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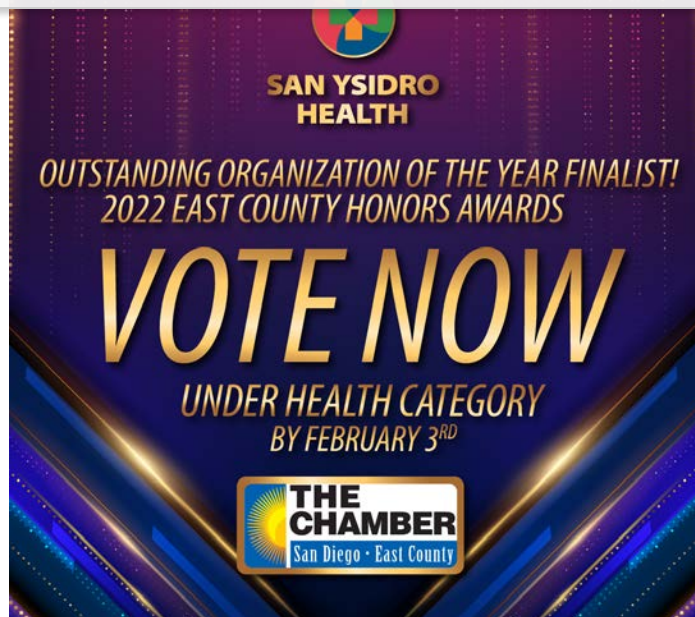
## Healing Through Heart and Impact: San Ysidro Health's Year In Rewind



Throughout 2022, we helped our hard working families *recover* and *heal* from the pandemic through our compassionate, high quality care.

Our work at San Ysidro Health is not possible without you. Join us on our rewind journey as we welcome the new year, looking back at the growth and impact we achieved together in 2022.

**We Need Your Help!**  
**Vote For SYHealth For Outstanding  
Organization of the Year**



San Ysidro Health has been nominated as a finalist for the San Diego Regional East County Chamber of Commerce 2022 East County Honors Award for outstanding business or organization and we need your help to win! The San Diego Regional East County Chamber of Commerce will be celebrating the 111th anniversary of its annual East County Honors event on Sunday, March 5, 2023, at Sycuan Casino Resort. Voting will remain open until February 3rd.

Please Vote for San Ysidro Health under Health Category at the link below!

[Vote For San Ysidro Health](#)

## SYHealth's iTech Children's Day Camp Winter 2023





From January 2 to January 6, 2023, San Ysidro Health hosted a day camp for children ages 6-11 at our Mountain Health Community Center in Campo. This camp supports our rural families by offering parents a safe and educational program for their children during their school breaks. The winter session's theme was **iTech**, where the kids learned step-by-step projects involving coding, keyboards, computers, programming, electrical engineering, radio transmissions, and robotics throughout the week. Our next Spring Camp will be in April 2023. Thank you to the County of San Diego's K-12 Youth Services Community Grant Program for making this camp possible!

**“Keeping the Dream Alive. We’re Better Together!”**

A collage of images related to Martin Luther King Jr. and health equity. On the left is a stylized portrait of Martin Luther King Jr. with the text "MARTIN LUTHER KING" and "USA68 Art by Mario Torero and Artian Arte". In the center is a photo of a group of people, including children and adults, standing together. On the right is a photo of a family (a man, a woman, and two children) standing in front of a building. Below the photos is a quote: "Of all the forms of inequality, injustice in health care is the most shocking and inhumane." - DR. MARTIN LUTHER KING JR. At the bottom left is the San Ysidro Health logo, which consists of a colorful circular icon and the text "SAN YSIDRO HEALTH".

**MARTIN LUTHER KING**  
USA68  
Art by Mario Torero and Artian Arte

*"Of all the forms of inequality, injustice in health care is the most shocking and inhumane."*  
**- DR. MARTIN LUTHER KING JR.**

**SAN YSIDRO HEALTH**





Pictured: San Ysidro Health's Black Soul ERG marching in the 41st Annual MLK Day Parade in Downtown San Diego

On Monday, January 16, we joined the nation in honoring the legacy of Dr. Martin Luther King, Jr – an American civil rights leader whose work focused on the values of equality, peace, and unity. We were so honored to have our Black Soul Employee Resource Group (ERG) represent San Ysidro Health at the 41st Annual Martin Luther King Jr. Parade on Sunday, Jan 15. Our commitment to Diversity, Equity, Inclusion, and Belonging (DEIB) guides the way we provide compassionate care to the over 145,000 lives in our care.

## Love Your Heart & Know Your Numbers!



# LOVE YOUR HEART

## Week of Action

### February 11-19, 2023

Love Your Heart is an annual event in which organizations like San Ysidro Health, join together to provide **FREE blood pressure screenings** to the public on or near Valentine's Day. The event brings together community partners to prevent heart disease and stroke and empowers our community to take control of their heart health, know their blood pressure numbers, and understand what they mean.

#### Join us at the Love Your Heart Community Fair

Saturday, February 11, 2023 from 12:00-3:00pm

San Ysidro Health - Chula Vista

978 3rd Ave, Chula Vista, CA 91910

To learn more about Love Your Heart and find a location to get your screening, [click here](#).

## Thank You To Our Generous Supporters!



Thank you to Cindy Phillips and her son's basketball team, who initiated a book drive for San Ysidro Health. Together they were able to fill our Reach Out and Read area at our Maternal & Child Health Center (MCHC) with a generous amount of children's books! Every donation counts toward moving our mission forward and we are so appreciative of their support.

## SYHealth In The News



- January 8, 2023 | [Experts speak out on mental health toll on unaccompanied migrant children](#) (*Imperial Valley Press*)
- January 12, 2023 | [Cifras mas recientes de casos de influenza y COVID](#) (*Telemundo*)
- January 20, 2023 | [Supportive Housing Project Breaks Ground in San Diego County](#) (*Affordable Housing Finance*)
- January 23, 2023 | [Housing for homeless and low-income community members going up in Oceanside](#) (*San Diego Union Tribune*)

## Join Our Team!

At San Ysidro Health we are passionate about our patients, our practice, and our people. We work hard and are proud of the contributions we make in improving the lives of our patients and our communities.

Job opportunities:

- [PACE - Clinical Coordinator \(Medical Assistant\)](#)  
San Diego, CA 92173, USA • Req #3307
- [Physician \(Family Medicine or Internal Medicine\)](#)  
1637 3rd Ave, Chula Vista, CA 91911, USA • Req #6092
- [Ambulatory Care - Medical Assistant](#)  
San Diego, CA, USA • Req #4968
- [Geriatric Psychiatrist](#)  
890 3rd Ave, Chula Vista, CA 91911, USA • Req #4229

[Check Out Full List Of Current Openings](#)

San Ysidro Health is an equal-opportunity employer. All qualified applicants will receive consideration for employment without regard to race, color, religion, sex, sexual orientation, gender identity, national origin, age or protected veteran status and will not be discriminated against on the basis of disability. [Learn more.](#)

The mission of San Ysidro Health is to improve the health and well-being of the communities we serve with access for all.

[Donate Today](#)



San Ysidro Health has **proudly earned** the 2022 GuideStar Platinum Seal of Transparency

**Follow us!**



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San Ysidro Health is a registered 501(c)(3) charitable organization. All monies raised through our fundraising events solely benefit San Ysidro Health's programs and services and are tax deductible to the fullest extent of the law.  
Federal Tax ID #95-2801772.*

**Our mailing address is:**

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