

# BAYANIHAN CLINIC

UC Davis Student-Run Clinic

Annual Newsletter



Our mission is to provide accessible primary and preventative healthcare to Filipino immigrants and all diverse, underserved communities of the Greater Sacramento area, while honoring the legacy of Filipino veterans through advocacy and community engagement.

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## Dear Bayanihan Community

By: Ivy Yuson and Ton Bui

On behalf of Bayanihan Clinic, we'd like to thank you all for a wonderful year! This has been an incredibly productive year for us, with developments including lab draws, scrubs, a Canvas page, a new mission statement, and continued refinements of our protocol.

To our **Medical Director**, Dr. Luz Guerrero, and our **Associate Medical Director**, Dr. Ron Menorca, thank you for the guidance you've provided to us in these past years. Your dedication to mentorship is unmatched, and our clinic is forever grateful for your service.

To our **Preceptors**, we could not have done this without you! Thank you for dedicating your Saturday mornings—sometimes your only available Saturday mornings in months—to serving our patients. Our thank-you cards and gifts will never fully express our gratitude towards you.

To our ***Clinic Interns***, your service to Bayanihan Clinic is vital. Thank you for your hard work and always being adaptive to new changes. Above all, we appreciate that you are never complacent and are always initiating new ideas and projects to move our clinic forward.

To our ***Community Partners***: HALO Clinic, My Sister's House, Bulosan Center/UC Davis Asian American Studies, Filipino War Veterans Legion, and U.S. Post 604 Magellan, thank you for being so accommodating to us and giving us a platform to connect with our patients and the community.

To our fellow ***Board Members***, thank you for sticking with us through late night discussions and contributing a piece of yourself to make Bayanihan Clinic what it is today. We are so fortunate to be able to work with such a capable and enthusiastic group of people, all of whom share a strong dedication to our mission.

Our successes would not be possible without all of your contributions. We appreciate the passion and love you bring to everything you do. Here's to another great year! Salamat po sa lahat!



## A Message Regarding COVID-19

By: Catherine Nugent

Bayanihan Clinic wishes you, your loved ones, and your colleagues good health and safety as we push through these uncertain times. As always, we value the safety of our staff as well as our patients, and have proceeded with Telemedicine appointments in lieu of in-office visits at our clinic location to mitigate risk for everyone.

I would like to highlight how the Undergraduate Clinic Interns of Bayanihan are showing their innovation by finding new ways to support our patient population remotely. Whether it be focusing on current events by providing quarantine health resources and fundraising to donate to the NCOA COVID-19 Community Response Fund or preparing for the future by establishing new partnerships within the community and applying for grants, our Clinic Interns are making the most of their time to continue their service outside the closed clinic space.

I would also like to commend the efforts of our Co-Directors and Coordinators in quickly and efficiently transitioning from in-office clinics to Telemedicine clinics and ensuring our patients are still receiving the healthcare they deserve. Despite an unprecedented situation, they adapted quickly to the restrictions placed upon the clinic and implemented new protocols, constantly working to find ways to improve each week and provide the best service possible to our patients.

Finally, I would like to give a huge thank you to Bayanihan's Preceptors. There is no doubt that their hands are full as they face the pandemic head-on, yet they are still able to make time to volunteer at our Telehealth clinics every Saturday. Their cooperation and feedback has been crucial to a smooth transition to virtual operations, and we truly appreciate their extra efforts.

Once again, thank you to our Preceptors, as well as everyone else, who are tirelessly braving the front lines in this pandemic!







# Specialty Clinics



## Specialty Clinics: Diabetes Empowerment Program

By: Douglas Tran

The Diabetes Empowerment Program (DEP) is one of many specialty programs that the Bayanihan Clinic has to offer. Diabetes has always been a prevalent issue around the world, but it is especially a topic of concern within the Filipino community, affecting more than 5 million people in 2017 alone. Due to the lack of education, many people are unaware of the long term effects that type 2 diabetes mellitus can have on the human body. That's where DEP comes in! DEP is a platform that allows advocates to reassure, educate, and guide people with or at risk of diabetes through personalized counseling, persistence, and education. Patient advocates strive to provide an empowering atmosphere to assist patients in tackling their diabetes. They also listen to and assess many aspects of their patients' lives to create a truly personalized plan that will best benefit the patient. Our patient advocates go above and beyond to listen and cater to the patient's every need.



Jonina Balabis, DEP Patient Advocate, taking the blood glucose reading at an outreach event



## DEP Patient Advocate Spotlight

**Seanne Javier**

**Q:** What is your favorite part about being a part of DEP?

**A:** I enjoy the team that DEP is because everyone is working towards a common goal and they channel so much compassion into what they do to educate and reassure the patients with whom they work. The work is also extremely rewarding in that I get to work directly with patients, helping them manage their diabetes.

**Q:** What is your most memorable moment working with DEP?

**A:** My most memorable moment was during my first DEP shift with Katrina Jacela. I had prepared as best as

I could, but when the day of my shift first arrived, I was so nervous and felt uncertain about several things. This clinic was memorable because it was my first experience with DEP and it was an amazing learning experience. It was ~~connecting~~ <sup>connecting</sup> with patients, adding that extra layer of care and motivating them.



Seanne Javier, DEP

Patient Advocate

Even beyond that, working with Katrina was a fun time in that she helped me feel at ease and made sure that filled in whatever gaps I had left in my work. Though we might not have had the most successful clinic day in terms of the number of DEP sessions, we were able to write that post-clinic email feeling proud that we worked through our challenges and ultimately did something that actually left an impact.

