

THE DIFFERENCE YOU MAKE

NEWSLETTER

WFC SAVES LIVES

Alex and Martha tell their stories.

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Letter From the Director

Dear Donors, Volunteers, & Community Partners,

2017 was a great year! Many thanks to all who have made it possible to serve over 8,000 grateful patients, as well as over 100 high school and college student volunteers at Westminster Free Clinic. You are changing ALL of their lives for the better!

I would be remiss if I did not add that our amazing physicians, dentists, nurse practitioners, podiatrists, ophthalmologists, nurses, physical therapists, chiropractors, dietitians, psychologists, pharmacists, case managers, health educators, medical assistants, and other medical and non-medical volunteers feel their lives are being changed for the better too. They regularly mention how much they benefit from the positive energy and enthusiasm felt by all when they volunteer. We are so grateful for their help and they are grateful for yours as well.

The support of our donors and community partners make it all possible.

Our newest program, **Healthy Teeth, Healthy Smiles**, was launched in November and we are now able to offer free dental cleanings and x-rays in addition to our education, assessment, fluoride varnishes for kids, and referrals to treatment partners. We are grateful to all the dentists, hygienists, and dental assistants who have offered to help at our dental site and in their own offices. We always need more partners, so please let your favorite dental professionals know they can join us!

We have had amazing health outcomes for patients this year. We had our first graduating class of high school interns who are certified medical assistants, and our students are reaching their goals and going to college. We are currently working on reconnecting with all of our past alums. Check out the year's clinic highlights in this newsletter and learn more about the difference you have made!

Most Appreciatively,
 Lisa Safaeinili, MPH
 Executive Director

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.

Come by Westminster Clinic any time to be inspired and see the difference you make!
 Check out our new video on our YouTube page, WestminsterClinic, and follow us on Twitter (@WestminsterCCC), Instagram (westminsterclinic), Facebook and LinkedIn (Westminster Free Clinic).

WESTMINSTER SAVES LIVES

WFC CREATES A SPACE FOR GREAT HEALTH OUTCOMES



Martha Ortiz came to Westminster Free Clinic without knowing her cholesterol level was extremely high. When she found out that she was at risk, she made the decision to join the Corazones Sanos (Healthy Hearts) program. Before the program, Martha did not exercise. She would always make excuses and say she was tired, she didn't have time, and that she already did enough during the day. As she became involved in the program, she participated in everything she could. To her surprise, she enjoyed the exercise classes and began hiking. She loved it so much, she aimed to do it everyday. She felt as though it liberated her from the stresses of life and it energized her. Martha went from weighing 159 pounds to weighing only 139 pounds. She not only participated in the exercise classes, but also in all the health and motivational classes offered through the program. She was motivated to eat healthier and began to see life in a different and positive way. "The nutrition information received in the classes and the motivation from the educators showed me how to make healthy changes that helped reduce my high cholesterol from 430 to 190 points!" says Martha. She is very grateful for the Corazones Sanos program and the team that has helped her reach her goals.

"...the educators showed me how to make healthy changes that helped reduce my high cholesterol from 430 to 190 points!"

"I have been able to lose 12 pounds!" says Alex.



Alex Alvarez knew he had high cholesterol levels and was overweight. As he began to attend the health education classes at WFC and started to see the dietitian, he realized the damage he was doing to his body. Alex used to drink up to two cans of soda a day, and he would eat everything that was put on his plate. By learning what and how to eat, he began making small changes. He has completely stopped drinking soda and has begun to monitor the portion sizes on his plate. Alex also started exercising for an hour daily about four times a week. "I have been able to lose 12 pounds!" says Alex. His HDL is now within normal range, his Hemoglobin A1C, which measures sugar levels in the blood, has dropped a point, and his Blood Pressure is within normal range. "My life has changed and I feel better, both physically and mentally" says Alex.

WFC SUPPORTS THE WHOLE HEALTH OF THE PATIENT!



WFC VOLUNTEERS MAKE CLINIC POSSIBLE



Vision Restored

Health Education



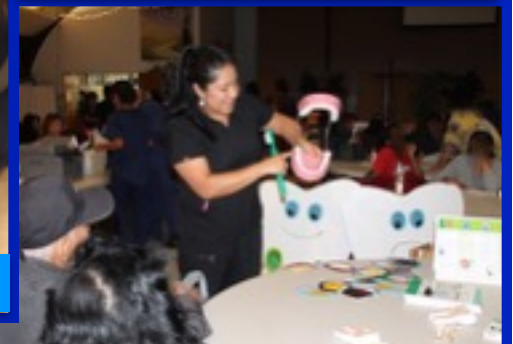
Free SAT/ACT PREP Courses



High School Students and Medical Professionals work as a Team to create access to care.



Healthy Heart Kids Club



Latino Markets in 5 cities partner with WFC to provide healthy foods to the community, as well as participate in community health screenings.



Dental Education and Fluoride Varnish to Prevent Decay

WESTMINSTER COMMUNITY IMPACT

BY THE NUMBERS 2017



8,000+
Medical Services
Provided



100+ Vision Services
provided, including free
cataract surgeries,
exams, and glasses



500+ Dental Services
provided, including
assessments, fluoride
varnish, and education.

7,000+ Preventative
Diagnostic Testing
Provided

- 58% of diabetic patients showed improvement in Hemoglobin A1C levels.



1,300+ Mental Health
Services Provided

1,000+ Different
people served
through community
health screenings
and 120 were
identified with chronic
conditions



650+ Exercise
Services Provided,
including zumba and
yoga.

- 83% of patients with high blood pressure showed improvement



3,700+ bags of fruits
and vegetables were
distributed to different
families



2000+ Health
Education Services
Provided

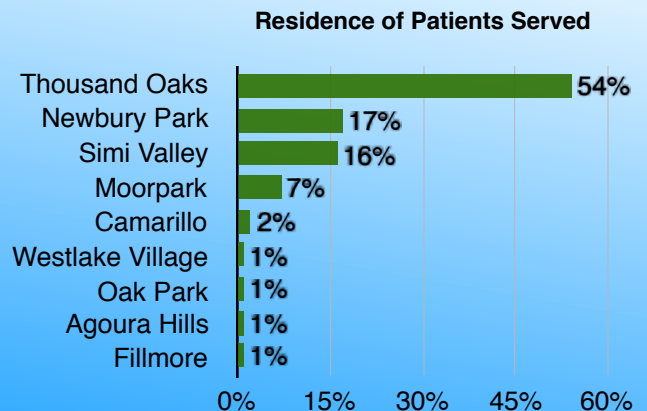
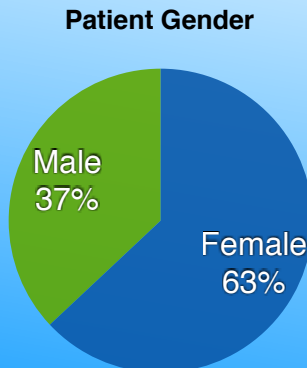
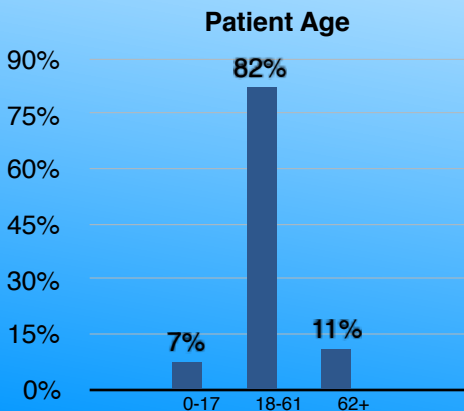


36,000+ Strips and
Lancets Provided to
Diabetic Patients

- 86% and 66% of patients improved their LDL and HDL cholesterol levels.

- 87% of patients improved their triglyceride cholesterol levels.

