

THE DIFFERENCE YOU MAKE

NEWSLETTER

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Letter From the Director

Dear Friends and Supporters,

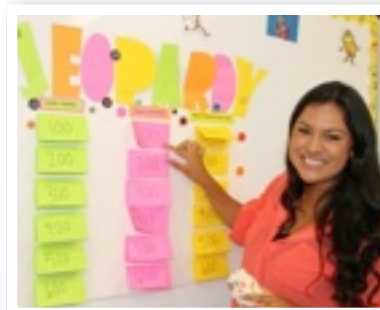
Welcome to our fall edition of Westminster Free Clinic's newsletter. Megan Aguilera, a Junior at Stanford University and **past graduate of our student intern program**, is the editor of this publication. She interned at our clinic for 3 years while in high school and is now pursuing a career in healthcare. Megan has been a huge help to the clinic this summer giving presentations, creating reports, and assisting with the administrative side of clinic operation. Megan has been paid through a special program Stanford offers. We will miss her when she returns to school. Fortunately, her brothers and cousin are now interns at WFC.

We have accomplished a lot in the past six months. Including:

- 1) Being asked to share WFC's Teen Intern Training model at a California Wellness Foundation conference in San Francisco in June. Being invited to **speak at the National Free Clinic Conference** this October in Texas.
- 2) Recruiting **six new doctors and nurse practitioners** to volunteer at the clinic.
- 3) Selecting and training 54 new interns to join our returning students making a total intern class of **80 with 42 of them being bi-lingual** in Spanish and English.
- 4) **Offering SAT classes** through our volunteer Dr. Mah, so our student interns that cannot afford expensive prep classes have a chance to compete on equal ground. Joan Stern, a college, career and scholarship counselor, also assists our high school student interns by helping them with their applications.
- 5) **Saving the lives of seniors** who try to put off healthcare until they receive Medicare at 65. One of the life or death stories is in this issue.
- 6) Having a **team of over 255 volunteers** make WFC and its services possible.
- 7) Completing our transition to Electronic Medical Records (funded by an individual donor), which allows us to operate 22-25 laptops at one time so we can **serve 100 patients each clinic night**.

Thanks to all of you for your ongoing support which is changing the lives and futures of our patients, their families and of all our high school interns who partner with us to deliver healthcare.

Most Appreciatively,
 Lisa Safaeinili, MPH, Executive Director



Megan teaching in the diabetic program through an interactive Jeopardy game she designed focused on diet, exercise and medical lab values.

Mission Statement:

To provide free medical care to the uninsured homeless and working poor members of our community through caring, compassion, community partnerships, education, and student training.

WESTMINSTER FREE CLINIC SAVES LIVES

Grandmother Given a Second Chance to Live and Care for Granddaughter

Patients with access to healthcare can avoid dying unnecessarily. When Bernadette came to the WFC with the encouragement of her realtor friend, she was sleeping a lot, had rectal bleeding, abdominal pain and extremely low energy. **Due to very high medical costs**, she lost her coverage in 2006, and was thus unable to have a colonoscopy to help shed light on her symptoms. She did not know she had any major health concerns and assumed that she could wait to identify the possibility of polyps when **she would qualify for Medicare at age 65**. She was experiencing extreme abdominal pain and feeling uncomfortably weak when her friends came to tell her about the WFC. She understood that though she could not afford health insurance, it was not wise to ignore these symptoms until she turned 65.

“I am so grateful for your speedy and professional care that saved my life.”

Helping her son, by babysitting her granddaughter each day, did not provide her with an income to pay for doctors visits, labs or the medication she needed to diagnose and manage her condition. It was very difficult for a woman over 60 years old to find a job that included healthcare benefits. Though she hoped she could wait for care until she turned 65, she realized that her condition was very serious.

Before she even saw a doctor at the WFC, **the clinic paid for her to have labs done and due to the serious results, she was immediately sent to the emergency room**. Bernadette was told by the ER doctors that she would **not have lived another week** had she not been sent by the WFC and been provided with additional tests to help diagnose the state of her present health, and received immediate blood transfusions.