**Q:** Why did you join DEP?

**A:** My mom is a dialysis nurse so I visited her workplace growing up. I noticed that a few of the kidney problems were in fact, due to diabetes. One patient was extremely loving and caring and she would always be so friendly with me and offer food whenever she came in to undergo dialysis. Watching the effects of type 2 diabetes mellitus on her body inspired me to learn more about health in general. Going into DEP, I wanted to learn whatever more I could so I could take this knowledge and help other people.



## Specialty Clinics: Dental Clinic

By: Carol Kim

Along with the many incredible services available at Bayanihan Clinic, Bayanihan Clinic is striving to include a Dental Clinic as a service available to our patients.

There is an extreme need for dental care in America. According to reports from USA Today, around 74 million Americans do not have dental coverage, which is double the amount of people who lack health insurance. One reason for this is that many government health programs do not offer dental coverage with their federal programs. Affordable dental care is extremely hard to find, and many patients are forced to pay out of pocket for the services they receive.

Oral care is crucial for not only healthy teeth but for overall health. Poor oral health can lead to oral and

overall health. Poor oral health can lead to oral and throat cancers, viral infections, and gum diseases. Untreated gum has been found to be linked to heart disease. Regular preventative care can help reduce the likelihood of developing such diseases, leading to long-term satisfaction. Untreated oral conditions can bring extreme discomfort to patients.

Recognizing this dire need for dental care, Carlos Moya and Marisa Estipona, both Class of 2019, have taken the following steps to provide our community with access to dental services.

## Dental Clinic Spotlight Carlos Moya

Carlos Moya graduated in 2019 with a B.S. in Cognitive Science with an emphasis in Neuroscience. Carlos is currently studying for the DAT exam. Along with Marisa Estipona, Carlos began the journey of starting a Dental Clinic at Bayanihan.

**Q:** What made you want to start a dental clinic?

**A:** When I first thought of applying to Bayanihan Clinic, I was excited for the possibility of forming a dental committee because I knew that the ability to provide dental services is a crucial part of providing comprehensive healthcare to underserved patients... as many of them had gone years without a proper dental visit.

**Q:** What steps did you take to start the specialty clinic? (who did you contact, who helped you, etc.)

**A:** One of the first steps that I did was to bring



Carlos Moya, co-founder of Dental Clinic

Marisa Estipona on board as my co-coordinator because she and I had like-minded goals as far as what we wanted to accomplish with the dental committee. We began by reaching out to HALO to see if it would be possible to use their dental clinic, given that it was conveniently located next to our primary care clinic. We then began reaching out to local dentists and different dental organizations such as the Sacramento District Dental Society, and the American Dental Association.

**Q:** What do you hope this specialty clinic will accomplish?

**A:** The main objective that Marisa and I had since the beginning was to form a dental committee that would be able to adequately address the dental needs of our

patients, and we hope that the dental committee will be able to maintain providing dental services as long as Bayanihan is still active.

### **What Dental Clinic wants to accomplish:**

As the dental committee has secured a dentist/RDA and received interest forms from current patients, we are currently looking for a place to serve patients interested in oral care. We are planning to shadow dental clinics at other student run clinics to gain insight on how to best run a dental clinic and see their dental set up. We will strive to accomplish the mission statement of Bayanihan Clinic to provide accessible primary and preventative healthcare to the community through education and services.



## **Specialty Clinics: Wellness**

By: Olivia Reyes

Mental health is an important issue that is often overlooked for the critical role it plays in everyone's health. Bayanihan clinic recognized this issue and lack of services, so a specialty clinic dedicated to addressing mental health was created in 2016. Since then, we have been working hard to break the stigma surrounding mental health and raise mental health awareness by providing free psychiatry services, culturally sensitive care, a safe avenue to address mental health needs, and education on mental health overall to those in need. We try to create a safe environment for our patients so they feel comfortable to have their mental health needs addressed.



This year, we have many goals we would like to achieve. First, we are implementing a new idea with the creation of different committees to address specific goals and needs for our clinic. The publicity committee maintains the Wellness Program presence within Bayanihan clinic and the community to update the community. The patient education committee will focus on raising patient awareness and educating our community about the Wellness Program and mental health. Finally, the outreach committee will focus on connecting the Wellness Program with the Sacramento community. The outreach committee will help publicize

the clinic to the community to reach out to possible new patients in need.

We believe that health is more than physical pain; it extends into the mental domain as well, and ongoing stressors in life may also greatly affect one's health. We recognize that our patient population, Filipino immigrants and all underserved communities of the Greater Sacramento area, are in need of mental health services because mental health care may be inaccessible to many of them as many do not have health insurance.

One of the main events hosted by our Wellness Ambassadors is the Inter-Clinic Wellness Fair. Last year, the fair happened on June 1st, 2019 and will be happening again in June 2020!

One of the main events hosted by our Wellness Ambassadors is the Inter-Clinic Wellness Fair. Last year, the fair happened on June 1st, 2019 and will be happening again in June 2020! This is a free event that educates the community on better ways to promote your mind, body, and emotional health. A highlight of the event was a Q & A panel with location healthcare professionals and psychiatrists like Dr. Robin Lin, Dr. Charles Panadero, Dr. Joseph Sison, and Dr. Shaun Rafael. Other highlights included a presentation on mental health and sleep hygiene, health screenings, diabetes education, and healthy recipes.

