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# Glendale Healthy Kids



## Miracle In Glendale Nickels Are Turning Into Quarters!

Patients of Dr. Brian Bergh, a Glendale orthodontist ([www.bracesbybergh.com](http://www.bracesbybergh.com)), can earn wooden nickels each time they visit his office. These wooden nickels are earned when patients participate positively in their orthodontic treatment, doing such things as brushing well and seeing their general dentist for regular cleaning visits. "The wooden nickel program encourages our patients to cooperate and participate in their treatment, creating a win-win orthodontic treatment experience," states Dr. Bergh. These wooden nickels are normally exchanged for prizes or gift certificates of various values.

Dr. Bergh has started a program in his office to encourage his patients to donate to **Glendale Healthy Kids** ([www.glendalehealthykids.com](http://www.glendalehealthykids.com)) by contributing their nickels to the program rather than trade them in for prizes. Each wooden nickel donated will be worth a quarter in donations to the **Glendale Healthy Kids** program. In addition, Dr. Bergh has agreed to match the contributions of his patients, so each wooden nickel will actually be worth a half-dollar contribution. Not stopping there, Dr. Bergh will also match any donations of up to \$10.00 per family or business that are brought into his office. The donations will go to the endowment fund helping to ensure the continued success of **Glendale Healthy Kids**.

Dr. Bergh is proud of his association with **Glendale Healthy Kids** as a provider since 1994. **Glendale Healthy Kids** provides access to medical, dental, and mental health care, along with pharmaceutical and laboratory services to under-insured children from low-income families in the Glendale Unified School District. This program has provided care to 1000's of children ranging from dental cleanings and school screenings to

*Continued on page 2*



Dr. Brian Bergh and patient turning nickels into quarters

*glendalehealthykids*

223 N. Jackson St., B-17  
Glendale, CA 91206

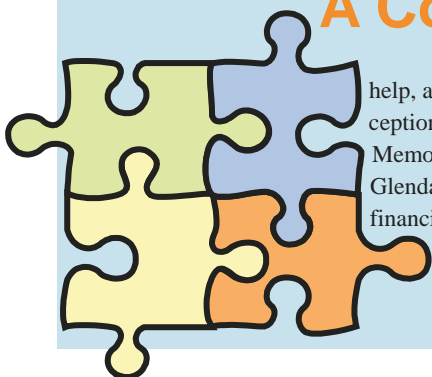
Telephone 818.548.7931

Fax 818.545.8104

[www.glendalehealthykids.com](http://www.glendalehealthykids.com)

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

## A Collaborative Effort



Glendale Healthy Kids is now in its thirteenth year of helping uninsured children get medical and dental help, as well as preventative education. Thousands of children in our community have been helped since the inception of GHK, but this would not have been possible without the help of our collaborative partners: Glendale Memorial Hospital and Health Center; Glendale Adventist Medical Center, Verdugo Hills Hospital, the City of Glendale, and the Glendale Unified School District. We are grateful to our partners for their years of in-kind and financial support to our organization and for their belief in our mission. We also extend our warmest appreciation to the many medical, dental and ancillary providers who donate their services to our children in need and to those of you in our community who have loyally supported our program.



# Tips

## Caring for your child's diet

1

Feed your children 5-9 servings per day of fruits and vegetables.

They should eat at least one serving with each meal and then some for snacks.

2

Add banana, raisins, or other fruit to cereal.

Add vegetables to pizza.

Put a variety of cut fruits in sandwich bags for a healthy snack.

3

Be creative!

Add fruits and veggies to favorite recipes: add stir fry veggies to a chicken dinner; add mixed veggies to soups or spaghetti sauce.

4

Encourage 100% fruit or vegetable juice rather than soda or punch.

Read labels on fruit juices to determine percentage of fruit versus sugar in the beverage.

### Nickels to Quarters!

*Continued from page 1*

major surgeries. Almost \$500,000.00 in services has been donated in the past four years. Three major local hospitals and over 125 local physicians, dentists, laboratories and pharmacies participate in this program providing care to qualified children. Glendale Healthy Kids is unique in that all services provided by these dedicated professionals are at no charge or at a greatly reduced fee. The program is also supported by over 100 community members and 15 school nurses who donate their time and effort to the success of the program.



