as GHK Board President.

USC Mobile Dental Clinic Treats GUSD Students July 14-21



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Glendale Association of Realtors Joins the Team!

The **Glendale Association of Realtors** Board of Directors invited Glendale Healthy Kids to make a presentation to them in March as they determined what organizations they would like to help this year. **Cathy Keen** gave the Board an overview of our programs and specifically focused on our USC Mobile Dental Clinic. The GAOR Board was so enthusiastic about helping children feel good about their smiles that **Executive Director Dan Lanning** invited Keen to make the presentation to their entire membership. The board generously offered to match any funds donated by the Association up to \$5,000 toward financing the dental clinic. **Gary and Lynn Naeve** contributed \$1,000 in matching funds, and the membership rallied to donate the balance. Glendale Healthy Kids is deeply grateful to the Glendale Association of Realtors for contributing \$10,000 toward the total cost of \$42,500 for the **USC Mobile Dental**

Clinic. They have been a pivotal part of providing a week of dental services and a lifetime of smiles to our uninsured children!



From left: GAOR Officers **Silva Hameline, Armen Avedian, Executive Director Dan Lanning, President Michael Sirk, Vivian Long, and Rick Bonyadi**

From Our Case Manager Jo Ann Parnell, RN



Jo Ann Parnell, RN

A 6th grader and a good student who always completed his assignments and helped his friends suddenly stopped turning in his homework. He did not finish his work in class and turned away requests for help from his friends. With grades suddenly dropping, the teacher asked Mom to come in for a conference.

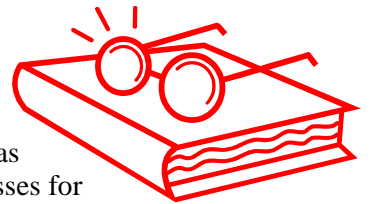
Both mom and the boy were very quiet, offering no reasons for the changes in behavior. Just as she was about to send them home, something caught the teacher's attention; the boy was wearing a different pair of glasses. She asked if they were new ones and mom explained they were his glasses from several years ago. His newest ones, which he had received about 9 months before, broke, and

"...something caught the teacher's attention; the boy was wearing a different pair of glasses..."

Medi-Cal would not authorize a new pair. The family was not able to purchase new glasses for the boy with their financial situation.

Without money to buy new glasses, Mom found a pair he had worn before. The teacher moved him to the front of the room hoping he would be able to read the board better, but things didn't improve. Finally she went to the school nurse looking for a way to help this family. A Glendale Healthy Kids optometrist generously provided an eye exam and new glasses. A few months later a thank you note came to the Glendale Healthy Kids office expressing the gratitude of the family and the teacher for helping this young man. His grades went back up, his work was completed on time, and he was back to helping his classmates.

"Sometimes when we are generous in small, barely detectable ways, it can change someone else's life forever." Margaret Cho



Making a Big Splash!

October 21, 2006 is the date for the 2nd **Annual Kiwanis Incredible Duck Splash (KIDS!)** to be held at Verdugo Park. Last year GHK finished second in fundraising for **KIDS!** among all non-profit organizations. This year, with your help, GHK will wing its way to victory while the other non-profits “duck” out of the way! **Glendale Kiwanis** does all the work; all we have to do is adopt our ducks for the day of the race and then be there to cheer them on to victory. GHK will keep a minimum of **50%** of the proceeds we generate from the adoptions. Since we hope to take first place this year, we may earn up to **75%** of what we generate.