### **Wellness Ambassador Spotlight:**

#### **Zoe Che**

**Q:** What made you join Wellness?

**A:** Being a relatively new member at Bayanihan, I had no idea what wellness consisted of. Once I had learned about the mental health aspect, I was more inclined to join. Especially since mental health is usually a pretty taboo subject amongst Asian-Americans, I was impressed that our clinic even had a team completely dedicated to mental well-being. To potentially be a part of transforming a culture is a super personal experience!

**Q:** How has Wellness affected your clinic experience?

**A:** [I]t is a great way to be a part of a different aspect of the clinic, one that is a lot more personable and something we don't get to see every Saturday! I don't think psychiatry or psychology are in my own future, but I think there is a great benefit to experiencing other types of health services. And it is always a joy being at the clinic and helping people with my friends.

**Q:** What is your most memorable Wellness experience?

**A:** My first and only ... but it definitely made a lasting impression. I got help with a patient coming in who spoke Mandarin. And for maybe the first time in clinic, I felt truly deeply useful. Hopefully, their experience at Bayanihan was more comfortable in their native language and it was nice being able to explain things to them during their consultation with the physician. I think that the experience was particularly impactful for me because they reminded me a lot of my parents, family friends, and other Taiwanese (or Chinese) immigrants living here in the United States. Culture shock, family issues, and language barriers are stressors that can manifest themselves in very different ways for various immigrants, and I've seen it firsthand. Understanding this patient's background allowed me to tailor their experience at Bayanihan to the best service for them. I truly hope that I accurately conveyed what I could and helped this patient with whatever overall well-being journey they are on.



Zoe Che, Wellness Ambassador



**Q:** What are your hopes for Wellness in the future?

**A:** Similarly to others, I would like to see more patients utilized our services at Bayanihan! There is definitely hesitancy and reluctance to come in, but we are well equipped to help patients with their mental health problems, as much as, their physical ailments. With more patients, wellness could potentially be available every other week and spread our reach to patients from other UCD student-run clinics!



## Specialty Clinics: Vision

By: Nikhil Jaha

The Vision program is one of the many specialty services Bayanihan Clinic has to offer. Its goal is to increase the accessibility of resources related to visual care for Bayanihan Clinic's patients while educating these patients about the importance of maintaining proper visual health. Eyes are one of the body's most important organs; without them, many people would find themselves limited or restricted in the things they can do. Despite this, it's not very often that people proactively take the health of their eyes into their own hands. The vision services patients can receive serves to make this easier for them. For example, through partnerships with outside organizations, Bayanihan is now able to provide patients with a means to get a free eye exam and a free pair of glasses! This has proven to be a big help in getting patients without vision insurance or a social security number more involved in their own visual care.

### Vision Coordinator Spotlight:

**Lin-Lin Liu**

**Q:** What made you want to join Vision?

**A:** I wanted to join vision committee because I saw a great need for vision services in our patient population, as many of our patients are at high risk of losing their vision due to diabetic retinopathy. Since the committee was still fairly underdeveloped at the time, I decided to become coordinator so I could kickstart new projects that would drive the committee's growth

**Q:** How has Vision affected your clinic experience?

**A:** I've loved getting to work with my committee members in a more intimate setting, and it's inspiring to work with such a motivated and dedicated group that shares the same goal. Being a coordinator helped me realize that even though we are undergrads, we all have the potential to accomplish things that make a great difference in our patients' lives, such as providing VSP vouchers so they can receive a free eye exam and prescription glasses. Every small act on our end could be incredibly meaningful to them.

**Q:** What is one accomplishment the Vision Committee achieved that you are proud of?

**A:** One accomplishment I'm proud of is establishing a relationship with Eyes of Hope, and securing a reliable source of VSP vouchers to regularly receive for our patients. In the past, we never had a steady supply so patients had to join a waitlist where they would wait for months. Now, any patient is encouraged to drop-in and pick up a certificate to get their annual exam!



Lin-Lin Liu. Vision Coordinator





## Specialty Clinics: Social Services

By: Prachi Verma

Bayanihan Clinic primarily serves the health needs of patients. We provide holistic care for our patients, and this extends beyond strictly addressing patients' physical and mental health. Health is more than just a compilation of genetics and different organ systems interacting with each other. Environmental and social factors play a major role in determining patients' health outcomes. In fact, research has shown that more than 33% of deaths in the US every year can be attributed to social determinants such as poverty, racial segregation, education, and social support.<sup>1</sup>

In the past, Bayanihan CalFresh and Covered California committees have provided some social services to patients. The CalFresh committee put patients in contact with CalFresh to receive monthly food benefits. The Covered California committee helped enroll patients in Covered California and referred them to other health services they may be eligible for. This past year, the two committees were absorbed and the Social Services committee was created to more broadly serve the needs of our patients.

We have a variety of goals and ideas for the upcoming year that we want to bring to fruition. Patients are often seeking resources outside of primary healthcare. For example, some of our patients struggle to find transportation to and from clinic appointments; they often rely on family members for rides. Patients can also have difficulty accessing nutritious, healthy food. As a clinic, we cannot provide all the social services our patients need, but there are many organizations and resources in the greater Sacramento area we can refer patients to. We plan to compile a database of these resources, including, but not limited to food banks, shelters, legal counseling services, and free and reduced price transportation services.