Fortunately, Bernadette lived to see her 65th birthday and is still able to babysit her granddaughter, who always accompanied her to the WFC to be part of the Reach out and Read program. She adores her Grandma. WFC served as a bridge, providing Bernadette with free doctor visits, labs and medication to control her health condition until she became eligible for medicare. **“I am so grateful for all the volunteer doctors, pharmacists, students,**



Bernadette (right) with her granddaughter (left).

and other professionals at Westminster Clinic, who saved my life” says Bernadette. Bernadette's story is not unique. There are many people who have worked all their lives who have been laid off and unable to find new employment or employment that provides health benefits. Subsequently, untreated health issues can become life threatening with time. Diabetes, high blood pressure and asthma are common examples of conditions, which if left untreated, can be lethal.

WFC is able to help and even improve health status of the uninsured, giving them the chance to live to an old age.

Donor support like yours is changing the future of local families every week. Thank you!

WFC VOLUNTEERS MAKE CLINIC POSSIBLE



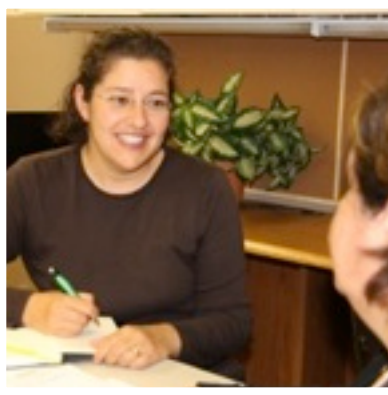
“The need out there is so overwhelming. If we don’t volunteer our time, they are left without basic medical care...their first medical encounter may be a critical situation requiring emergency care.” - **Jack Gindi, M.D.**



“The Reach Out & Read Program is a wonderful opportunity to share my love of books. We read, sing and just talk. It is a way I can feel a part of the important work that the clinic does in our community.” - **Kitty Soltow**



“I think it is important to give back to the community in the places where the need is the greatest.” - **Bill Haddock, M.D.**



“When I heard about the clinic, I thought it was a miracle. I wanted to be a part off it and help it grow. I believe people’s legal concerns are intricately intertwined with their health.” - **Vanessa Frank Garcia Esq.**



“I love the people I work with. They come because they want to, not because they are getting paid.” - **Herb Stein, PharmD.**
 “I enjoy helping people, especially those that do not speak English.” - **Rocio Garcia**



“The patients, students and staff inspire me to come to volunteer. It’s an opportunity to contribute to the community and to use my skills.” - **John Sullivan, M.D. and Board member**

IN MEMORY OF Paul M.H. Yen, M.D. 1933-2012



Dr. Yen, a well respected Orthopedic Surgeon in the community, began volunteering at WFC in 2002. He cared deeply for our clinic patients and always had a smile and a kind word for everyone. Dr. Yen will truly be missed and remembered. The contributions you made in his memory will leave a legacy by changing the lives of families and high school students.

Thanks to All Who Donated in Memory of Paul Yen, M.D.

Jack & Judy Gindi
 David Michael Belko
 Dr. & Mrs. Robert Brown
 Arnold B. Barr, MD
 Joan M. Bernick
 Lisa Safaeinili
 John & Dorothy Tomec
 Jeanne M. Yen
 Betty Jane Raab

Pete and Patty Peinado
 Vernon & Judith Gossen
 Cook Family Trust
 Dolly Brown
 Ama Lynn Neel
 Margaret Wu
 Myra & Gabe Kohanyi
 Judith Katzburg & Stuart Gabriel
 Peter Margolis, MD

