

THE DIFFERENCE YOU MAKE

NEWSLETTER

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Letter From the Director

Dear Friends and Supporters:

It has been another great year of growth, innovation, and service to those in our community. It is amazing what we have been able to do as an organization that is 99% volunteer based, and where 94% of donations go back to direct service. We thank all of you who help make this possible!

Some of the highlights of this year's accomplishments include:

1. Starting a **new Corazones Sanos (Healthy Hearts) Program** for children and adults at risk for heart disease. Thanks to a new grant from Astra Zeneca's Connections for Cardiovascular Health Foundation, and matching grants from Kaiser Permanente and others, we are seeing successful outcomes with reduction in weight, improved lab results, and healthy lifestyle changes with over 200 patients.
2. Our bilingual **S.A.L.U.D. (Student Advocates Leading Uplifting Decisions) group** is making it good business sense for 7 Latino markets in East Ventura County to partner with Westminster Clinic and offer healthy foods good for diabetics, people at risk for heart disease and people struggling with obesity. They have many other projects underway!
3. 84 high school students in our **Health Careers Pathway Program** (44 will be first generation college students), over 100 volunteer medical professionals, and over 200 non-medical volunteers serve our families regularly. It is a very successful intergenerational model of care.
4. In the past 12 months, **WFC served over 7000 people**, distributed over 500 backpacks with school supplies, provided fluoride dental varnish to over 160 children, vaccinated over 500 people, offered free exercise classes to more than 100 people, and provided free fruits and vegetables to over 350 different families.
5. A **new clinic video** can be found by typing in Westminster Free Clinic 2015 in YouTube, or viewing it on our **new website** at www.westminsterclinic.org. We invite you to be inspired and see for yourself what your support and contribution is doing.

Thank you for believing in the work we do. It is only possible because of you!

Most Appreciatively,
Lisa Safaeinili, MPH
Executive Director

Follow us on Social Media!



&

Check out our **new CLINIC VIDEO & WEBSITE!**

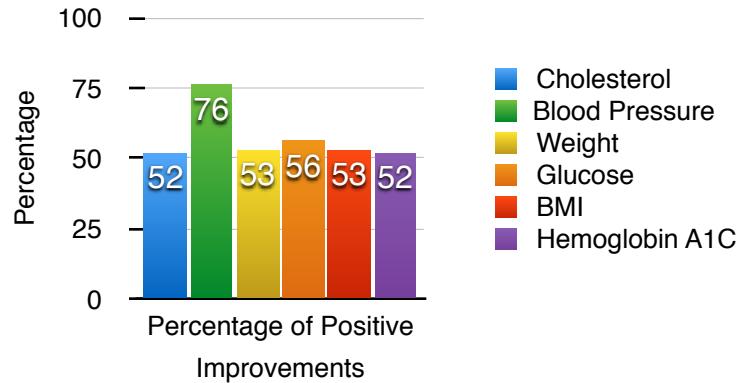
Mission Statement

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 SAVES LIVES

Corazones Sanos Program: A Success!

At the beginning of the year, we began the new Corazones Sanos (Healthy Heart) program. New initiatives were started, such as motivational activities, raffle events, and new exercise classes. In almost a year, over half of all participants have improved in at least one clinical measure.



Irma Zaragoza has been a patient of the clinic for years. Irma's motivation to lose weight and be healthier began when she joined Corazones Sanos and the Leaders of Change weight loss program and started losing weight. In the program she learned how to read nutrition labels, what she should eat, and how to eat smaller portion sizes. She followed the guidelines given to her by the dietitian and was soon on her way to feeling healthier. As Irma began to lose weight, she also felt more motivated to exercise. She joined the program's hiking club and slowly began to increase the number of days she goes hiking each week. Her family has seen the changes in Irma and now join her when she goes on her hikes. As a family, they have also changed their eating habits at home. Seeing the life changes Irma has done has motivated her mother and sister to also participate in the Corazones Sanos program, go hiking with Irma, and change their eating habits. Irma has lost 24 pounds from the time she joined the program until now. Her cholesterol has lowered by 63 points, making her in normal range. It has been a great family effort!



Norma Ruiz weighed 235 pounds and had difficulty getting out of bed. She had constant back problems, along with high cholesterol, high blood pressure levels, and a high hemoglobin A1C, so she knew she had to lose weight. She tried everything she could think of with no success. When the Corazones Sanos program had their first zumbathon back in February, her sister motivated her to attend. She was scared of dancing because she didn't want to hurt her back. However, she was surprised to see she was able to dance the whole three hours and loved it! The zumbathon was the start of her fitness journey. This is when she decided to join the Corazones Sanos program. She began going to our weekly Zumba classes and looked for Zumba classes in her community on other days. She began walking 30 minutes on her lunch breaks and was motivated by the number of steps she would take using the pedometer given to her through the program. She has continued her fitness efforts and has lost 25 pounds! She has been feeling better since she has decreased her cholesterol levels and blood pressure levels. Her Hemoglobin A1C has dropped down to normal range!

