

# THE DIFFERENCE YOU MAKE

## NEWSLETTER

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## WESTMINSTER FREE CLINIC NAMED NON-PROFIT OF THE YEAR

### Letter From the Director

Dear Friends,

**Great News!** Westminster Free Clinic was named the 2014 "Non-Profit of the Year" by the Greater Valley Chamber of Commerce. It is a big honor and more than 40 of our volunteers, donors, and staff were present to accept the award at the Chamber's Spirit of Community event.

Many thanks to all of our community supporters, the volunteers, the business community, the service clubs, the individual donors, the foundations, the corporations, the many clinic partners, and the medical community. **This is an award we share together!**

**Other recent accomplishments this year include:**

- 1) All 32 seniors who graduated from our Teen Internship Program last Spring are enrolled at a college or university this fall, **half are first generation college students.**
- 2) Westminster Free Clinic's 80 high school interns were honored and **thanked by the County Board of Supervisors** on June 17<sup>th</sup>, 2014 for their service to the community and for helping improve access to health care in Ventura County.
- 3) With the help of Kanchana Allan, a Masters in Public Health intern, WFC started a new weight loss program called "**Leaders of Change.**" It was a great success and thanks to funds she raised, we will be able to offer the program again. The program recognizes participants as "Leaders of Change" who can help others in their community lose weight as they strive to lose weight themselves. The first class had over 30 program graduates.
- 4) **WFC expanded its community partnerships this year.** CalFresh, Foodshare, Kaiser Permanente, Panera Bakery and other restaurants, the National Charity League, the National Assistance League, local Conejo Valley Rotary clubs and others, worked with WFC to feed, clothe, provide school supplies to children and support the whole health of local families by offering comprehensive supportive services at the clinic.

Thank you for helping us continue to achieve our mission and for helping us earn the "Non-Profit of the Year" award. **Together we do great things!**

Most Appreciatively,  
Lisa Safaeinili, MPH



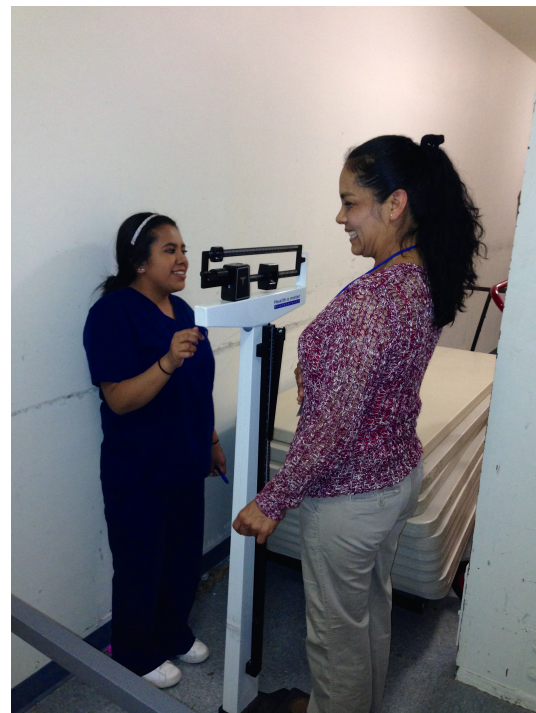
WFC is presented with the 2014 Greater Conejo Valley Community Foundation's Nonprofit Organization of the Year award by Jill Lederer, the chamber president.

**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

## Obesity Prevention Program “Leaders of Change” Inspires Healthy Lifestyle Changes



According to the Center of Disease Control 68.5% of American Adults are overweight or obese. In response to this growing health concern, Kanchana Allan, a Masters in Public Health student intern at WFC, designed “**Leaders of Change**,” a six week obesity prevention program that is culturally sensitive and aimed at enhancing educational awareness regarding obesity and associated risks, and teaches healthy lifestyle habits aimed at reducing body mass index.

The program was designed and set up as a ‘train-the-trainer’ model. **“This model positioned participants as catalysts for change and empowered participants to take control as leaders within their communities,”** says Kanchana Allan. The program was delivered in Spanish by Blanca Arias, WFC Health Educator.

Twenty-six (26) participants completed the program, which was comprised of six sessions. At each session, measurements were taken, which included weight, height, waist circumference, glucose, and blood levels. Every session consisted of a PowerPoint presentation on a relevant topic, watching one to two episodes of a television novella relevant to the topic, and group activities carried out to enhance participant engagement. Pre and post evaluations were recorded to assess the participant’s change in behaviors.

**46% Lost Weight**

**90% graduated from the 6-week program.**

Participants learned how to choose healthier foods, eat proper portion sizes, and increase physical activity. They also learned how obesity can lead to chronic conditions like diabetes and cardiovascular disease.