In the past, we offered Legal Services, where a professional legal consultant would meet with and advise patients who requested legal help. We plan to reinstate and further improve Legal Services as a part of our clinic; we hope to reach out to the UC Davis Law School to propose a collaboration between the schools of medicine and law. Patients occasionally request legal assistance to help with issues with their landlord and employer. Additionally, Filipinos (particularly migrant workers) have historically been taken advantage of and given low wages and unacceptable working conditions.<sup>2</sup> Even now, labor trafficking among Filipinos continues, leaving many Filipino immigrants stranded and undocumented in the U.S., leaving immigrants with a limited understanding of their rights.<sup>3</sup> For this reason, our Filipino population in particular could benefit from regular access to a legal counselor or lawyer. Legal services may help to ease the mental burden and improve general wellness in these patients.

Our patients have many concerns which us clinic interns and undergrad students may not be able to directly address ourselves. We can, however, educate ourselves on patients' needs and the disparities they face.



Another goal of social services is clinic intern education. Topics of education may include health disparities our patient population face, Filipino culture & lifestyle, and the history of Filipino immigration to California. The better understanding we have of our patients, the more effective we will be in serving their needs. For example, since the majority of our patients are uninsured, our clinic interns should be knowledgeable on insurance plans patients may enroll for. Just recently, Social Services hosted a training session on health insurance, where interns learned some of the intricacies of services such as Covered California and Medi-Cal. Trained interns are now equipped with the knowledge to direct patients to the plan they are eligible for. Such trainings help us become better resources for our patients.

Another major goal for Social Services is to translate paperwork into Tagalog and Spanish for patients who are not comfortable with English. Patients will be able to be more active participants in their own healthcare if they can understand their medical paperwork.

According to the U.S. Census 2000, Filipino Americans have one of the highest rates of English proficiency amongst Asian American subpopulations. However, in Filipinos ages 18 to 64, proficiency was only 30.7%. This number further dropped to 12.5% for those 65 and older.<sup>4</sup> Since the majority of Bayanihan's population consists of seniors, it is especially important to keep these numbers in mind while finding ways to better serve our patients. Translated paperwork and handouts will be a beneficial addition to our clinic.

Social services are a valuable part of Bayanihan's mission to provide culturally sensitive care to our patients. We are optimistic and enthusiastic about better understanding our patients' needs and continuing to improve our services and to better our patients' lives. Specifically, we plan to create a collection of local organizations we can refer patients to, establish Legal Services as a resource for our patients, further educate our clinic interns on social services and disparities our patients face, and translate documents into Tagalog and Spanish.

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## On Filipino Culture

By: Emily Lam

“The Filipino community is strong, resilient, creative and welcoming,” Jonina Balabis, a Bayanihan Clinic intern explains. Filipinos are one of the first documented “Asians” in the United States and is one of the largest Asian-American groups in California! Despite having such a strong presence in American history, Filipinos have historically faced discrimination in the United States. Until this day, they have yet to receive full acknowledgement for their sacrifice and service in the military. Through their harsh and difficult circumstances, the Filipino community still stands strong and resilient against any obstacles coming their way. Their ability to be resilient and strong definitely comes from their enduring sense of community and family as immigrants of this country. That is also why the community is so welcoming and hospitable!

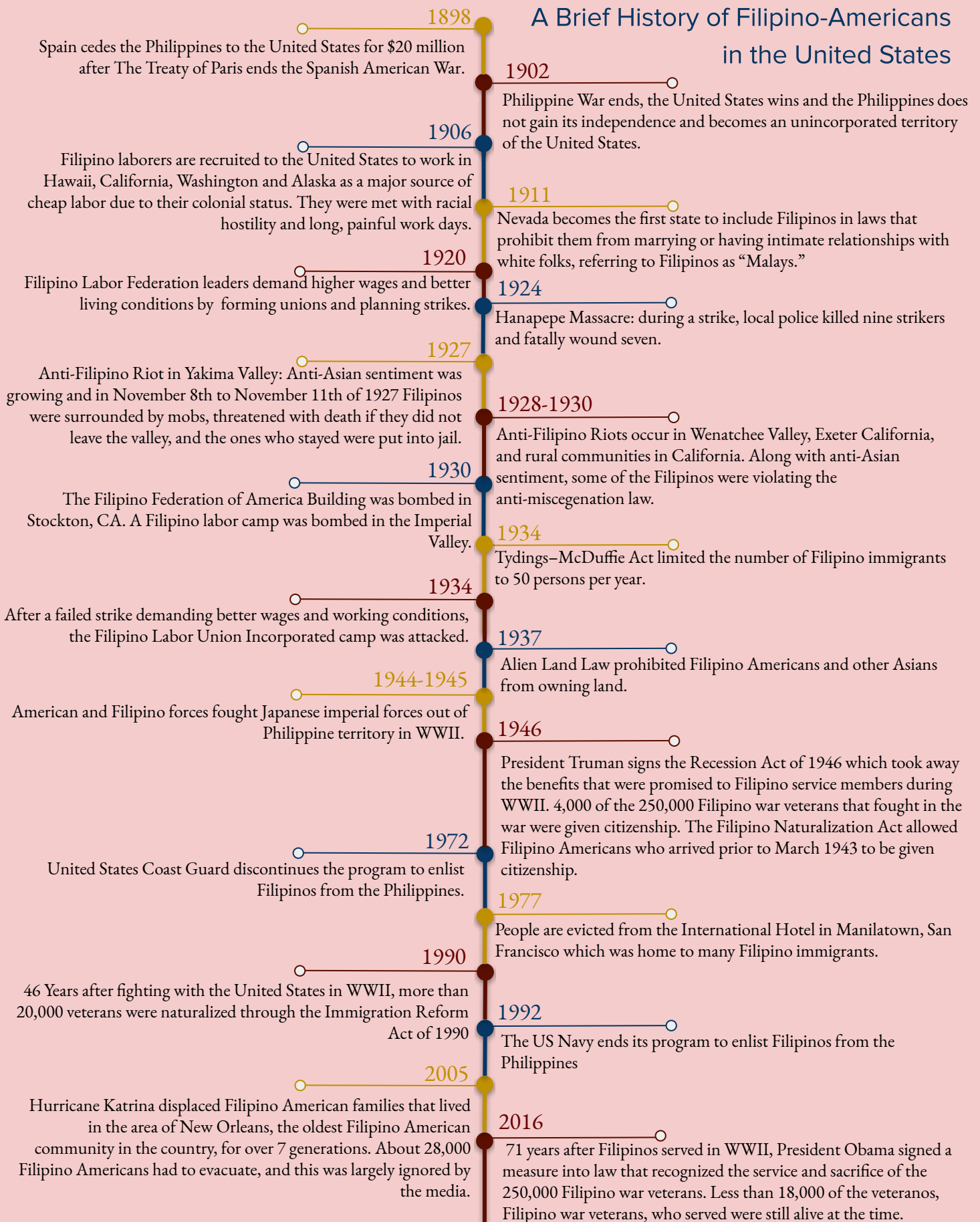
I think many who have been to the clinic or have attended to Filipino cultural events would feel the same way. The Filipino community will welcome you no matter who you are! I remember attending my first Filipino cultural event and was at first overwhelmed by the sheer number of people attending. My overwhelming feelings were greeted with friendliness and great hospitality as everyone greeted each other like family, regardless of your relationship with them! This just shows how welcoming the community is to everyone. Other than how welcoming the community is, it is essential to understand the Filipino culture as a whole.