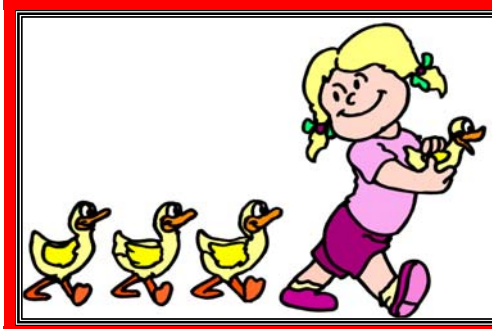
This is an incredible opportunity to not only raise funds, but also to raise awareness of our organization

within the community. Adopt a gaggle of ducks and get your friends, relatives—even complete strangers—to participate. We will be providing you with materials and information over the next several weeks on how to adopt. **Join the Glendale Healthy KIDS Team, adopt a GHK Duckling!**

For more information on the duck race, go to www.ducks4kids.org. If you would like to have a presentation made at a meeting or a party, please contact the GHK Duck

Buddy representative, Bill Wilkie, at bill@vhma.com.

Editor's Note: The Kiwanis Club of Glendale awarded GHK \$10,000 toward the USC Mobile Dental Clinic and \$5,000 in operating expenses during 2005-2006.



Adopt a GHK Duckling!

Farewell Words from GHK Outgoing Board President

I began the year by announcing that “Holding Hands” would be my theme for the year. We have had new hands join our staff, more hands participate in the financial success of Glendale Healthy Kids and new as well as long-standing hands volunteer for our programs. We welcomed **Lilit Aladadyan**, Program Director for **CHASE**, our new program of health education. We also applauded the generosity of the **Kiwanis Club of Glendale** and the **Glendale Association of Realtors** as they sponsor the USC Mobile Dental Clinic which was recently held.

The fifth annual “**A Taste of Downtown Glendale**” held on May 10 was a great success! Nearly 1000 people strolled down Brand Blvd. through the construction to sample delicious food from 25 top restaurants. Along the way, friends gathered and visited and listened to the sounds of **Glen Roberts Jazz Band, Hoover High and Crescenta Valley High School Jazz Bands** and our first time group **Briggs Avenue All Star Band**. Glendale Healthy Kids thanks all of the restaurants that participated, our sponsors who certainly gave a hand to the financial success of the evening and all of the community members who supported the evening. A special thanks to **Allan Herbert** who chaired the event this year.

As I finish my year as President, I want to thank everyone who has given a hand to Glendale Healthy Kids to make it a successful year. Our **GUSD nurses** have had a hand in helping us identify and refer low income uninsured children for treatment at the hands of our wonderful medical and dental providers. Of course, a strong hand has been given by our community supporters, our hardworking office staff and our Board of Directors. The volunteer hands that helped this year have greatly increased. For the first time, students from **Mount St. Mary's College** provided Dental Education to our first graders along with many volunteers who have taught this year after year. I am always amazed and pleased to see the number of people in this community who continually give their service and financial commitment to Glendale Healthy Kids.

It has been an honor and a great privilege to serve as President of this organization but the greatest reward for me has been hearing the stories of how Glendale Healthy Kids has made the difference in the lives of so many children who otherwise would not have received medical, dental or mental health services. We do have a hand in making life a little better for these children.

Debbie Hinckley

2006 USC Mobile Dental Clinic Treats Glendale Children

Weeks of preparation came to fruition on Friday, July 14, when 90 Glendale children showed up with their parents at Roosevelt Middle School to begin their week of dental treatment.

Students were screened during the spring by GUSD school nurses and referred to Glendale Healthy Kids for treatment at the annual **USC Mobile Dental Clinic**. Parents had already been briefed by GHK about what to expect and paperwork was already complete at the beginning of the clinic, making the process move smoothly. Students received cleaning, x-rays, fillings, extractions, and sealants during the weeklong clinic.

Parents of the children expressed their gratitude to Glendale Healthy Kids for providing the means for their children to have much needed dental care. Many of the children treated had not ever visited a dentist and needed a

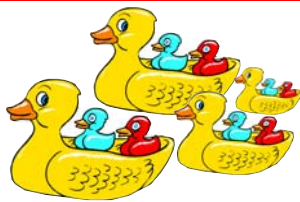
considerable amount of work done to restore their young mouths to health. Some of them were actually in pain because of their dental caries. A few cases were so extensive or complicated that their treatment could not be totally completed by the clinic; those children will be referred to GHK dental providers for completion.