WFC COMMUNITY IMPACT

Compassion of Father Son Duo relieves patients' pain

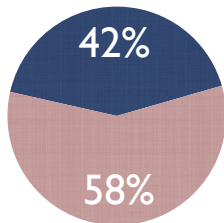
“To see a patient go home with a smile on their face, despite all the stress in their life, that’s really special,” says Henry Horita, a high school intern, about his experience at the WFC. Henry’s passion to help others and interest in medicine inspired him to join his father, a volunteer physician, at WFC. Henry’s first patient presentation to his father had a lasting impression on him, as he recalls seeing a woman who came to the clinic unable to walk, and left “joking about going dancing.” with a smile on her face. **“I remember my dad guiding her as she took her first painless steps, and from that moment, I understood the difference the clinic makes in people’s lives,”** recalls Henry. Dr. Horita, a doctor at Kaiser Permanente, who began volunteering at the clinic 9 years ago also shares similar stories about his time at WFC. “I think **it’s more important for me to be a doctor here, where I am needed and can help make a huge difference in people’s lives, than anywhere else,**” says Dr. Horita about his drive to volunteer at the clinic. When Dr. Horita saw a patient who was suffering from unbearable shoulder pain, he went the extra mile to treat her. Dr. Horita remembers his patient thanking him for the **“milagro,” the miracle,** he had made possible. “It was neat to make such a profound



difference in someone’s life. Cases such as those **make me want to return every Wednesday night,**” shares Dr. Horita. It is the dedication and compassion of volunteers such as Dr. Horita and his son that allow WFC to flourish. Henry, a high school sophomore, hopes to follow in his father’s footsteps, becoming a doctor someday. There are a number of physicians who volunteer with their children at WFC.

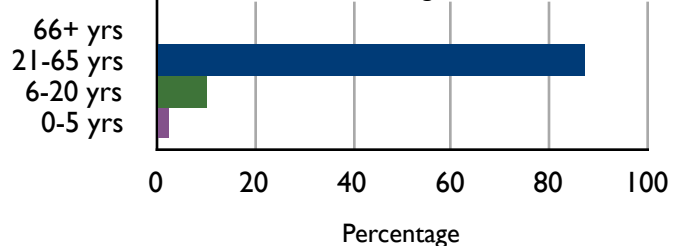
FY 2011/2012 WFC FACTS

Patient Gender

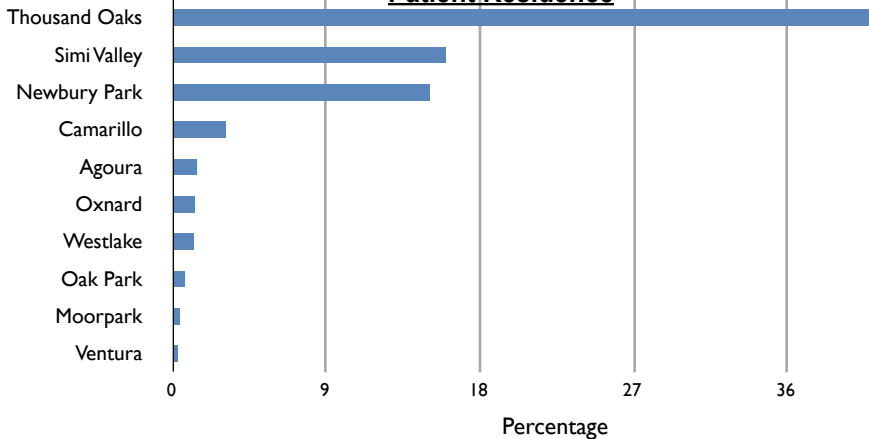


● Women ● Men

Patient Age



Patient Residence



TOP PATIENT DIAGNOSES	COMMON REFERRALS
Hypertension/High Blood Pressure	Labs
Diabetes	X-rays
Upper Respiratory Conditions	Mammograms
Gastric Conditions	Pap Smears
Urinary Tract Infections	Eye Exams
Dermatological Conditions	Cardiology
Allergies	Neurology
Asthma	Orthopedics
Depression	Emergency Room

WFC INSPIRES STUDENTS TO PURSUE MEDICINE

Clinic Transforms Valladares From 'Undecided College Student to Future Doctor'

Encouraged to volunteer at WFC by his mother, Roberto was unaware of the lasting impact his high school internship would have on his life. Currently **in his last year at Stanford Medical School**, Roberto Valladares, the teen that walked into WFC unsure of the career goals he wanted to pursue, is in the process of applying for a residency in orthopedic surgery. **"My experience at the Westminster Free Clinic is the single, biggest factor that motivated me to pursue medical school,"** shares Valladares. For Valladares, it is the hands-on exposure students are provided at WFC that "frequently builds and strengthens teen's dreams of becoming doctors, surgeons, nurses and other medical professionals."

