



SD-KHAN Keeping you in the know

Family Health Centers New Baby Boutique:

This holiday season, Family Health Centers of San Diego invites you to help our newborn baby patients by supporting their NEW Baby Boutique.

Family Health Centers of San Diego's prenatal program cares for 2,000 moms and newborn babies a year. Many of the patients we serve struggle to purchase needed supplies and clothing for their newborn babies. This fall, a group of dedicated supporters started a baby boutique to help. Volunteers collect new and gently used baby items to stock the boutique. Patients receive "Baby Bucks" at their prenatal visits, and then come shop at the boutique for items they need.

You can help this Holiday season by helping stock the new Baby Boutique with the

following items:

Car Seats

Strollers

Playpens

Baby Swings

Clothing for 0-5 year olds

Shoes for 0-5 year olds

Diapers

Diaper Bags

Breast Pumps

Baby Blankets

First Set of Dishes and Utensils

Sippy Cups

Pediatric Thermometers

Baby Lotion

Diaper Rash Cream

Baby Bathtub Sets

Learning Games for Ages 0-5

Children's Books



www.sdkhan.org

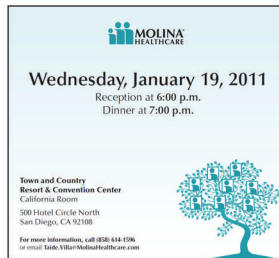
You can shop for one or many of the items on the list. You can also collect gently used items from family and friends. Then deliver the gifts unwrapped on Sunday, December 5 & Monday, December 6, 2010 to the Family Health Center Administrative Offices (823 Gateway Center Way, San Diego, CA 92102) Volunteers will organize the items and then host a special Holiday Baby Boutique on Friday, December 10, 2010. Patients will be able to come make special holiday "purchases" and get their items gift wrapped.

You can also make a contribution online to support the boutique operations at: <http://www.fhcsd.org/donations.cfm>. To sign up for the Holiday Giving Program, please contact Barbara Fink at BarbaraF@fhcsd.org.

Molina Healthcare Community Champions Awards - January 19th

Molina Healthcare of California cordially invites you to the upcoming San Diego Community Champions Awards Dinner at 6:00 p.m. on Wednesday, January 19, 2011 at the Town and Country Resort & Convention, Center California Room (500 Hotel Circle

North, San Diego, CA 92108). The Molina Healthcare Community Champions Awards recognizes everyday heroes in our midst.



Click for flyer ([Save The Date - Community Champions San Diego.pdf](#)) or contact Taide Villa (858) 614-1580 ext. 121596/ taide.villa@molinahealthcare.com) for further information.

Farmers' Market Grand Opening – Friday, December 3rd

The People's Produce Certified Farmers' Market will have it's Grand Opening on **Friday, December 3rd**.

- Just in time for the holidays, we have gifts certificates available for purchase in increments of \$5.00 and \$10.00 for the market;
- We are hosting a meeting for people who want to volunteer and/or need community service hours - see flyer;
- We are still looking for vendors to sell their handmade items; home grown items and/or imported items at the market; and

We are still looking for family - orientated entertainment for the market.

[Click for flyer](#) and please help spread the word to your **constituents, colleagues, friends and family!!!**

[Click to volunteer](#) to help at the People's Produce Certified Farmers' Market.



Pregnancy Focus Group

Can you please send out the [flyer](#) to your distribution list:

Please disseminate to your pregnant clients that may be interested in participating in a focus group to test different ways to express the **"Delivery is Fine After Week 39" message**. Participants will be paid \$50 for attending a 2.5 hour focus group. The organization is looking for **approximately 20 women** in different stages of pregnancy.

This is strictly for developing an effective patient education message, and has no clinical impact on them as a patient. However, they certainly may learn a few things as some discussion occurs.

Any help sharing this opportunity with pregnant women and expecting fathers in the community would be greatly appreciated. We want to make sure that we have a diverse representation. If anyone needs help making copies or would like reimbursement for copies please contact Lindsey Wade at 858-614-1553 or at lwade@hasdic.org

There's only about 20 spots, so it may fill up quickly.



Are you worried about your child's weight?

Researchers at UCSD and Rady Children's Hospital are conducting a free weight control research program for overweight children age 8-12 years old and their families.

Parents and children who qualify for the program will earn healthy eating and activity behaviors that may help them lose weight or maintain a healthy weight.

The *Pediatric Weight Control Program* will focus on making several healthy changes:

- Eating less foods high in fat and added sugar
- Eating more fruits and vegetables
- Being physically active everyday
- Spending less time watching TV or playing on
- The computer

For more information, contact:

The Division of Child Development and
Community Health at UCSD
4301 University Ave., Suite 590
San Diego, CA 92105
Phone: 619-681-0655 or 858-822-2732
Fax: 619-681-0666



Click the links below to learn more about the studies available through the UCSD Pediatric Weight Control Program:

[Learn to eat healthier and how to be more active](#)

[Pediatric Weight Control Program](#)

[Family dinner study](#)