WFC VOLUNTEERS MAKE CLINIC POSSIBLE



“Volunteers don’t necessarily have the time, they have the heart.”
 -Elizabeth Andrew

A special Thank You to all the volunteers who have supported us for over 10 years...

Board Members

- Cindy Vinson, MT
- William Vinson, Esq.
- Amanda Vinson, Esq.
- Julie Martin
- Manuel Valdez
- Steven Kamajian, D.O.
- John Sullivan, M.D.
- Judy Jones, RN

Medical and Non-Medical Volunteers

- Fred Lindberg, MD
- William Haddock, MD
- Gina Howey, MD
- Timothy Horita, MD
- Michael Mah, MD
- Howard Levy, MD
- Jack Gindi, MD
- Ken Elman, MD
- Ken Cosmer, MD
- Beth Melin Perel, MD
- Judy Gindi, RN

- Joan Stern
- Jeanne Yen, RNC, Ed.D
- Judith Katzburg, PhD, MPH, RN
- Ursula Doidic, RN, MSN
- Ophra Ashur, LCSW
- Eduardo Martinez
- Alejandra Candelario
- Skip Shaver
- Catherine Kanney
- Jim Vinson
- Emma Rodriguez
- Elsa Soria

...and a special Welcome to our new 2015 volunteers!

WESTMINSTER COMMUNITY IMPACT



S.A.L.U.D. PROGRAM IMPACTS COMMUNITY

Students in S.A.L.U.D. (Student Advocates Leading Uplifting Decisions) have been working on making an impact in the East Ventura County Latino community by working with the local Latino Markets in selling heart healthy and diabetic friendly foods. So far, **8 latino markets in 4 cities in East Ventura County** have partnered with Westminster. At each market colored dots are placed by the healthier food options to let the patients and clients know which foods are good for diabetes and heart disease. Loyalty cards, newsletters, and posters are used by the S.A.L.U.D team to advocate health and increase profitability of the stores. **"It hasn't been easy convincing the stores to**



participate," says Jenny Quezada, a S.A.L.U.D. student. "It has been difficult for the students to communicate to the store owners that changes, like providing healthier food options instead of the not-so-healthy ones, are good for the community and will not decrease their clientele. Actually, the stores will have more clientele because we, the students, are advertising for them." Even with challenges such as this, the S.A.L.U.D. program has been very successful. There have been positive changes in the peoples eating habits, as well as getting more clients for the stores.

One of the next goals for S.A.L.U.D. is to expand S.A.L.U.D.'s mission outside of East Ventura county. **"We would like to expand and train other communities in order to educate families about their health and start a dot system in their communities as well," says Rosa Mejia, a S.A.L.U.D. student and freshman at Cal State University, Channel Islands.** Currently, the students are reaching out to teen groups in Fillmore and Santa Paula. They have been able to establish presentations to show the teen groups in those areas that they can also make a difference in their communities. **"It doesn't take a big group to start making changes," says Rosa. "We started with 4 students wanting to make a difference and now there are 25!"**

S.A.L.U.D students stay busy and are always working on different projects for positive changes. One of their next activities will be to organize the yearly zumbathon for the beginning of 2016.

WESTMINSTER'S WISH LIST...

- Gently used **clothing and new shoes** for our patients and their children.
- **Office supplies** such as paper, binders, paper clips, peechee folders, and labels, to continue to provide health education materials to our patients.
- **Laptops** for easy documentation of medical visits and/or for students who do not have a computer for school.
- **Children's Books** for our patients children.
- **School Supplies**
 1. Graphing/Scientific Calculators for the High School student interns who cannot afford them.
 2. Supplies for elementary, middle school, and high school children.
- **Adopt a Family** to help during the holiday season or throughout the year.
- **Gift cards** to Target to provide for a family in need or to thank patient volunteers.

WFC INSPIRES STUDENTS & THEIR FAMILIES

YVETTE'S STORY

Yvette Flores's story at Westminster Free Clinic (WFC) starts in 2004 when Yvette learned through her HS career center that high school students volunteered at the clinic. This was the beginning of the clinic's long-term relationship with the Flores family. **Yvette volunteered at WFC for 3 years.** As a volunteer, she became involved in all aspects of the clinic from patient care to health screenings and community outreach. Yvette completed the International Baccalaureate (IB) Program at Newbury Park High School. WFC supported her efforts in applying to college, writing her essays, and believing in her future. One thing Yvette said was very helpful was seeing other student volunteers at WFC, with similar backgrounds, accepted into college. **"It was great to see other young people who I identified with being successful," she said.** With Yvette's grades, volunteer experiences and leadership, she not only got into college, she was accepted into the most prestigious schools and **decided to attend Stanford University where she received a generous financial aid package.** It was a very big step for her parents to let her go away to school. It was a great cultural shift to have their daughter leave the house at such a young age.