The Filipino community is also creative in arts and enjoys performing which can be acting, writing, crafting, comedy, poetry! Celebrations such as are impactful and very important to the community. At these celebrations, delicious food and great performances like Tinkling or singing is a definite must! Tinkling is a Filipino cultural dance that is performed and enjoyed by everyone participating and watching! The Filipino community loves to enjoy and share cultural foods like halo halo, lechón, chicken adobo, pancit, longganisa, and more! Some Filipinos I have interviewed say they love bonding over music, sports and Manny Pacquiao, a Filipino boxer that brings pride and representation to the community!

At UC Davis, there are many Filipino cultural clubs that continue to embody this close knit family many experience at home. In this Filipino American, or Fil-Am, community, Mga Kapatid and the Filipinx Association for Health Careers, or FAHC, are two of the major clubs on campus that welcome everyone to join. It really allows the Filipino community on campus to provide a sense of familiarity and family for those who come from similar backgrounds! Such organizations provide students with academic and personal resources and safe spaces for people to share and give emotional support. Bayanihan Clinic respects and carries the Filipino culture of strength, resilience, creativity, kindness with them everyday at clinic.



## A Brief History of Filipino-Americans in the United States



The Events, Laws, and Policies that Influence Their Access to Resources Today



## Patient Spotlights: Beyond Our Patient's Chart

By: Chielsea Cenal

### Newly Caught Fish, Carlo

Carlo enjoyed a lot of sports when he was young. He started with running around on soccer fields and catching waves by water-skiing. Then, Carlo traded the outdoors for polished wooden lanes and rolled right into bowling with a league for a couple of years. Now, he finds his peace while fishing and loves to fry and eat his freshly caught fish.

Carlo is a new patient at Bayanihan Clinic and is on his second appointment with us. Recently, he

started to notice his colds lasting longer, and him feeling weaker. One of his friends, a current patient at Bayanihan Clinic, told Carlo about the services we offer. Carlo first came in to get checked and to see if he needs medications. So far, the medications from that initial visit have been working, and he is back for a follow-up. He appreciates that, despite being new, the team treats him very well with big smiles and the lively atmosphere of the clinic.

In short, Filipino Americans have faced a great deal of discrimination by the United States. The lack of access to resources for Filipino-Americans is not a mistake; it was intentional and it is deeply rooted in racism. Filipinos were denied the right to own land, fair wages, the right to marry who they wanted, and the right to benefits that were pledged to them for serving in a war. This does not only disadvantage Filipinos living at the time, but the generations of Filipinos after them and their families. Being in the United States as a Filipino is an act of resilience against the people who fought to oppress Filipinos. Standing in solidarity with Filipinos, remembering their history, and fighting for their rights to basic resources such as healthcare helps heal the wounds from many wars, discrimination, and acts of violence.

By: Jonina Balabis



### Finding a Safe Haven, Thomas

Thomas cannot wait to sit down on Christmas and savor a crunchy and juicy slice of Lechon, a traditional Filipino pit-roasted pig. When he was a practicing caregiver, Thomas caught tuberculosis from one of his patients. At that time, he did not have legal documentation and, thus, no medical assistance. Thomas was afraid to let anyone know about his real name because of his documentation status. He feared for his life.

Then, a current patient of Bayanihan Clinic told Thomas to go straight to us. Despite

his legal status, the Bayanihan Clinic took him in and treated his tuberculosis. After months of medications and check-ups, he went from constant wheezing and coughing to normal breathing.