Like many current high school volunteers at WFC, Roberto is a first-generation Guatemalan-American and the **first in his family to attend college** in the United States. **"Volunteering at the clinic truly changed my life,"** shares Roberto, who prior to his experience at WFC "was taking general education classes at Moorpark College with no idea of what to major in or what career path to follow." Serving his community inspired Valladares to pursue the goal of becoming a doctor. "There were countless times when this dream was strengthened by patients encouraging me to become a doctor," recalls Roberto. "The dream grew even stronger with encouragement from the doctors," he adds.

"Volunteering at the clinic truly changed my life"

The semester after beginning volunteering at WFC, Roberto returned "with a new fire to excel in school" because of his experiences at clinic, **taking on 19 pre-med units and earning straight A's and a perfect 4.0 GPA** that semester. "I made a complete one eighty and this enormous accomplishment was made possible by the driving desire I had gained for my goal while volunteering at the clinic," says Roberto. Valladares went on to make Moorpark College's Dean's list, as well as the National Dean's list. Roberto transferred to Westmont College, where he double majored with a B.S. in Biochemistry and a B.A. in Latin American Studies.



Roberto Valladares, fourth year medical student at Stanford

"The clinic helped me transition from an undecided college student to a future doctor

with hopes of serving the increasingly diverse population in our state," shares Valladares. Roberto decided to pursue an additional year at Stanford Medical School to conduct full-time orthopedic surgery-based research in Dr. Stuart B. Goodman's laboratory. He and his wife, Courtney, are anxiously awaiting the arrival of their first child, Liam.

In 2004, Roberto signed a thank you letter that he wrote to the WFC Executive Director Lisa Safaeinili signed "future M.D.". Currently he is just months away from turning his dream into a reality.

HIGHLIGHTS THROUGHOUT THE YEAR



Oak Hills Elementary School principal, Erik Warren and Oak Park USD superintendent, Tony Knight with a group of 5th graders from Oak Hills who are part of The Botanical Society. The students raised vegetable seedlings in their solar powered organic greenhouse and donated them to the WFC last spring. The students explained to the patients how to plant and grow the new healthy veggies.



Doctors meet with students after all of the patients are seen on a clinic night to discuss medical ethics and other health-related topics.



Food Share partners with WFC and Kaiser Permanente to bring medical services, food & Easter Egg hunt to the uninsured.



With the support of WFC volunteers and the community, the clinic reached our Annual Raffle fundraising goal.



Children receive free immunizations and backpacks from Kaiser Permanente at WFC to get ready for school this fall.

YOUR DONATIONS PROVIDE...
\$25 = Antibiotics for 50 people
\$50 = Medical supplies for 75 people
\$75 = Health Education for 200 people
\$100 = 50 lab tests for 50 people
\$250 = Privacy screens (for patient rooms)
\$500 = 5 mammograms / diagnostic tests
\$1,000 = Teen intern scholarships
\$5,000 = Funds for the Diabetic Program

WESTMINSTER FREE CLINIC DONOR FORM

Donation:

- Yes, I would like to make a donation to Westminster Free Clinic:

 (First and Last Name)
- Enclosed is a check donation in the amount of:
 \$ 25 _____ \$ 50 _____ \$ 100 _____ \$ 150 _____ \$ 200 _____ \$ 500 _____ \$ 1,000 _____ Other _____
- I will make a PayPal donation online at the WFC website, www.westminsterclinic.org, using my credit card.

Westminster Free Clinic's Newsletter:

- Yes, I would like to receive WFC's Quarterly Newsletter electronically to my email address:
