

How to Quit Smoking

Do you smoke and want to quit or have a loved one who is finding it difficult to quit smoking? There are FREE classes available in all areas of San Mateo County to help you quit. Not only are the classes free but you are also supplied FREE patches, also known as Nicotine Replacement Therapy. If you were to buy these patches for yourself they would cost \$90.00 or more. At forty two years old Roberto had been smoking for 30 years. He began when he was twelve years old by sneaking a few of his mother's Winston's out of her purse from time to time. By the time Roberto was 16 he was smoking every day and when he turned 18 he was a pack a day man, Marlboro's. At age 30 Roberto was feeling a little like an outcast when he was told to go outside, 20 feet away the doorway of his job in order to take a smoke break. His medical doctor had been on his case also but worst of all were his kids, they were constantly telling him that smoking was bad for him.



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Continues on page 2

Medical Care Being Provided to Homeless Shelters San Mateo County Public Health Mobile Clinic

The Public Health Mobile Health Clinic provides the following services to homeless shelters throughout San Mateo County:

- ~health, illness & injury treatments*
- ~blood pressure screening*
- ~diabetes screening*
- ~adult, adolescent and children vaccinations*
- ~hepatitis A&B vaccinations*
- ~TB screening*
- ~HIV testing*
- ~STD screening & testing*
- ~birth control*
- ~health advice and referrals to local medical centers*

The Mobile Health Clinic provides these services to the following shelters and other locations:

Day	Location	Time
Monday	Maple & Grand, SSF	11:00 am— 5:00 pm
Tuesday	Fair Oaks Community Center, RWC	10:00 am—2:00 pm
Wednesday	5th & Spring Street, RWC Maple Street Shelter, RWC	10:00 am—3:00 pm 5:00 pm—7:00 pm
Thursday	5th & Railroad, SM* Safe Harbor Shelter** King's Community Center***	8:30 am—3:30 pm 5:00 pm—7:00 pm 5:00 pm—7:00 pm
Friday	San Bruno & Green Street	
* 1st, 2nd, 3rd Thursday, **1st & 3rd Thursday, *** 2nd Thursday		



Continue from page 1

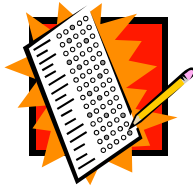
Life had been hard for Roberto, he had been introduced to meth and it didn't take long for him to get into trouble with it. In a couple of years of intermittent drug use he had lost his job and, even though he had found some temporary work from time to time, he eventually lost his place to live.

Roberto had gotten into recovery from his drug abuse. Through a treatment program and Narcotics Anonymous he had quit methamphetamine and alcohol. He became clean and sober. Now, every time he saw his kids they nagged him constantly about quitting smoking.

Roberto was someone who had tried quitting smoking many times and had even been successful for almost seven months before he began smoking again when he heard about San Mateo County's program. He called the local number 573-3989 and found out that there was a class near where he lived. He signed up for the free class and learned much about his smoking that he hadn't known before. The classes were great for him because they used many of the same principals that he had used to quit using drugs. He also really appreciated how much the patches worked in cutting down on his craving. Roberto learned to build on the lessons and successes that he had from previous attempts when he had quit smoking on his own. At the end of the seven week class Roberto was smoke free and had several new non-smoking friends. He was convinced that he could quit for good this time.

If you know someone like Roberto. Call the quit smoking line in San Mateo County or give them this number: (650) 573-3989 to find the time and location of a class, there is likely to be one close to where the smoker lives. Classes are available in Spanish. You can't quit if you don't try. Give yourself a chance. Call now. 573-3989.

Written by: Mark Korward
HCH Advisory Committee Member



Satisfaction Survey
Health Care for the Care for the Homeless Program

The Health Care for the Homeless is currently disseminating a satisfaction survey for homeless individuals who have been seen by the Public Health Mobile Health Clinic, Onsite Dental Mobile Dental Clinic, Ravenswood Family Health Center, Innvision Clara-Mateo Alliance. To assure that the HCH Program is providing quality services that meet their needs of homeless individuals we need to hear their feedback on their services that

If an homeless individual that you work with has received services at one or more of the programs and has not had a chance to complete a satisfaction survey please give them (see next page for copy of survey) a copy of the survey. Completed surveys need to be submitted to Molly Kennedy by October 20, 2006 either by fax 650-573-2030 or mail at 222 W 39th Ave, San Mateo, Ca 94403

Have Questions about the HCH Program or need assistance accessing health care, dental care, or other social services for a homeless individual please call Molly Kennedy @ 650-573-2966 or email mkenedy@co.sanmateo.ca.us.