This pivotal time in Thomas's life was eight years ago, and ever since then, he has been visiting Bayanihan Clinic. Even with moving around the Bay Area, he and his wife still travel an hour to be treated at our clinic. Thomas knows that the people in Bayanihan Clinic care about him, so he keeps coming back.

### Finding Motivation to Stay, Fred

Fred has two kids, an eight-year old and a nine-year old. After his long days at the construction site, he is

surprised by how their energy recharges him each day. In that short time that they can play together, Fred is reminded of how his children motivate him to keep going.

Two years ago, Fred started a new job that did not offer insurance benefits. With a blood sugar reaching alarming levels and no more medications, Fred was not sure what to do. His wife, a current Bayanihan Clinic patient, referred Fred to us. During his time at the clinic, he is thankful for the guidance of the Diabetes Empowerment Program and Vision Services for helping improve his health symptoms. Fred revealed that he would not be here today without the help of the Bayanihan Clinic. With that, he says he can never repay us or thank us enough for giving him another chance in life.

### **A Breath of New Life, Josie**

Josie, who is a widow of eleven years, found a new purpose in her grandson. She used to fly between her three kids in the Philippines, Dubai, and California. However, she has been living in Sacramento because she is committed to taking care of her grandson. Having a new baby in the family brought light into Josie's life for the past four years.

When she first came to Sacramento, Josie found the Bayanihan Clinic through an internet search. She stepped foot in the Bayanihan Clinic and has followed us through all four of Bayanihan's past locations for the past seven years. She appreciates the constant expansion of the clinic by seeing the growth of different specialty clinic services. Josie is thankful for the Healthy Breast Program, which has provided her with a free mammogram through the years. Each time she finds peace, knowing that her health is doing well.

\*Name of patients have been changed to preserve anonymity.



Tower II Outreach: October 5, 2019

the Bayanihan Clinic. Our clinic is also open to patients like Josie and Carlo, seeking routine check-ups and medication. We are also glad to learn that patients utilize the various specialty clinics we offer to improve their health. When people enter our doors, we do what we can to improve their situation.

We find joy in hearing that our current patients are happy with the care they receive from us. Though they may say, they do not know how to repay us. I find that the highest compliment is in their continuous trust in the Bayanihan Clinic and their willingness to bring their loved ones to our care.

Overall, hearing our patient's stories reinforces our clinic's motivation to continue doing our work. I am glad to hear that the Bayanihan Clinic continues to impact many people's lives throughout the years. For people like Thomas and Fred, the time came when they urgently needed help and had nowhere to go, but instead found





## Co-D Spotlight: Jan Lerot

By: Christopher Lee

Jan Lerot, a Bayanihan Clinic Co-Director, is a second-year medical student at the UC Davis School of Medicine. Jan joined Bayanihan Clinic because he felt like he was at home while shadowing the clinic. Jan attributes this homey feeling to welcoming undergraduate clinic interns and great preceptors. He appreciates preceptors for their knowledgeableness and willingness to teach in a fun but informational way, and he still vividly remembers the first time he presented to a preceptor. The preceptor joked about how disorganized his presentation was and taught him the standard and specific way that preceptors like to be presented.

For fun, Jan likes to do something physically active because he feels that he spends a lot of time sitting down. He likes to rock climb and plays a variety of sports such as tennis, football, soccer, and

snowboarding during winter. Jan also enjoys teaching clinic interns by regularly hosting skills trainings on presentations, suturing, physical examinations, collecting patient's medical history and many more medical-related skills.

Jan's favorite part of being a part of the clinic is watching clinic interns grow. He feels proud when clinic interns are excited to learn and go out of their way to help patients. He specifically pointed out one clinic where clinic interns took turns examining his ear with an otoscope and a time when a senior clinic intern received a medical school acceptance. Jan almost feels like he is a proud dad of clinic interns. Jan's advice to clinic interns is, "Have a plan but be flexible and approach with an open mind for different possibilities."

Jan's favorite sayings that he takes to heart and follows are, "People do not appreciate things that

come easily" and "Things may not go your way, but you will be where you want to be at if you work hard."



Jan Lerot (leftmost in a black jacket) with the rest of the clinic staff



## Preceptor Spotlight: Dr. Ron Menorca

By: Jonina Balabis

**Q:** Which medical school did you receive training at?

**A:** University of Rochester School of Medicine

**Q:** What is your specialty? Why did you choose to specialize in that area?

**A:** I chose to go into Family Medicine because it fit my personality best. I enjoy being able to see all types of people from any age, gender, race or background to provide them with help regarding any medical issues they may have from musculoskeletal injuries, to mental health disorders, to cancer diagnoses and screening, and everything in between. Furthermore, I love the continuity of taking care of people within the context of their experiences, their family, their culture, and their lives as a whole. It is an honor to be with patients during their victories against their illnesses and even more so to be involved in their lives when all that can be done is provide comfort. The stories of my patients expanded my understanding of the human condition and they help me appreciate my own well-being and I strongly feel that I live a more fulfilling life because of it.

**Q:** How did you find out about Bayanihan?

**A:** I went to UCD (University of California, Davis) for undergrad and heard about Bayanihan in my first year. I had applied to be a volunteer but was not accepted, so I joined another student-run clinic instead.

**Q:** Why did you decide to volunteer for Bayanihan?

**A:** To show them that they had made a mistake by not accepting me the first time (he jokingly responds). Seriously though, it has always been my dream to use the skills I obtained as a physician to help people who may not receive the help otherwise and is why I continue to help in the clinic today.