Patient Demographics



WFC INSPIRES STUDENTS & THEIR FAMILIES

JENNIFER'S STORY: An inspiration to others



Jennifer Palomino, MPH, CHES, wanted to be a veterinarian or pediatrician as a child. When she learned of the Teen Healthcare Training and Internship program at Westminster Free Clinic through her parents who were patients, and her cousin who participated in the teen program at the time, she decided to apply as well. In 2005, Jennifer was a sophomore at Thousand Oaks High School and for three years Jennifer spent her Wednesday nights interning at the clinic. She became part of the medical team, translating for patients, writing down the patient history and chief complaints, and taking their vitals. "It opened my eyes to seeing how much need there was in our community, specifically for the uninsured population. I enjoyed helping the patients get the care they needed. It gave me joy every time a patient would come up to me towards the end of the night just to thank me for the help. In addition, it was great interacting with the doctors, nurses and other professionals. The weekly evening "doctor talks" were very insightful; I am glad they still take place after so many years. Getting to know different students from different high schools was also a great experience. All the great memories and friendships that evolved from the program made my overall experience truly unforgettable" says Jennifer. During her senior year in high school, she was promoted to Student Manager where she learned other valuable skills, such as how to effectively communicate, lead, and motivate others.

Jennifer was the first in her family to attend college. After graduating High School, she went to the University of California, Riverside. It was very tough for both Jennifer and her parents to be away from each other. Jennifer became very homesick, which drove her to the decision to leave UCR and finish her sophomore year at Moorpark College. Jennifer transferred to California Lutheran University her junior year and graduated in 2012 with a Bachelors of Science in Biology and a Business Administration minor. Jennifer knew she wanted to continue her studies and attend graduate school, but she had to take a year off in order to care for her mother, who had a serious medical condition. At this time, Jennifer realized she wanted to focus on promoting healthy behaviors to prevent and manage chronic diseases. This led her to pursue her Master's degree at the California State University of Northridge, in the Community Health Education Program.

Jennifer currently works as a Health Educator in the Child Health & Disability Prevention Program at Ventura County Public Health. She is in charge of coordinating presentations and health fairs for the general public, medical providers, and community-based organizations. After High School Jennifer promised herself she would some day come back to clinic, educated, and ready to give back to her community. After 10 years, Jennifer has kept her promise and has returned to WFC as a volunteer. She still keeps in contact with student alums from the program. "Although, we all did not continue in medicine, we all did end up working in some form in the health field." Jennifer hopes in the near future to obtain her Doctorate degree in Epidemiology and start a nonprofit organization to empower rural Peruvian women and children in achieving optimal health.

WFC needs your help!

- Office supplies (pens, paper clips, copy paper, etc.)
- Ink cartridges for laser printers (HP 85A Ink, HP 564 Ink)
- Paper plates, cups, & napkins
- Plastic utensils (spoons & forks)
- Trash bags
- Clorox wipes
- Ziplock bags (Quart and Gallon)
- Gift cards (Target, Vons)
- Avery labels #5395

HIGHLIGHTS THROUGHOUT THE YEAR



The Conejo valley youth commission honors our students for the wonderful community work they do. (left)



Students in SALUD (Student Advocates Leading Uplifting Decision) talk to the Conejo school administrators and parents about the challenges they face. (right)

In 2017, 20 High School students graduated as certified medical assistants - the first graduating class at WFC!



253 Corazones Sanos (Healthy Heart) participants celebrate their successes! 100 were new participants in 2017 and 153 have participated in the program for 2-3 years!



35 of our 86 high school student interns graduated in May with 99% headed to college. We thanked them for their hard work at the yearly teen picnic.

YOUR DONATIONS PROVIDE...

\$25 = Allows 50 people to receive antibiotics

\$75 = Allows us to immunize community members against tetanus, diphtheria, and whooping cough

\$100 = Allows 1 diabetic patient to receive medications and labs for 1 year

\$500 = Allows 50 diabetics a month to receive strips and lancets

\$1,000 = Allows 30 women to have labs, x-rays, or mammograms

\$2,500 = for Teen Internship and Training Program - allows over 90 high school students to receive career training and scholarships

\$5,000 = for Dental and Cardiovascular Health Programs- allows 200 people to become healthy and care for their families

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:
 \$50___ \$100___ \$250___ \$500___ \$1,000___ \$5,000___ 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 Annual 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.

