

THE DIFFERENCE YOU MAKE

NEWSLETTER

<p>Diabetic Clinic <i>Under the leadership of Diabetic Clinic Coordinator, Judy Gindi, RN, patients receive comprehensive care and are improving their health.</i> Page 2</p>	<p>WFC Volunteers Make Clinic Possible <i>Volunteers share their time and talent to benefit and change the lives of others.</i> Page 3</p>	<p>Mother-Son Team Changes Lives <i>Dr. Gina Howey and son, Lucas, dedicate time to changing lives in their community.</i> Page 4</p>	<p>Where Are Our Students Now? <i>Past WFC high school student interns update us on their lives and their favorite memories of clinic.</i> Page 5</p>	<p>Highlights Throughout the Year <i>A new Clinic Coordinator, the HUman Element, crowds of people line up for help, volunteers in action.</i> Page 6</p>
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Letter From the Director

Dear Friends and Supporters,

Welcome to our fall edition of Westminster Free Clinic’s newsletter. We have accomplished a lot in the past six months including:

- 1) 31 new medical professionals joined our volunteer team of providers, allowing WFC to increase both the number of patients served and the number of HS students in our Teen Intern Program. WFC has over 300 volunteers now.
- 2) WFC’s Teen Internship & Training Program has 84 high school students this year, 42 are bi-lingual in Spanish and English. Our new class of 34 interns will complete their initial training this fall and will earn their name on their scrubs soon.
- 3) Free SAT prep classes continue to be offered by Michael Mah, MD, and College and Career Counseling is offered by Joan Stern. Both help all student interns have a chance to reach their goals of going to college and increase their earning potential.
- 4) We had a match of over \$1,000,000 in donated goods and services to help us serve our patients this year. Every dollar donated makes possible over \$25 in medical care.
- 5) We saved many lives including a 23 year old girl in kidney failure, a 31 year old man diagnosed with cancer, and a 60 year old woman whose ankle pain turned out to be a tumor and leukemia. All are very thankful they found out early enough.

WE NEED YOUR HELP. Within the next few months we will no longer be able to use our current free electronic health record system. Purchase of a new system to serve patients and collect data for grant reports is required. We are seeking \$18,000 to cover operation of the new system for three years, transfer of patient data, and training needed. We hope you can assist.

Thanks to all of you for your ongoing support, which is changing the lives of our patients, their families and of all our high school interns. Together, we partner to deliver quality healthcare!

Most Appreciatively,
 Lisa Safaeninili, MPH
 Executive Director



www.facebook.com/westminsterfreeclinic



Joan Stern, Volunteer College & Career Advisor, along with other Friends Board members, put on a year-end picnic celebrating the graduation of high school Clinic interns.

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

Diabetic Clinic



CRPD Zumba instructor, Ana Torres, offers weekly classes at WFC to patients.

The Diabetic Clinic is a WFC program offered to help diabetics control their condition and have better health outcomes. Diabetes is one of the top diagnoses at WFC. With prevention and medical care the side effects can be decreased.



Blanca Arias (R), a bilingual health educator, enlists the help of patient volunteers. With her team, she provides food demos, food tasting, education and distribution of fresh produce through Foodshare. Over 50 patients participate weekly.

Howard Levy, MD (below), a Kaiser Permanente Ophthalmologist, donates his time to provide diabetic retinopathy screening to help people with diabetes save their vision. He has been a WFC volunteer for 11 years. He first volunteered with his daughter, who is now a physician.



"In the Old Testament there is a passage that references our duty to 'tikkun olam,' which translates to "take care of the world". Volunteering at the diabetic clinic allows me to help take care of the world in a small way. The gratitude of all the patients and the help of the staff make it a pleasure."

Charles Kelman, DPM



"Westminster Clinic saved my life", says Eve after she was laid off from her insurance job of 22 years. "I was only 60 and no one wanted to hire me. With no health insurance and untreated diabetes I got really sick. Then I found WFC and they helped me until I turned 65 and got Medicare. They were angels, especially Judy Gindi, RN (the Diabetic Clinic Coordinator). I am grateful to everyone there."



"I enjoy working at the diabetic clinic because the patients are motivated and as doctors we are able to make a closer connection with the patients and use the team approach to affect meaningful change in their lives and health" Ken Elman, MD



Laura Gonzalez, RD, provides individual nutrition counseling. As a bi-lingual dietitian she is able to help everyone understand dietary changes that will benefit their health and works with patients to develop a personal plan.