**Q:** What is your favorite part about working with Bayanihan?

**A:** I love being able to practice medicine in a way that is not at all profit-driven and centers the patient-provider relationship above anything else. However, my favorite is teaching the future doctors and medical providers about the fundamentals of medicine while they better understand the richness of Filipino culture and experience. It brings me great satisfaction seeing the growth of students from the beginning of their time with Bayanihan to the end.

**Q:** What is your fondest memory from childhood?

**A:** As a kid, I grew up in a diverse low income apartment complex in the Bay Area. At the time, I did not know we were poor as I had some of my best memories spending time with the other kids in the neighborhood playing sports, hopping fences, and hanging out with their family while learning about their cultures. I believe that experience catalyzed my appreciation of cultural differences and showed me the importance of family in the way we view the world.

**Q:** What advice would you have wanted to hear when you were in undergrad or med school?

**A:** "Know yourself."

I spent a lot of time and effort either doing basic

I spent a lot of time and effort either doing basic science research or pursuing a surgical residency based on how cool I thought it would make me seem to others. When I began to be honest with myself about what I wanted, even though the work to get it was still hard, it made it a lot more bearable if not enjoyable.

**Q:** If you were not a doctor, what do you think your career would have been?

**A:** Youtuber, teacher, or a minister

**Q:** What is your favorite Filipino Food/Dessert/Beverage?

**A:** Food: Lechon Paksiw, Dessert: Halo Halo, Beverage: Melted Halo Halo



## Veterano Spotlight: Manong Rolando

By: Taarini Hariharan

Manong Rolando, also known as “Rolly”, was born on May 1, 1946 in the Philippines. He worked in the government in the Philippines and was part of the Army branch of the military. At the age of 26, he started in the Department of Agrarian Reform. This department redistributed farmland and headed any acts or plans towards reform and cultivation. In 1996, he retired.

With his wife Manang Marcela they have three daughters and one son, along with ten grandchildren in total. Notably, Manong Rolando appreciates plant life and knows the origins of all plants. He actually owns a ten-acre farm of mangoes back in the Philippines. Cacao plants are his favorite since he likes chocolate, and in Ecuador, he was able to see many of their farms. Manong Rolando can also speak Spanish, having stayed in Mexico and Ecuador for some time. He enjoys Spanish music, with his favorite song being “Historia de un Amor,” a love song. He used to live in Texas for sixteen years, but now resides in Sacramento. Currently, his favorite hobby is shooting guns.

Our clinic has been able to meet Manong Rolando through Tower II. An important Outreach event, Tower II is held the first Saturday of every month for Filipino veteranos and their families. Bayanihan Clinic interns attend these monthly meetings to provide blood glucose and blood pressure readings, as well as offer other assistance to help conduct their meetings. Usually, interns will aid in setting up the venue, arranging decorations, and serving food. Additionally, we will lead group dance exercises and rounds of bingo to connect with the community. Through the Outreach events, we are able to hear stories from veteranos such as Manong Rolando and give back to these amazing people that gave up so much others.



Manong Rolando with Clinic Interns Megan Alejandrino, Eleodoro Aguilera, and Austin Nguyen

\*Interviewed by Austin Nguyen, Megan Alejandrino, and Eleodoro Aguilera





## Breaking Down Barriers and Stigma Surrounding Mental Health in the Filipino Culture and Community

By: Clarisse Rivera

During my time serving as a clinic intern for just over a year now, I've come to love and respect the patients that seek healthcare services from our clinic. Much of our patient population come from low income backgrounds and often work jobs that have a substantial impact on their health. Growing up as a Filipino American, I've learned and taken things from both cultures, but one thing I've sadly come to realize is that most Filipinos don't reflect on their mental health as much as they should. In fact, when this topic is brought up they can often become defensive or ashamed of. Many are simply unaware of how they should approach such a topic that can be uncomfortable for many of us. This negative association is something that is deeply rooted in Filipino culture and often has a negative impact on physical as well as mental wellbeing.

These cultural attitudes can be traced back to the long history of colonization of the Philippines according to Kevin Nadal, author of a book on Filipino-American psychology and a professor of psychology at John Jay College of Criminal Justice at City University of New York. For nearly four centuries, Filipinos were faced with Spanish occupation following a brief but just as unfortunate occupation by American militant forces. While this occurred, a culture of acceptance developed as a coping mechanism to deal with the suppression of beliefs and feelings. In addition, many Filipinos were often forced to convert to Catholicism and Christianity under the Spanish rule.

Nowadays, Catholicism plays a huge role on Filipino culture, and it has a great impact on how Filipino people deal with their problems. For example, an often used phrase "bahala na," short for "bahala na sa dios," translates to "leaving everything to the hands of God." When Filipino people are dealing with problems and issues, they often turn to prayer and God as a form of solace because it was one of the only coping mechanisms available to them for centuries in times of hardship. Even today, while the Philippines is under its own rule, Filipinos still uphold the religious beliefs that were instilled in their ancestors during periods of occupation. This has led to a barrier in seeking mental health treatment because they may feel as though they are betraying their own religious beliefs if they seek help from sources other than the Church. The main issue here is not their religious beliefs, but instead their reluctance to seek much needed mental health treatment.

Language is another barrier which impacts mental health specifically, awareness. Language barriers is an issue that many of our patients experience in their daily lives, especially when communicating with healthcare providers in a language different from their native tongue. Going to the doctor's office can be a scary experience, especially for immigrants and those with an undocumented status. When seeking help for basic healthcare is an issue, many people, especially those from low income backgrounds such as our patient population, would much rather seek help for physical rather than mental health issues. However, the issue here lies in the fact that mental health and wellbeing greatly impacts our physical health and wellbeing. The two are deeply interconnected and it is our role as healthcare providers to do the best job possible to educate our patients. This is why it is so important for healthcare providers to communicate with our patients that they are in a safe place where they can discuss their issues and problems freely, and for us to break down the barriers surrounding mental health.

In order to develop some better mental health practices in our patients, we should encourage them to take a break when it is greatly needed, especially from work. During a clinic Saturday when I was serving as a Medical Assistant, a Filipino patient came in and said she had been experiencing a very bad cough, chills, and other flu like symptoms for weeks. The final diagnosis was pneumonia. It was frightening to me how long she had taken to finally seek treatment and she told me that she had been working multiple long shifts at work which probably progressed her illness. The hardworking and strong willed nature that is emphasized in Filipino cultures may become a detriment to health and mental well being when patients refuse or prolong seeking treatment. It is important that we advocate for breaks so our patients may avoid worsening their existing health conditions.

Also, we should remind our patients that they are in a safe place to open up about personal concerns about health. Often times in Filipino and other Asian cultures, the physician-patient relationship is not seen as a partnership, and the physician or healthcare provider is instead viewed as the authority. However, this may not be the best approach to providing mental health support to patients of differing cultural backgrounds. For instance, many Filipino patients will only answer questions asked of them, but will not raise their own worries regarding mental health. It is important for healthcare providers to reassure them that they may discuss issues they have been facing without judgement and meet patients where they are.

Opening up a dialogue about their normal everyday lives can often lead to important insights to the overall health and wellbeing of our patients. As a clinic intern and member of the Filipino American community it is imperative to me that we continue to break down these barriers surrounding mental health and eliminate its stigma in the Filipino and American community, starting with our everyday lives and extending these attitudes into our interactions with our patients.



## Military and Veterano History: Brig. General Vicente Lim and the Battle of Bataan (1941)

By: Matthew Pak

As a part of Bayanihan – and a veteran myself – I strive to honor the legacy of the past generations of veteranos who sacrificed so much to serve their country in times of war. The oldest surviving veteranos today served in World War II so I felt it was fitting to tell the story of the most famous Filipino war hero from that era: General Vicente Lim.

When most people think of World War II, they understand it as a war between the Axis (Germany, Italy, and Japan) and the Allied (the United Kingdom, United States, and USSR) Powers. What many do not

realize is that the contributions of dozens of smaller countries were equally critical in determining the overall outcome of the War; one of these contributions were made by the Filipino Army at the Battle of Bataan.

On December 8, 1941 – within hours of the bombing of Pearl Harbor – the 14<sup>th</sup> Japanese Imperial Army invaded the Philippines with a force of roughly 75,000 men; other elements of the Japanese Army simultaneously carried out attacks on Guam, Hong Kong, Thailand, and Malaysia. Joint



The 1000 peso banknote featuring General Vicente Lim and other notable figures

Filipino-American forces were scrambled to man defensive positions along the northern coast but they were quickly overrun by the surprise Japanese attack. Allied troops withdrew to the Bataan Peninsula to regroup and assemble for a last stand against Japanese forces. Undermanned and lacking supplies, the 41<sup>st</sup> Infantry Division – commanded by Brigadier General Vicente Lim – repelled dozens of Japanese assaults along multiple defensive fronts over the course of the next three months. General Lim was an incredibly skilled military commander and inspired his troops to go above and beyond to hold the line. As such, the 41<sup>st</sup> Infantry is largely credited with multiple defensive victories and, most importantly, holding off the Japanese Army long enough for US forces to regroup and counterattack in the Pacific Theater. Allied forces were eventually overwhelmed and surrendered on April 3, 1942 but General Lim continued to organize and lead underground resistance operations against the

Japanese until his capture in 1944. Even in captivity, many surviving POWs tell stories of how General Lim continued to look after and inspire his men. He was executed in captivity but was never forgotten by his men. After the War, General Lim became known as the “Hero of Bataan” for his actions on the Allied defensive line. He was posthumously awarded the Distinguished Conduct Star and Distinguished Service Star (the Filipino military’s second and third highest military awards) and was eventually memorialized on the Filipino 1000 peso banknote.

General Lim, as well as the thousands of Filipino soldiers who also paid the ultimate price defending Bataan, exemplify a standard of valor and selflessness that we in the military revere and aspire to embody. Their legacy continues to inspire the troops of today and it’s essential that their sacrifice will never be forgotten.



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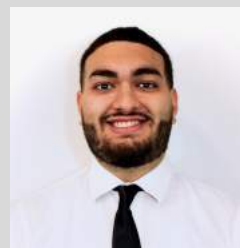
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**Cameron  
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**Chielsea  
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**Christine  
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Shrestha**



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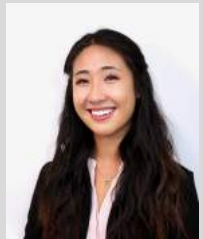
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## In Memory Of Our Filipino War Veteranos



❧  
**MANONG  
MOISES  
FERNANDO**

November 25, 1922 - 2019



**MANONG  
PRIETO  
LUCIANO**

January 12, 1924 - 2019



**MANONG  
LEON PELARE**

April 19, 1928 - 2020