Program patients were empowered to take the information they learned and share it at home and with their community as “leaders of change”, to help others know how to be healthy and prevent health issues. Participants said they liked the program because they felt special and it had many different components. They also liked being trained to be leaders.

To thank program graduates for their time attending the classes and to acknowledge their completion of the training, they received certificates of completion and a gift card to a local grocery store. They were charged with taking their knowledge out to their community to inspire others to make lifestyle changes like they had.

The program is so popular there is a waiting list of new clinic patients who want to be part of the next class.

**Thanks to all who donated to make this program happen.**



# WFC VOLUNTEERS MAKE CLINIC POSSIBLE



*"Westminster Free Clinic provides an excellent service to the community. I am proud to be associated with such a fine institution."* - **Ira Tilles, M.D.**, volunteer physician (below).



*"We can use our skills and enjoy being part of the student intern program"* - From left to right: Nurses Pam Barker, Nancy Sears, and LeAnne Schai.



*"It brings me joy to help our community eat healthier and therefore improve their health."* - **Elsa Soria**, food volunteer.



*"I enjoy providing help for both the mind and the body."* - **Manuel Valdez** (below), board member and math tutor for our high school interns.



*"Being associated with WFC for the past 4 yrs has been a pleasure that I look forward to every month. I especially enjoy the camaraderie with other health care professionals, staff, and students to provide this free service to a needy community."*  
**Dr. Kenneth Winer**, volunteer chiropractor.



*"I feel there is a tremendous need in the community for an organization like this and the skills that I have are needed which makes it fulfilling and worthwhile."* - **Martha Torres**, intake volunteer.

*"I like to help the community and it is the perfect place to use my Spanish."* - **Alex Barnett**, intake volunteer.

**The Ventura County Board of Supervisors** thank WFC high school student interns for their volunteer service & support in increasing access to health care in Ventura County.

June 17, 2014





# WFC COMMUNITY IMPACT

## Mother and Son Duo Change Patients' Lives and Raise Money for Clinic



"I find I am much nicer to my mom at clinic, than I am at home." says Mike Ghaussy, who has been a student intern for the past two years at Westminster Free Clinic.

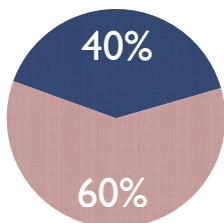
Mike's mother, Michele Ghaussy, MD, volunteers as a physician at the clinic, seeing patients who Mike and other student interns, present to her after they have taken the patient's temperature, pulse, measured respiration and determine the reason for visit. Nurses assist Mike and the other students by testing the patient's blood sugar, taking their blood pressure and having the student review what they plan to say to Michele and the other physicians about their patient. Michele says, "Working with her son and the other students is a rewarding way to contribute to the education of future physicians."

**"I didn't know there were so many people in need in the community and it was meaningful to be able to help them. Both my parents are physicians. I have learned so much at Westminster Clinic, I now understand a lot of what my parents talk about at the dinner table,"** says Mike.

Mike started attending UC Berkeley this fall where he is studying neuroscience. He has many talents, including piano playing and acting. He directed and acted in a Shakespeare Comedy at Westlake High School where he and his friends donated all of the show proceeds to Westminster Free Clinic. Michele says, "**Watching Mike and his friends perform with such passion and commitment to benefit such a worthy cause makes me proud as a parent -- and truly exemplifies the philosophy of Mother Theresa -- 'we can do no great things, only small things with great love.'**" One thing is for sure, the time they have shared together has been truly memorable.