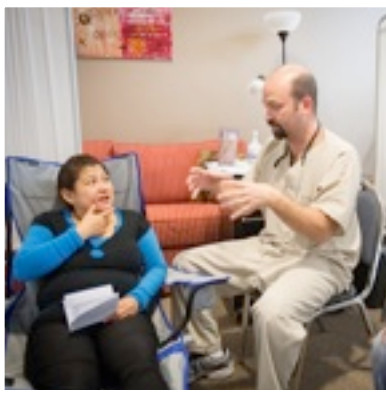
WFC VOLUNTEERS MAKE CLINIC POSSIBLE



"I like WFC because it's what healthcare should be. No one is worried about getting paid, they are there because they care and they want to help people. Everyone is so friendly."
Gabe Swerdlow, EMT

"It feels great to be helpful. I enjoy working with the students and the other volunteers by supporting their use of the electronic health records system. It's great when your professional skills can be used in a noble way."
Svetlana (Lana) Arutyunova

Drs. Shocket, share a pin designed by Lori that is the Human Element (Hu 119) an "addition" to the periodic table. Volunteers at WFC receive this pin for the important work they do at the clinic. After their "doctor's talk" Neil and Lori distribute the pin to the high school interns.



"I love helping people and making smiles happen."
Chris Huber, DDS

IN MEMORY OF Kim Banks



1954-2012



"Volunteering at WFC, even with my busy schedule, always gives me energy and joy. I'm fortunate to have found this clinic. Getting to spend time with my coworkers and these patients is a great blessing." Joseph Cabaret, MD

Kim was a very special lady who coordinated the meals for Westminster Free Clinic volunteers each week for many years. Medical professionals and student volunteers are at the clinic from 5pm to 10pm or later. Kim's efforts kept them from being hungry and made them feel appreciated. She also gave non-medical volunteers a way to help out. This program has now been named in her honor. The contributions you made in Kim's memory will leave a legacy by saving the lives of people without health insurance and inspiring high school students to become health professionals like Kim.

Thanks to All Who Donated in Memory of Kim Banks.

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|------------------------------|--------------------------------|---------------------------|----------------|
| Bob Banks & Family | Erin McCabe | Rochelle Hoylman | Karen Roberts |
| Jay Mastilak | Elizabeth Hoskinson | Lisa Safaeinili | Julie Saul |
| Friends at Anthem Blue Cross | Christopher and Doranne Fotsch | Doris Gillespie | Julia Snyder |
| Michael Kelley | Evelyn Mahannah | Linda Nafie | Rayna Martin |
| Cindy Cornell | Heather Kennedy | Bruce and Carolyn Altrock | Kathy Solomon |
| David and Patricia Allen | Lawrence and Lynn Ciuffitelli | Patti Gonzalez | Ethel Chambers |
| J.A.H. Living Trust | Barry and Pat Phelps | Wayne and Susan Robb | Yvonne Boston |
| Riley Neel | Kevin and Pat Casey | Rachel Gottlieb | Tiffany Doyle |
| Virginia Cammalleri | Janice Smith | Peggy Buckles | |
| Shirley O'Donnell | Adamick Family | Susan Malone | |

WFC COMMUNITY IMPACT

Mother-Son Duo Changing Lives

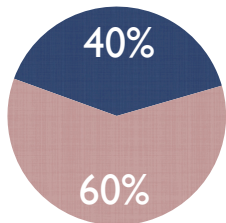
“I like learning from the doctors. I was so surprised how many patients have diabetes and high blood pressure,” says Lucas Burstein, Dr. Gina Howey’s youngest son. Both volunteer at Westminster Free Clinic (WFC). This is Lucas’ first year volunteering at the Clinic as he follows in the footsteps of his older brother and sister. Both siblings volunteered at WFC in past years and one is now in Law School and the other is pursuing a career in medicine. Lucas is staying open to all possibilities, but is considering a career as an emergency room doctor after his conversations with ER doctors at Westminster Clinic. He said the fast pace and changing issues sound exciting to him. Dr. Howey has volunteered at WFC for the past seven years. “I like the high school student interns,” she says. “It’s fun to get to know them and what is going on for them. It’s fun to watch them grow and see which colleges and careers they decide to pursue.” She also adds, “The patients are great too; they are so grateful. **I really feel like I can help people who otherwise might not have a way to get help.**” Lucas is impressed by how efficient everything is done at WFC. One patient told him it would take 2-3 months to receive an appointment somewhere else, but she had her problem solved with one visit to WFC. On Wednesday nights, Dr. Howey often helps with “grand round doctor talks” at the end of the night. These 10-15 minutes talks, given by volunteer doctors cover topics such as best medical practices for health issues, or other concerns students may raise, careers in health care or



general topics like reaching your goals, and why they give back to their community. “**There is so much positive energy at WFC,**” says Dr. Howey. “Everyone is here for a good reason. Patients are happy, students are here to learn, volunteer medical professionals want to be here. “It is clear Dr. Howey and her son enjoy volunteering and giving back together. They make a great mother-son team, changing lives of people together.

