

# CCM at UCLA

## Chicanos Latinos for Community Medicine

Fall Quarter, February 7, 2013.



### Letter from Internal

In 1970, a Chicano student health organization was created at UCLA by a group of five members. These students realized the need for a community that could provide the moral support needed to endure adversities faced at UCLA. They came together with the purpose of changing the health care system to better meet the needs of underserved communities. With this in mind Chicanos/Latinos for Community Medicine (CCM) was created. With the addition of three health projects: Latino Student Health Project (1978), Black/Latino AIDS Project (1991), and DoT Org (2001), CCM has been able to flourish and expand health education services to the underserved communities of Los Angeles and Tecate, Mexico. Today CCM continues to uphold a culture of academic excellence, community service, diversity, and advocacy. One of CCM's goals is to strengthen our mentoring network among our twenty-one board members and our general members by continuing to implement a system of "familias," in which a group of general members are paired up with two board members. Additionally, our efforts this quarter are also involve planning our 9<sup>th</sup> Annual Pre-health conference " *Improving Health Equity: Cultivating Innovated Minds for Underserved Communities*"

CCM has undergone many improvements in recent years and we hope that through this newsletter we can continue to update you.





## CCM Summer Retreat!

This past September, the outgoing and incoming CCM Board spent a sunny weekend at Palm Springs, CA for the annual retreat. After two Constitution Resolution meetings, previously held to make retreat run more smoothly, the board was ready to get to work. The retreat started with numerous icebreakers and games, including an intense session of Taboo. After settling in that evening, members were ready for a long day of amending the constitution, revealing the renovated CCM website and flyers, and officially transitioning the incoming board into holding their first board meeting. Retreat concluded with more bonding activities and singing happy birthday to two board members, Carol and Yvette. This marked the beginning of another hard-working year for CCM at UCLA.

## LMSA Mixer

On November 9th, 2012 CCM and LMSA gathered together for an evening of food, fun and mentorship. The event took place at the Robert S. Wilson Medical Student Lounge, hosting over 40 CCM, MEDPEP, RAP, post-pac and medical students. UCLA School of Medicine alumnus, Dr. Efrain Talamantes gave the honor of speaking about the importance and value of mentorship. He gave us all

an uplifting talk, reminding us that mentorship is a vital tool for the recruitment, retention and academic advancement of future Latino healthcare professionals. We were also lucky to have among us the VP of Mentorship of LMSA West, Jacob Bailey, who offered his support to CCM as a mentor. With salsa music playing in the background to set a lively mood the mentorship



mixer continued in full swing. Students had the opportunity to talk and get to know their potential mentors that will guide them in their journey to medical school. The UCLA Medical Alumni Association generously sponsored food and drinks from LaMonica's for all to enjoy.





# BLAIDS

Black Latino Aids Project



BLAIDS at AIDS Walk  
Los Angeles

The mission of BLAIDS is to provide information regarding HIV/AIDS, STIs, and other sex topics. This past quarter we continued this mission, from the highly requested presentations at high schools to a condom demo for college students at UCLA dorms. However, this quarter there was one event that stood out for BLAIDS: the AIDS Walk. The event took place on October 14<sup>th</sup>, 2012 in the city of West Hollywood. The funds go toward urgently needed food, dental care, safe housing and much more to people with HIV/AIDS. Thanks to our motivated directors, in particularly Jamie Cordova, BLAIDS raised \$285 and marched with a group of 29 people. During the opening ceremony, BLAIDS was able to hear inspirational stories of those living with AIDS and connect with others who share our vision of an AIDS free world. Motivational cheers were made, music played, and signs were waved. Overall, this event was very memorable, inspirational, and it set the tone for the rest of the quarter.

## Academic Resources on Campus

### ACADEMIC ADVANCEMENT PROGRAM

We have one of the nation's largest and most successful academic support programs right at our fingertips. AAP aims to serve students from groups historically underserved in higher education

They do this with free peer tutoring in most, if not all pre-health requirement courses. As AAP members, signing up for tutoring sessions is made easy on MyUCLA. Research programs like (Arts IN) Scholars, Community Development and Social Justice (CDSJ), Educators for Tomorrow (EFT), McNair Research Scholars and Research Rookies cater to those interested in research-oriented academic preparation.