Dr. Bergh feels this program has had a significant impact on the health and well-being of the children of Glendale and local areas. "I have been privileged to provide care to many children over the past 12 years," states Dr. Bergh. "The rewards for providing this service are amazing, and the kids are so grateful. We often get thank you notes from those we have seen, some even written in crayon, thanking us for making their lives better."

"The wooden nickel donation program will give all my patients, including children as young as six years of age, a chance to contribute to a worthwhile charity. Kids helping kids is a wonderful thing, and being able to make a positive difference in the lives of others can be a life-changing experience," says Dr. Bergh.

**For more information: Contact: Brian Bergh, DDS,MS  
818-242-1173 [brianberghdds@msn.com](mailto:brianberghdds@msn.com)**

### Save the Date!

**Wednesday, May 9, 2007  
Brand Blvd., the Exchange, and  
Glendale Marketplace in Downtown Glendale  
5:30 TO 8:00 P.M.  
\$25 Per Person**



### A TASTE OF DOWNTOWN GLENDALE

Join Glendale Healthy Kids in a leisurely stroll and munch your way through the many participating restaurants offering "tastes" of their varied and exquisite cuisines. Listen to some great bands while you graze, and visit the many shops along the way with your friends!

Call **Camille** in the Glendale Healthy Kids office at 818-548-7931 for information and ticket purchase.

Tickets may also be purchased at [www.alextheatre.org](http://www.alextheatre.org) for a small handling fee.



# GHK Testimonials



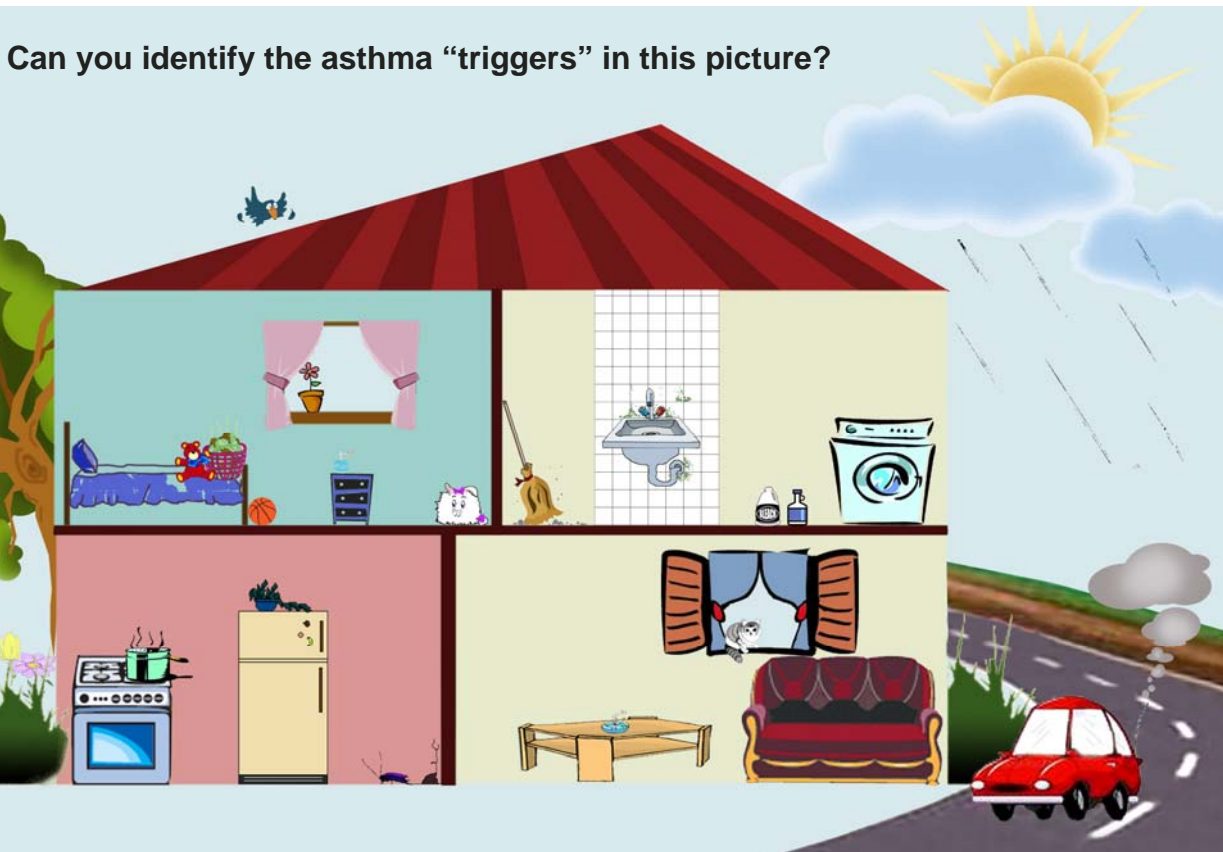
My name is Lusine Saakyan and I am the director of a newly opened preschool and daycare center here in Glendale. We currently serve more than 80 preschoolers and employ 14 staff members. We serve special needs children, children from low-income families, and children who receive government aid to pay for child-care. Lilit Aladadyan, GHK Director of Health Education, came to our facility and gave a presentation on asthma, and my staff fell in love with her. The information that she presented was very helpful and educational...her bilingual abilities assisted tremendously. We look forward to seeing her again and participating in this program.