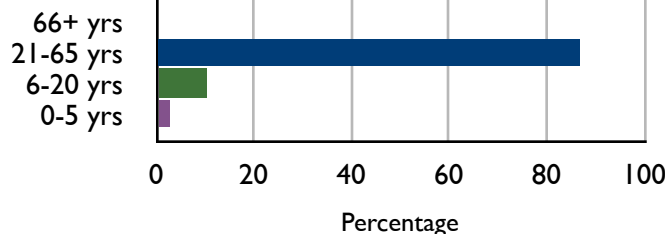
### FY 2013/2014 WFC FACTS

**Patient Gender**

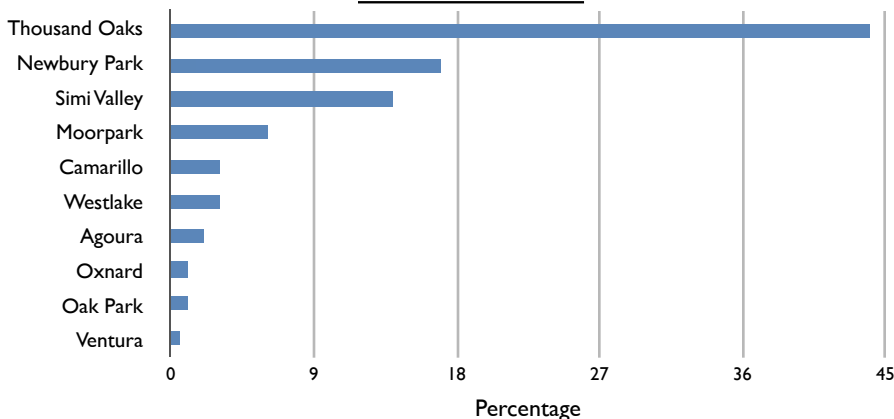


● Women ● Men

**Patient Age**



**Patient Residence**



TOP PATIENT DIAGNOSES	TOP REFERRALS
Diabetes	Labs
Hypertension/High Blood Pressure	X-rays
Obesity	Mammograms
Hyperlipidemia/High Cholesterol	Pap Smears
Gastric Conditions	Eye Exams
Depression/Anxiety	Cardiology
Allergies	Endocrinology
Backache	Orthopedics
Hypothyroidism	



## WFC INSPIRES STUDENTS TO PURSUE MEDICINE

### After 12 years, Michelle Levy comes back to clinic as Michelle Levy, MD

One can see how proud Howard Levy, MD is of his daughter, Michelle, who is now a physician and third year internal medicine resident at Kaiser Permanente in Santa Clara. Michelle started volunteering at WFC as a high school student in 2001. Soon after, she convinced Howard to volunteer as well - which he has done for the past 14 years. As a high school student interested in medicine, Michelle appreciated how Westminster Free Clinic was the first step of many in her path to becoming a physician.

**“The clinic gave me the opportunity to not only delve into the world of medicine and explore my passion, but to become part of a team, which provides crucial medical care and education to the underserved in our community,”** says Michelle. “My time at the clinic allowed me a lot of hands-on experience that has put me ahead in my classes as well as in my work as a medical student and resident,” she adds. She also notes, “I have great memories of my time at clinic helping my dad and the other doctors. I hope to come back after I finish my residency and volunteer at WFC again.”

**Howard says, “It has been such a great experience volunteering at Westminster Clinic, that I have recruited other doctors and donors to help out, too. You can see the difference you make in the lives of patients and high school student interns.”** Howard, an ophthalmologist at Kaiser Permanente in Woodland Hills, screens diabetic patients for bleeding in the back of their eyes, which, if left untreated, can lead to blindness. “Just a few months ago, I identified a young man with a retinal bleed at Westminster Clinic,” says Howard. “Finding this early will change this patient’s whole future. He will not have to lose his vision which means he can work, drive, and care for a family. It makes volunteering worth it. It feels so great.”

Michelle Levy, MD, plans to pursue a career in Oncology, another area where one can make a big difference. She says “Every day, there are new treatments and procedures for cancer and it’s exciting!” They both marvel over how big the clinic has become since the early days when they volunteered together. “It was just a small room,” Howard reminisces. “Yeah, we only saw like eight patients on a clinic night,” says Michelle, “and there were only a few student interns. Now you see over 100 patients each night and have over 80 interns in the program, and you have so many more services. The clinic has really grown,” she reflects. Michelle gave a “grand rounds” doctor talk to the current clinic high school interns in May. **“It was so awesome to be back at clinic and talk to the students,” she said.** Michelle and her father’s passion for service is truly inspiring!



Dr. Michelle Levy (right) and Dr. Howard Levy (left)



Father and daughter volunteer at the clinic together.



# HIGHLIGHTS THROUGHOUT THE YEAR

WFC partners with **Food Share, Kaiser Permanente, Westminster Presbyterian Church, and T.O. Rotary** to bring food, medical services, clothing, immunizations, and an Easter Egg hunt.



Volunteers and patients unite to form a **hiking club**.

## The Human Element Project:

Lori Shocket, MD, led our patients in an art therapy session where the patients had the opportunity to help others with diabetes through art.



## Student Advocates Leading Uplifting Decisions

This team of WFC teens is working to change the health of their own communities by making the healthy choice the easy choice where people work and live.



### 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 in honor of WFC's 20 years of Service! I would like to help the clinic reach its goal of \$200,000 being raised for WFC's Teen Healthcare Internship Program.
- Enclosed is a check donation in the amount of:  
\$ 50 \_\_\_\_\_ \$ 100 \_\_\_\_\_ \$ 200 \_\_\_\_\_ \$ 500 \_\_\_\_\_ \$ 1,000 \_\_\_\_\_ \$ 5,000 \_\_\_\_\_ Other \_\_\_\_\_
- I will make a PayPal donation online at the WFC website, [www.westminsterclinic.org](http://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:  
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