Mentoring programs like HIGH AIMS target AAP students who are interested in gaining admission to health professional schools. This three-year program is open to sophomores and juniors looking for academic, career and mentoring support. For more information about AAP and how you can become a member visit:

<http://aap.ucla.edu/#/> or  
1232 Campbell Hall

# LSHP

## *Latino Student Health Project*

### Tecate Day Clinic



In the rural community of Cerro Azul, there sits a young boy "Cuándo van a regresar?/ When will you guys return," he asks, hopeful for a positive answer. For some people obtaining the basic medical attention such as getting their vitals checked is something that forms a part of their regular routine. For community members of Cerro Azul, the medical attention that is offered at the Tecate Health Day Clinic is something that is crucial for them because it is one of the few times if not the only time that they will get the benefit of having a clinic relatively closer to home. A day begins with the set-up of stations from BMI to blood pressure to donations. One of the most important components of our health site is Health Education. LSHP firmly believes that preventative care is one of best ways to empower the community of Cerro Azul to take charge of their own health. By becoming educated on health related measures such as learning the downsides of certain foods and nutritious value of alternative foods, the community is able to make the important decision of improving their health. We strive to see as many people during the day and usually get around 150-200 recipients. The community of Cerro Azul is always grateful to have us there and it is evident with their smiles and kind words of gratitude. We continue to seek for ways to improve our site. An example of this is our collaboration with MPH students who have provided their expertise on surveying and analyzing data. With innovations like these, we hope to make from Tecate a greater benefit to the community.

### Health and Wellness on Campus

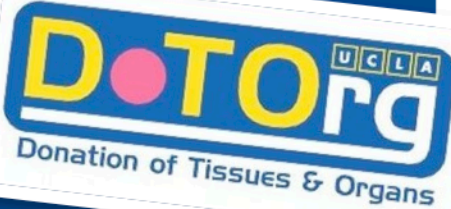
#### ASHE CENTER

We all pass by this building at one point of our busy days. What most of us don't know is that this place is not only for seeing your PCP for those with USHIP. The Ashe Center promotes a series of Wellness workshops every week on topics like procrastination and stress management. Their FREE services include seasonal flu shots and HIV testing. Stay informed on topics pertaining to students with their free monthly Student 101.

#### FITTED

Fitness Improvement Through Exercise and Diet offers student leaders a FREE fitness and educational program. This nine-week program is designed to help the mind, body and soul of students with workshops, workouts and nutritional education. FITTED is located in CPO and open Fall, Winter, Spring Quarters. Check them out at [facebook.com/thinkfitted](https://facebook.com/thinkfitted)





## Donations of Tissues and Organs (DoT Org)

### University High School Site

#### Did you know?

*Each organ and tissue donor has the potential to save up to 58 lives!*



DoT Org (Donation of Tissues and Organs) is the first collegiate level organization that focuses on advocating for the donation of tissues and organs. One of the methods in which we try to increase the donor pool in Los Angeles is to present to high schools throughout Los Angeles. This past quarter we attended University High School and presented to 230 students in their health classes; this was one of the biggest presentations DoT Org has ever given. In our presentation we teach that a single organ donor can save/improve the life of up to fifty-eight people. Assuming everyone that we presented to will sign up, we have the possibility to save/improve the life up to 13,340 people which is incredible! In addition, we also provide information about higher education and getting to college. This was a huge event for DoT Org and we hope to be as successful in our future events.



*Want to become a Donor?*

*Check out [donatelifecalifornia.org](http://donatelifecalifornia.org) and [marrow.org](http://marrow.org) today!*



**Join us at our weekly meetings  
this winter quarter!**

**Come learn more about Medical  
School, Nursing, Health Education,  
Volunteering, Helping Underserved  
Communities, Public Health and  
more!**

**Where | Kinsey Pavilion 1240B**

**When | Tuesdays, 6-7pm**

### Save the Date for Upcoming CCM Events!!

**\*CCM Pre-Health Conference:**  
March 2<sup>nd</sup>

**\*BLAIDS: Love Carefully Event**  
February 13<sup>th</sup>

**\*DoT Org: Donate Life  
Walk/Run April 27<sup>th</sup>**

**\*LSHP: OLP Health Fair**  
February 17<sup>th</sup>

**Tecate Day Clinic February**  
23<sup>rd</sup>

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# *What The Health Law Will Bring In 2013*

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Source: NPR

Written by: Julie Rovner

Published: January 01, 2013

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Most of the really big changes made by the 2010 health law don't start for another year. That includes things like [a ban](#) on restricting pre-existing conditions, and required insurance coverage for most Americans. But Jan. 1, 2013, will nevertheless mark some major changes.

One of those changes that will affect everyone with private health insurance actually took effect last September. But most people won't see it until they renew or apply for new health insurance. It's called [a summary of benefits and coverage](#). The idea is to help people actually understand what's in their insurance policies.

"One of the big complaints of people in polls or focus groups is that they just ... don't understand either the coverage or the price," said Jay Angoff, a former official at the U.S. Department of Health and Human Services who worked on implementing the health law.

But with the new document, he says, "there's a standard format that allows people to compare benefits to make apples-to-apples comparisons, not just on price but on benefits."

Health plans will also have to provide consumers a glossary of insurance terms if they ask for it.

But the majority of what happens on Jan. 1 is to pay for the changes in 2014 — in other words, tax increases and cuts in tax deductions. For example, starting next year, people will only be able to put \$2,500 pretax into flexible spending accounts that they use to pay for items insurance doesn't cover.

"It's still harder than some people would want," Angoff says. "It's still a complicated area. But I think HHS has really done a very good job in making it as simple and as meaningful as possible."

Later in 2013 will also bring a key launch date for the law, says Angoff: "Oct. 1, 2013, is when open enrollment begins."

That's when people can start signing up for their 2014 coverage through the new [health exchanges](#), or marketplaces, that the states and federal government are creating. Angoff, who used to head the office that's in charge of building those exchanges, says he's confident that things will happen on time.

"HHS has met all statutory deadlines on this until this point, and I have confidence that HHS will continue to meet those deadlines," he said.

"For example, if they buy eyeglasses, if they pay copays on drug benefits or to their physician, they can submit those claims and be reimbursed from the pretax dollars," said Marilyn Moon of the American Institutes for Research.

Moon says that while the change may hurt some people with very high out-of-pocket spending not covered by insurance, lawmakers decided this was a fair way to raise some of the money needed to pay for the rest of the law.

"This is a benefit that largely accrues to higher-income individuals who can afford to set aside a certain amount of money every year to pay toward their health care spending," she said.

There's another tax change coming next year for the wealthy. Individuals earning more than \$200,000 a year and couples earning more than \$250,000 will see a nearly 1 percentage point increase in their Medicare payroll tax. They'll also have to pay a 3.8 percent Medicare tax on their nonwage income. Moon says that represents a big change.

"The payroll tax usually applies only to

wages, and now this law will extend it to investment income as well," she said.

Those who take deductions for medical expenses on their income taxes will also see a change starting in 2013. Right now, expenses in excess of 7.5 percent of adjusted gross income are deductible. That's going up to 10 percent for all except the elderly.

It will affect some people who spend a lot on medical care, says Moon. But the new law should also reduce the number of people with those very large bills, "because if everyone has health insurance, many fewer people should have to pay large amounts out of pocket on health care. Ten percent will not affect very many people in the future, one would hope, when they get better insurance coverage."

Finally, there's a key change made by the health law for 2013 that will affect only the poor. Starting Jan. 1, state Medicaid programs will be required to reimburse doctors who provide primary care at Medicare rates, which are substantially higher. The idea is to get more doctors into the Medicaid program, which will itself expand in 2014.

The Medicaid increase, however, is only for two years.