Lusine Saakyan  
Wonder Years Preschool/Daycare Director



Over the past year, Lilit Aladadyan has presented the Glendale Healthy Kids Asthma Education Program to a number of our parenting classes. Her clear and thorough presentations have had a direct impact on the families in our program. I am amazed at the number of parents who come to me after class to tell me that they think their children might have asthma, but they hadn't realized it before Lilit's presentation. Upon follow-up with a physician, many of these children have had the diagnosis confirmed and appropriate treatment started. Those parents who already knew that their children had asthma were happy to update their knowledge, particularly regarding current treatment and devices such as spacers and peak flow meters. Some of the adults also realized that their own symptoms needed attention and have said they will seek treatment now that they understand more about asthma. We are all grateful to Glendale Healthy Kids for improving the lives of these families!

Amity Grimes, R.N.  
Director, Parent Education Program  
Glendale Community College



Can you identify the asthma “triggers” in this picture?



You might be surprised at how many asthma triggers there are in this everyday household picture!

Answers can be found on page 4.



Reading to your child builds a healthy and inquisitive mind and strengthens the bond between parent and child.



Regular checkups are important to a developing child and may provide early detection of a problem.



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View our Annual Report at

[www.glendalehealthykids.com](http://www.glendalehealthykids.com)



### How many did you find? (answers from page 3)

Common asthma triggers:

- dust settled on stuffed animals, drapes, couch pillows, etc.
- dust left behind after sweeping (try cleaning with a wet mop)
- household cleaning products/detergents
- cats or other pets with fur or feathers
- cigarette smoke
- droppings left behind after cockroaches
- odor from sprays, perfumes, and even cooking fumes
- pollen from plants, trees and grass
- weather changes in some individuals
- mold and mildew
- car and truck exhaust

**Not pictured:** In some individuals, rigorous exercise or activity can trigger asthma.



## DAMON'S STEAKHOUSE CELEBRATES 70 YEARS JUNE 11, 2007

IN HONOR OF THEIR 70TH YEAR OF DOING  
 BUSINESS IN GLENDALE, DAMON'S  
 HAS DESIGNATED JUNE  
 "GLENDALE HEALTHY KIDS MONTH"  
 PROCEEDS FROM THEIR FUNDRAISING WILL GO  
 TOWARD FUNDING THE USC MOBILE DENTAL CLINIC  
 WHICH GHK SPONSORS EACH JULY.  
 SAVE THE DATE AND WATCH FOR DETAILS!

**Glendale Healthy Kids**  
 223 N. Jackson St. B-17  
 Glendale, CA 91206