

Harmony Health

OCTOBER 2025 NEWSLETTER



Employee Spotlight



Amy McClelland

Diabetes Case Manager, Optometry Tech, and Certified Enrollment Counselor

Alyssa Chormicle Recommended Amy because...

"I'd love to give the spotlight to Amy McClelland! Amy has shown incredible dedication in her work. Recently, she caught that one of our patients urgently needed an optometry appointment for evaluation; such an important observation that made a real difference. She's so smart, quick to pick up on details, and truly treats each patient as if they were part of her own family. I really admire her compassion, resilience, and the positive energy she brings to our team every day. She has the biggest heart!"

Amy's Story: I first came to Harmony Health as a patient in 2002. But in 2018, I joined Harmony as a Diabetes Support Coach through the Stanford University Echo Project, where I worked with Harmony Health patients living with diabetes. Two years later, in 2020, I officially joined the Harmony Health family as a COVID Screener. Just eight months after that, I stepped into the role of Diabetes Case Manager, and since then, I have taken on many meaningful roles that have made Harmony feel like home. What truly led me to Harmony Health was a person: Rachel Farrell. She has always believed in me, encouraged me, and has always been a huge, inspiring role model to me.

— Amy McClelland

Fun Fact about Amy:

She is the mother of a Type 1 diabetic sassy warrior!

A Note From the CEO

My heart fills with optimism when I see you all at meetings or walk through our clinic halls. You are constantly busy yet take the time to help each other, laugh but take your work and the needs of the patients seriously. Your enthusiasm to learn new skills allows us to continue to offer new services like optometry, bringing us closer to providing whole-person care. Like you told me, "Without you, there is no us!"

— Rachel Farrell



Community Garden



We hosted our Harmony Market on October 27th at Yuba College, and the turnout was great! Lots of fresh produce and LOTS of persimmons in season!



With summer coming to an end and fall settling in, Jennifer White and the Garden Club have been hard at work clearing out the garden beds. Say goodbye to squash, tomatoes, peppers, eggplants, cucumbers, and more! A few resilient tomato and squash plants are still hanging on, but we'll see how long they last. Stay tuned for our winter planting season... cabbage, broccoli, cauliflower, and more are on the way!

Recipe of the Month

Pecan Pie Bars

by Tonya Ramirez

INGREDIENTS:

- 2 cups of all-purpose flour
- 2/3 cup of powder sugar
- ¾ cup salted butter, softened
- 1.2 cup firmly packed brown sugar
- ½ cup of honey
- 2/3 cup butter
- 3 Tablespoons whipping cream
- 3 ½ cups of pecans (chopped if you prefer)
- I add a little vanilla, chocolate chips, and ground cinnamon to crust and pecan mixture, but you can omit.

DIRECTIONS:

1. Preheat oven to 350. lightly grease baking dish.
2. Make crust
 - Sift together 2 cups of flour and 2/3 cup of powder sugar
 - ¾ cup of softened salted butter
 - Mix until resembles coarse crumbs
 - Press into baking dish, up sides (1 1/2") and smooth out bottom
 - Bake for 20 minutes until the edges are lightly browned. Cool.
3. Make Filling
 - Bring brown sugar, honey, 2/3 cup butter and whipping cream to a boil in a saucepan over med-high heat.
 - Stir in pecans, chocolate chips, vanilla and cinnamon if you wish to use
 - Pour filling into prepared crust
4. Bake pecan pie bars for 25-30 minutes.
 - They will smell delicious but do try to wait to cut until cool, then enjoy!



I've made this filling recipe before, then dumped it into my banana bread dough - out of this world good!

Yuba-Sutter Events

Turkey Pull

Looking for a fun, fit way to support your community? Join us for a Turkey Pull! A morning of fitness through rowing, games, and giving back! Benefits the Yuba Sutter Food Bank. Sign online to row solo or with a team
Nov 15, 2025, 9:00 - 11:00 am.
1256 Garden Highway, Suite C, Yuba City.

Free Cleanup Day, Plumas Lake Community

Nov 9, 2025, 8:00 am - 12:00 pm.
760 Chalice Creek Drive, Plumas Lake Park and Ride, Plumas Lake.

7th Annual Fall Fair

Shop unique finds from local vendors, crafters, and entrepreneurs, sip and savor during a wine tasting at the winery, and grab a bite from GTO Antojitos Food Truck.
Nov 1, 2025, 12:00 - 5:00 pm.
2144 Irwin Avenue, Sutter.

Senior Resource Fair

Healthcare, nutrition, legal services, caregiver resources, senior housing and more!
Nov 6 from 9:00 am to 12:00 pm
Yuba City Senior Center 777 Ainsley Ave, Yuba City

Yuba Co. Community Tobacco Forum with Blue Zones Project

"Air Out The Truth", showcasing creative pieces from Yuba Co. high schools on nicotine vs. well being.
Nov 13 - 3:30 pm - 7:00 pm
1830 B Street Marysville, CA 95901

Blue Zones Project FREE Dance Classes

Join us this November for a fun and FREE dance class every Wednesday with our friends from Transitions Dance Center!
Nov 26, 2025, 5:30 pm - 10:00 pm
Regency Park, Stabler, Yuba City, CA 95993

Upcoming Birthdays:

Wendi Damron - Nov 1
Kaonou Yang - Nov 1
Jennifer Hunter - Nov 2
Sandra Guzman - Nov 12
Alyssa Chormicle - Nov 12

Jesseka Sommerdyke - Nov 13
Brenda Solano - Nov 14
Ashley Marshall - Nov 16
Hassel Martinez - Nov 26

Important Harmony Dates

All Staff Meeting
November 13th
8:00 am - 9:30 am
Chestnut Location

Holiday Party
December 6th from
6:00 pm - 10:00 pm
RSVP BY OCTOBER 31st

Harvest Potluck
November 19th
12:00 - 2:00 pm
Beale Location

Clinic Closed
November 27th - Thanksgiving



November is National Diabetes Awareness Month

November 14, 2025 is World Diabetes Day
Wear Blue on Wednesdays through this month!

Sutter County provides a Diabetes Empowerment Education Program (DEEP). It is a multi-cultural, bilingual, diabetes self-management curriculum that is successful in helping participants take control of their diabetes and reduce the risk of complications. DEEP is an 8-week FREE course where trainers go over various topics from medication used to healthy eating habits. DEEP Workshops are available in English and Spanish. Contact HealthEd@co.sutter.ca.us for more information

Food Truck Day!



On October 22nd, we had our first-ever Food truck day with Blue Zones-approved Lami Fusion at the Beale location! This event was brought to you by the Wellness Committee

Club and Class Events

Understanding Hypertension Class

November 5
Hosted by Alekhyia Rajasekaran and Jennifer White
3:30 pm - 4:30 pm
Chestnut Classroom

Wellness & Sustainability Committee Meeting

Late November (Exact Date TBD)

Life Recovery Skills Class

Every Monday
Hosted by David House
1:30-2:30 PM (Beale)
3:00-4:00 PM (Yuba City)

Anger Management Class

Every Monday
Hosted by David House
4:00-5:00 PM (Beale)

New Faces

Say "hi" to these newcomers!



Myra Chaloupka

Site: Wheatland **Position:** Referral Coordinator
Hometown: Wheatland
Favorite Dessert: Pumpkin Pie from Bishop's Farm



Vincent Hurtado

Site: Beale **Position:** Quality Manager
Hometown: Yuba City
Favorite Dessert: Rainbow Sherbert

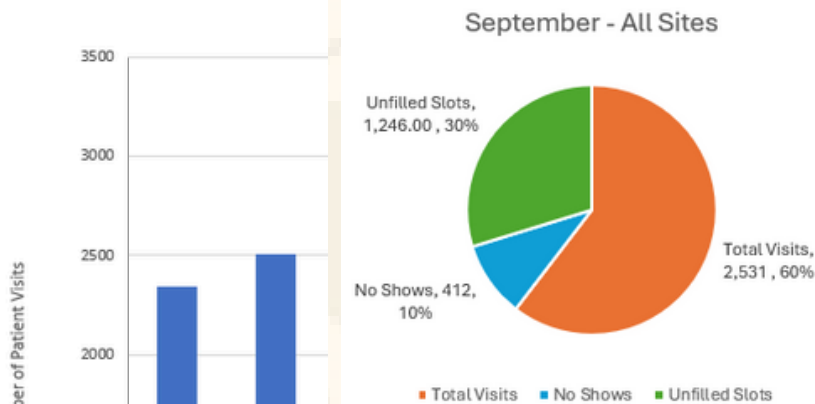


Nicole Edegbe

Site: Beale & Chestnut
Position: Family Nurse Practitioner, UC Davis Fellow
Hometown: Queens, NY
Favorite Dessert: Any flavor of sherbet or Gelato

Clinic Results

September Summary Provided by Jennifer Hunter



Harmony by the Numbers

1,270 unfilled slots

Room to grow!

412 no-shows

Let's turn those into yes-shows!

7,619 inbound calls

Smooth operators!

1.56 minutes per call

Fast, friendly, and helpful service

2,531 total visits

**That's a lot of healthy check-ins
thanks to your hard work!**

Exemplifying Inclusive Teamwork at Harmony Health

A Kudos to the Chestnut Team

Submitted by Teri Rodriguez

At Harmony Health, fostering a welcoming and supportive environment is essential to our mission—and the Chestnut team exemplifies this beautifully. A recent message from a new team member highlights the impact of their approach:

"From the moment I arrived, I felt instantly at home. The Chestnut team was incredibly welcoming, knowledgeable, and worked in perfect harmony. It was clear they've learned from strong leadership and genuine teamwork. I aspire to grow into my role with the same warmth and professionalism they model every day."

This kind of feedback reflects the Chestnut team's commitment to inclusion and collaboration. In contrast to the cliques and exclusion sometimes seen in workplace culture, Chestnut stands out as a place where new employees are embraced with kindness, respect, and mentorship. Their approach not only strengthens team morale but also reinforces Harmony Health's values of compassion and excellence.

"I'm proud to lead a team that not only strives to perform with excellence but also uplifts others through genuine connection and support. Their ability to welcome new staff with open arms is a reflection of the culture we strive to build every day."

— Teri Rodriguez, Site Supervisor, Chestnut Location

"Haunt"-mony Health