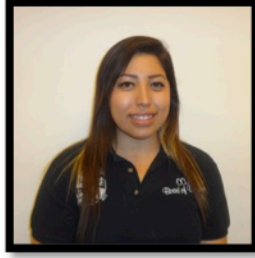
# Meet the 2012-2013 CCM Executive Board



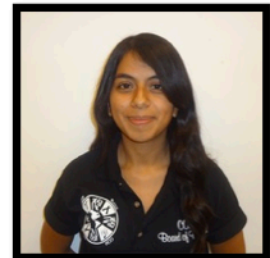
**Gabriela Gonzalez**  
Internal Coordinator



**Carol Ochoa**  
External Coordinator



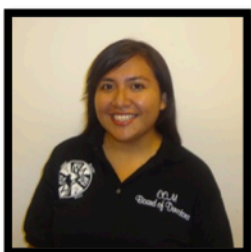
**Ashley Gomez**  
Administrative Coordinator



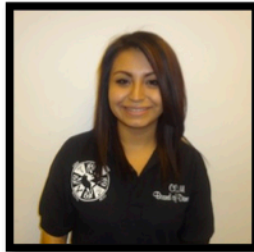
**Anabel Alcaraz**  
Academic Coordinator



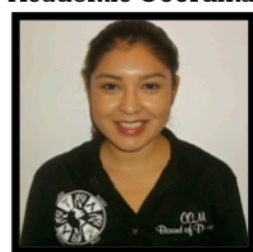
**Kenia Flores**  
Financial Coordinator



**Wendy Cervantes**  
Publicity Coordinator



**Taynel Albarran**  
Publicity Coordinator



**Aila Hernandez**  
LMSA Liaison



**Stephanie Clavijo**  
Financial Coordinator



**Julio Gonzalez Maya**  
BLAIDS Director



**Christina Lugo**  
BLAIDS Director



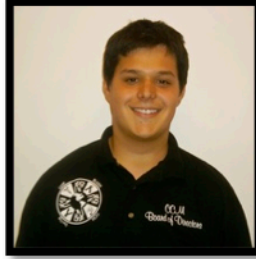
**Jamie Cordova**  
BLAIDS Director



**Jose Jimenez**  
DotOrg Director



**Jay Chittoor**  
DotOrg Director



**Alex Velazquez**  
DotOrg Director



**Diana Lazo**  
DotOrg Director



**Esteban Aguayo**  
LSHP Director



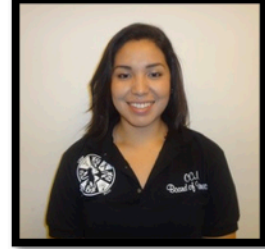
**Jesus Torres**  
LSHP Director



**Luz Razo**  
LSHP Director



**Jonathan Vargas**  
LSHP Director



**Yvette De La Cruz**  
LSHP Director



## THANKSGIVING POTLUCK!

On Friday, November 16<sup>th</sup> CCM's board came together for a Thanksgiving dinner. The night was filled with a lot of joy, laughter and food. Everyone brought a different dish, which contributed, to a large variety of food. Before dinner started we shared what we are most thankful for and heard stories about what CCM means to everyone. For example one of our directors Jay Chittoor shared with us how he truly feels a sense of family when he is amongst board. After eating we danced our night away to some Latin music. Overall, this Thanksgiving dinner was really successful at bringing all of board together.



## 9<sup>th</sup> Annual Pre-Health Conference



On March 3<sup>rd</sup>, 2012 CCM celebrated eight years of commitment and service to the Latino and underserved community and brought to you a momentous milestone titled “*Eliminating Health Disparities: Fostering the Development of Future Leaders*”. This year CCM celebrates their ninth year bringing to you the annual conference on March 2<sup>nd</sup>, 2013 titled “*Improving Health Equity: Cultivating Innovative Minds for Underserved Communities*”. Chicanos and Latinos for Community Medicine was established with the intention and vision of providing minority students with an opportunity to strengthen and build their academic and leadership skills while simultaneously providing them with hands on experience. For High school as well as Undergraduates student’s, early exposure is key and through conference which provides them with multiple workshops ranging from A-G requirements as well as Medical Aided workshops they are able to gain that first hand experience. These workshops provide helpful tips that will help student improve their academic success as well as strengthen and enhance their study skills while providing undergraduates with helpful information about Medical School. Last year the conference feature Dr. Hayes-Bautista and Dr. Erica Lubliner as keynote speakers as well as a set of 9 workshops for undergraduate students and 8 different workshops for high school students. This year we hope to bring in over 200 students to conference so join us in our efforts!