The clinic is staffed by volunteers who oversee the appointment process, assist the waiting parents and siblings, and provide translation when needed.

Glendale Healthy Kids is grateful to the **City of Glendale, Kiwanis of Glendale, and the Association of Realtors** for providing the funds to pay for this \$42,500 project. Smiling faces make more friends, and these organizations have helped to create those smiles!



“Smiling faces make more friends...”



Teamwork!

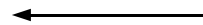
Guess Who's Coming to Dinner?

Save these Dates

“Guess Who's Coming to Dinner”

Saturday, September 30th

Sunday, October 1st



Kiwanis Incredible Duck Splash

(adopt a GHK duck!)

Saturday, October 21st



Quacky promotes KIDS!

Shoppers Alert!!



Calling all shoppers! Buy your fall wardrobe or start your Christmas shopping on September 14 at **Jigsaw** in Pasadena and help **Glendale Healthy Kids**. **Jigsaw** is a British clothing company that features women's clothing sizes 2 to 14, accessories, and a junior collection for girls ages 2 to 13. A knowledgeable and friendly staff will help you find the latest in fall fashions.

As part of the store's give back to the community, **Jigsaw** will donate 10% of the total proceeds of the day to **Glendale Healthy Kids**. **Jigsaw** is located at the **Paseo**, 310 E. Colorado, Suite 103, Pasadena. Shopping hours for this benefit are 10 AM to 9PM. Just mention **Glendale Healthy Kids** when you shop any time that day. Light refreshments will be served. Parking validation will be available. Gather your girlfriends and daughters and head to the **Paseo in Pasadena** for a shopping spree at **Jigsaw** on September 14, 2006! Your purchases will help GHK continue to provide needed health care services to low-income children in our community.

Project CHASE ...taking off!

by Lilit Aladayan, Director of Project CHASE

Project CHASE – “Children’s Health: A Shared Effort”

At the start of each asthma discussion I ask, “How many of you have asthma?” A couple of hands usually go up. Then I ask, “How many of you have children with asthma?” A few hands go up again. Next, I begin my discussion of asthma by detailing the life and daily struggles of an asthmatic child—the physical, emotional, and psychosocial effects of this chronic disease, which effects every aspect of a child’s life, from running to laughing to sleeping to playing. In this discussion, I incorporate a discourse on asthma symptoms, triggers, medication and care; I conclude the discussion with Asthma Action Plans.

I host a little game of “True and False” where I call out words and participants say true, if they think the word is an asthma symptom (or trigger) and false, if it is not. Although most adults are able to identify wheezing, coughing and breathlessness as asthma symptoms, few, if any, are aware that asthmatics experience chest tightness, dry mouth and fatigue. This information prompted one parent’s reaction, “Oh, no wonder my daughter never wants to do any

chores and is always laying around!” As I move the discussion forward, I find even fewer parents are aware of the recent finding that cockroaches may be exacerbating asthma problems in their child. You can imagine I hear a lot of “Ohhh’s” and “Ahhh’s” coming from parents upon hearing this news!



After answering questions and addressing different fears and concerns, I often conclude the discussion by asking “How many of you think you may have asthma?” and “How many of you think your child may have asthma?” It is not uncommon for three times as many hands to go up at the end of the session!

Project CHASE works with community organizations to deliver free health education seminars to educate parents and adults who work with children about various health issues that are affecting kids in the community. Please contact us if you are a parent interested in participating in our asthma seminars or if you lead a youth organization and would like to offer the seminar to your staff.

2006 Taste of Downtown Glendale Draws Huge Crowd

Nearly 1000 people strolled along the streets of downtown Glendale on the warm, balmy evening of May 10 to sample cuisine at some of Glendale’s most popular restaurants for the fifth annual **A Taste of Downtown Glendale**. Families enjoyed sampling barbecued tri-tip sandwiches, pasta, pizza, pastrami sandwiches, salads, ice cream and Middle Eastern cuisine, pastries and coffee as well as many other delicacies throughout the evening at the 25 participating restaurants.