Before leaving to college, **Yvette decided her younger 14 year-old sister would benefit from WFC's Teen Healthcare internship, as she had.** Her sister was not so sure; she did not have concrete plans about what profession she wanted to pursue at that time. Nonetheless, she ultimately started volunteering as Yvette left for Stanford. Shortly after, **Yvette's parents found themselves benefitting from the services of WFC,** after the factory they worked for moved away in 2007. Having lost their jobs they became uninsured and they started coming to WFC for their health care. Yvette continued her studies at Stanford and in the summer of 2008, Yvette participated in a program through Stanford called Summer Work Study that paid her to work at a non-profit of her choice for 3 months. Yvette chose to come back and work for WFC. Yvette knew the clinic's mission, she knew the needs of the patients inside the clinic and in the community, and she was extremely responsible and efficient which benefitted Westminster. Meanwhile, Yvette's sister became an outstanding volunteer at WFC. She grew to really enjoy it and realized that she wanted to become a nurse. She continued taking the necessary classes to go to college and she ended up in the San Francisco Bay Area at a private college called Dominican University of California where she earned a Bachelors in Nursing Science. Yvette's sister is now preparing to sit for the state nursing license exam.



Presently, **Yvette is completing her Masters in Social Work at UC Berkeley.** She continues to volunteer and give back to her community both in California and in Mexico. Most recently Yvette has chosen to give back to her current community in the East Bay as a Board Member for La Familia Counseling Service, a nonprofit which serves Latinos in the Southern Alameda County area. She also recently returned from a 6 week service learning trip where she was able to support a nonprofit in the Mexican state of Oaxaca. In Oaxaca, Yvette was able to learn about the needs of Latino migrants in transit through Mexico, and was able to assist the agency in drafting a grant proposal for additional funding. Yvette is also working at the UC Berkeley School of Social Welfare as an Admissions Assistant helping prospective graduate students have success applying to school. There is no doubt Yvette and her sister will make a big difference in the lives of many as they pursue careers in the healthcare field. Their parents are so proud and **we are all excited to see what they decide to do next!**



WFC NEEDS YOUR HELP!

Do you know a **Physician, Nurse Practitioner, or Pharmacist** who wants to help the community and mentor high school students, but feel like they do not have the time?

NO NEED TO WORRY!

BY COMING ONLY 4 TIMES A YEAR THEY HAVE THE OPPORTUNITY OF SAVING THE LIVES OF 20 PEOPLE!

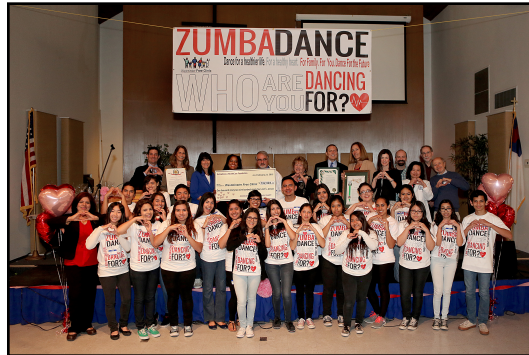
Spread the word and make a difference!

For more information, send us an e-mail or give us a call.

HIGHLIGHTS THROUGHOUT THE YEAR



Teens in our Teen Healthcare Pathways and Internship program took several field trips to different medical centers for a further understanding of careers in healthcare. (top)



S.A.L.U.D. Students organized a very successful zumbathon at the start of the Corazones Sanos program. Over 100 patients, dignitaries, and staff were there to kick off the new program and the importance of heart health. (left)

Once again our annual Easter egg hunt was very popular among our patient community with 100 children getting goodies. (below)



Thanks to Kaiser Permanente and the Rotary Club of Thousand Oaks, over 500 backpacks with school supplies were distributed this year! (right)



In an effort to support the whole health of the patient, motivational activities, such as creating a vision board, were offered throughout the year. (right)



YOUR DONATIONS PROVIDE...

- \$25 = Antibiotics for 50 people
- \$50 = Medical supplies for 75 people
- \$75 = Support of the Teen Healthcare Pathways Program
- \$100 = Diabetic medications, labs, Immunizations, etc. for 1 patient
- \$250 = Privacy screens for patient rooms
- \$500 = Diabetic Test Strips and Lancets for 50 Diabetics
- \$1,000 = Labs, X-rays, and Mammograms for 30 women
- \$5,000 = Cardiovascular and Diabetes Prevention 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:



Don't forget to add Westminster Free Clinic to your AmazonSmile account for a 0.5% donation of the price of your eligible purchases to our organization. "You buy, Amazon gives."-Amazon