

# CORDOVA COMMUNITY COLLABORATIVE FOR HEALTHY CHILDREN & FAMILIES

The Cordova Community Collaborative (CCC) is the partnering organization with CPT in Rancho Cordova. CCC is a group of individuals that each represent a different organizations in the community who are concerned with the health and well-being of families and children living in Rancho Cordova. These community stakeholders come together to work on this united vision: "We believe all children should grow up in a family and community that provides for their health and well being. We are committed to strengthening families and linking them to community resources that enhance self-reliance and promote community involvement."

The next event CCC is holding will be a Youth and Family Summit during lunch time on October 2nd. The Summit will generate input from eight panelists, with each representing a different perspective of the Rancho Cordova Community: a parent, a youth, a faith based



community representative, a police officer, the Chamber of Commerce, the Cordova Community Council, a school nurse and the Superintendent of Folsom Cordova Uni-

fied School District . Each panelist will speak about emerging challenges and opportunities for health, safety and wellbeing they see in the lives of children, youth and families living in Rancho Cordova. The audience will also be given the opportunity to share their thoughts. CCC will use the information gathered to develop a long range action plan. This lunchtime meeting will be held at Rancho Cordova City Hall from 11:00 to 12:30 Lunch will be provided. This is a open meeting and everyone is welcome to participate. No RSVP is required.

## DAY IN THE LIFE

Rancho Cordova is a city that is culturally diverse and is benefiting from successful economic development efforts. Despite this economic progress however, a significant percentage of Rancho Cordova Families and children continue to live in poverty. Fortunately, there are many support services avail-

able for families and children in this community. The Folsom Cordova Community Partnership received a grant to distribute over 250 food boxes to low-income families on a weekly basis by the end of September. The Partnership has collaborated with other organizations to be a food pick up sites, Family

Support Services, of Folsom Cordova Unified School District, gets fifteen boxes to hand out to families visiting this office. The families who benefit from the food boxes come from a variety of difficult situations. They are also very grateful the food is accessible and free.

### ABCD Thought of the Month

"It is vain to talk of the interest of the community, without understanding what is the interest of the individual" - Jeremy Bentham ( Philosopher 1748-1832)

### Calendar Of Events October

- Oct 2 Youth & Family Summit 11am-1:30pm Rancho Cordova City Hall
- Oct 6 Connections Café 11am-1pm, the Partnership
- Oct 12 CPT Collaborative Meeting/Noon Conference 9:30am-1pm, Davis Tower rm 7705
- Oct 16 Cordova Community Council Luncheon, 11am-1pm, Rancho Cordova City Hall
- Oct 20 Community Advisory Council/SEPA
- Oct 28 Cordova Community Collaborative Meeting 5:50-7pm., the Partnership
- Family Support Services Open House; every other Wednesdays 11:30am-Noon (Oct 7&21) and every other Thursday from 5:30-6pm (Oct 1, 15 & 29)

# RESIDENT PROJECT HIGHLIGHTS

## Nkechi Nzerem , MYA Girls Group

Nkechi, a 3rd year pediatric resident, has done an excellent job at collaborating with her CPT community and is carrying out a very successful project worth bragging about; group mentoring sessions with female students at Mather Youth Academy (MYA). MYA is a highly structured alternative education school for students who have struggled to be successful at traditional campuses. Nkechi recruited volunteers to help serve as mentors and organized a training on how to work with a high risk group of youth. Nkechi is working with faculty from MYA to put on monthly group activities where the volunteer mentors go out to the school and spend time with the girls. Last school year the theme of the meetings was scrap booking. Each student was able to get her own scrapbook to work on through the semester and keep at the end of the year. The girls were able to take pictures during the group meetings and use them to put in their scrapbooks. Also during the group meetings

the girls were asked what health topics they would like to know more about and Nkechi would then talk with them about those topics. Nkechi shares her thoughts on the project, *"I really enjoy working with the girls at Mather Youth Academy. They have been really receptive to the activities we have done with them. My hope is that we are helping them realize that there are many different paths their lives can take and that there are people out there that care about their futures and that want to help them reach their goals."*



Nkechi with MYA girls and volunteers

One of the facility members who participates in the monthly activities says that when the girls are together for these activities, it is a rare time when they help and encourage each other. The girls really benefit from just spending time with people who want to be around them and care for them. Nkechi spends her own time organizing and attending these mentoring sessions on a monthly basis. She also plans to continue this project even after she completes her residency. Nkechi was nominated for and received the CPT Resident Community Medicine & Advocacy Award for 2009. She will finish her residency on October 4th and then move on to work as a Pool Physician in Pediatrics for Kaiser Permanente North Valley Region. Congratulations, Nkechi for creating a meaningful and sustainable Advocacy Project! Your effort is greatly appreciated! Good luck with your future Pediatric endeavors!

### Upcoming Resident Project Highlight:

- **November;** Nick Currllin & Jason Christensen, Field Trip to UCDMC
- **December;** Carrie Gardner. Art in Public Places

## CPT WEBSITE

The CPT website has been recently updated and you are now able to complete your Project Workbook online. When you visit the website at [www.cpt-online.org](http://www.cpt-online.org), click on the "resources" tab at the top of the page, then look under "resident resources," From there select the project workbook in either pdf form to download and printout.

There is also the option to chose a file in "form" mode, this will allow you to type directly on to the word document so you can save you work and send email it to Elizabeth Sterba, the Program Manager of CPT.

[www.cpt-online.org](http://www.cpt-online.org)

Take a look!

Your project will also be featured on the website under "Resident Projects". In order to keep this section up to date, please send Liz any pictures you have of your project in action and a brief narrative.

## CPT RESIDENTS

The Cordova Community Collaborative has recently began supporting Family Medicine Residents during their Advocacy Rotations. I would like to introduce and extend a warm welcome to our Family Medicine Residents!



### Family Medicine

AnnaMaria McCoy and Kelvin Vu

October first we will welcome a new group of interns to the community: Kris Srinivasan, Wendy Lam & Kim Tran

### Pediatrics

**Interns:** Erica Benthin, Mandy Cheung & Andrea Toulson-Battan

**2nd Year :** Paul Fowler, Carrie Gardner & Brian Gablehouse, Genevieve Palmer

**3rd year:** Nick Currllin, Jason Christensen & Gia Oh, Nkechi Nzerem