Glendale Healthy Kids thanks the following restaurants that opened their doors to our supporters: **Bennigan’s of Glendale Irish Pub, Billy’s Delicatessen, C & C Internet Café, California Pizza Kitchen, Carousel, Damon’s Steak House, El Morfi Grill, Favorite Place, Harvest Inn, Jamba Juice, Lola’s Peruvian Restaurant, Mashti Malone’s Ice Cream, Maurizio’s Sports Bar, Milano’s Italian Kitchen, Olive Garden, Panda Inn, Porto’s Bakery, Quiznos on Brand, SanSai Japanese Grill, Starbucks on Brand, Starbucks Marketplace, Sushi Tako, Takeshi Ramen, Tip Top Café and Tony Roma’s.**

The **Glen Roberts Big Band, Crescenta Valley High and Hoover High School Jazz Bands**, and the **Briggs Avenue All Star Band** were crowd pleasers as they entertained the diners walking between restaurants.

Glendale Healthy Kids especially thanks the sponsors of this year’s event who helped the organization raise

over \$30,000 to help the children of low-income, uninsured families in Glendale have access to medical and dental care. Glendale Healthy Kids proudly salutes our major sponsors: **Glendale Association of Realtors, Hutchinson and Bloodgood, DreamWorks, Glendale News-Press and KRLA.** Additional sponsors included **Alex Theatre, Supervisor Michael D. Antonovich, Bache Capital Management, Community Directory Co., Glendale Firefighters Club, Walt Disney Company, Minuteman Press-Glendale, Gary and Lynne Naeve, Pacific BMW, Smith Barney and Suppose U Drive Truck Rental.**

A special thanks goes to new board member Allan Herbert for spearheading the event along with committee members Cathy Keen, Laura Keen, Kathleen Powers and Debbie Hinckley. Delicious food, delightful weather, good company....it was a great event!



Damon’s

Carousel

CPK

Glendale Healthy Kids

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www.glendalehealthykids.com



Healthy children make
better students...
Better students build
better communities.

2006-2007 Officers & Board of Directors

The 2006-2007 officers installed by **Brian Bergh, DDS** at the Annual Meeting include:

President: **Gary Finer, DDS**
Secretary: **Barry Mc Comb**
Treasurer: **Sharon Dobbs**
Immediate Past President: **Debbie Hinckley**



From left: **Gary Finer, DDS, Barry McComb, Kathleen Powers, Debbie Hinckley, and Brian Bergh, DDS**

Glendale Healthy Kids welcomes new Board members:

Corliss Andrade, Community Volunteer
Britney Bilotti, Dir. of Recreation & Community Services
Joanne Cena, Community Volunteer
Richard Feuille M.D., Physician provider
Susan Hain, Council PTA, Sixth Vice President
Talin Janjik DDS, Dental Provider
Ardashes Kassakhian, Glendale City Clerk
Julie Lister MSN., NP, Nurse Practitioner
Elizabeth Manasserian, Community Volunteer
Suzi Sadd, Community Volunteer
John Simpson, CPA, Simpson & Associates
Bob Steward, VP of Advancement, Comprehensive Community Health Centers, Inc.

Returning Board Members include: **Brian Bergh, DDS MS, Ruth Charles, Sharon Dobbs, CPA, Gary Finer, DDS, Gregory Franklin Ed.D, Amity Grimes, RN BSN, Thomas Grosch, MD, Allan Herbert, Debbie Hinckley, Judy Hurst, Julie McCarty, Barry McComb, Bruce Nelson, Steven Nishibayashi, MD, Karen Panchari, Kathleen Powers, Lila Ramirez, Glen Roberts PhD, Lois Neil Sambar, and Dennis Sugiyama, OD**