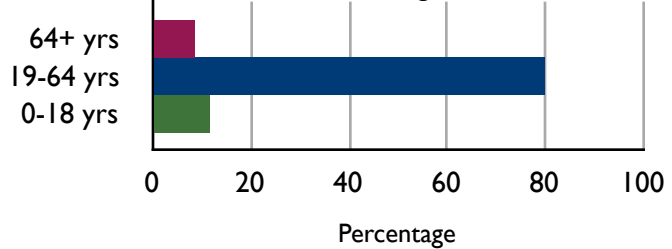
FY 2012/2013 WFC FACTS

Patient Gender

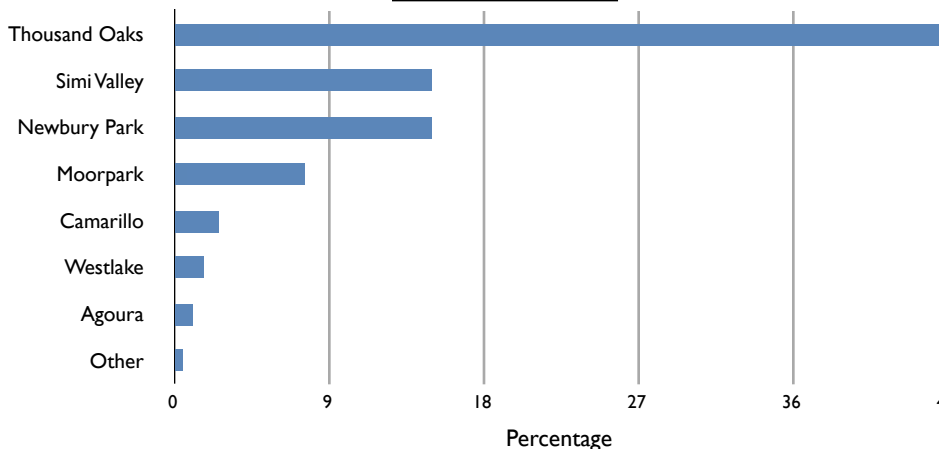


● Women ● Men

Patient Age



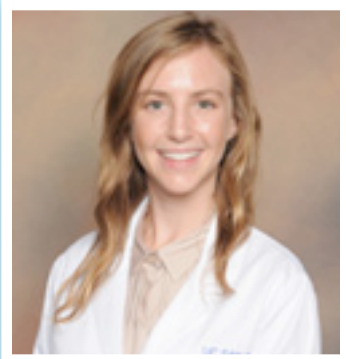
Patient Residence



TOP PATIENT DIAGNOSES	COMMON REFERRALS
Hypertension & Heart Disease Type 2 Diabetes Depression Anxiety Urinary Tract Infections Obesity Hypothyroidism GERD & digestive issues Back Pain Arthritis	Labs X-rays Mammograms Ultrasounds Pap Exams

WFC INSPIRES STUDENTS TO PURSUE MEDICINE

Where Are Our Student Volunteers Now?



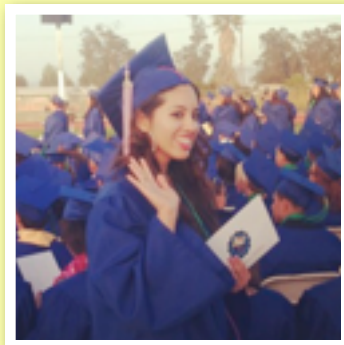
Elizabeth Elman

“My favorite clinic memories are from the learning circles after clinic, where we would go over interesting and important learning points from the night’s clinic.”

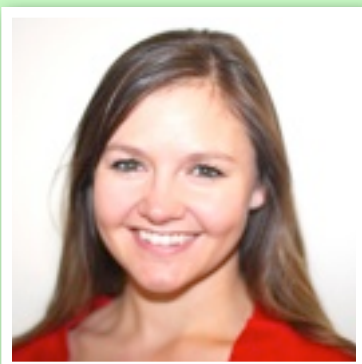
Elizabeth Elman is currently a 3rd year medical student at UC San Diego in their medical scholars program. As a senior in high school, Elizabeth was accepted to this prestigious program which automatically conferred her acceptance into UCSD’s medical school. Elizabeth believes that her experiences at WFC are what solidified her desire to become a doctor because she saw, firsthand, how beneficial medicine can be, especially in communities with limited access to care. Elizabeth truly practices her belief in serving the underserved as she continues to volunteer at the Student-Run Free Clinic through UCSD. “I plan on doing similar work for the duration of my career,” Elman says, as she follows in the footsteps of WFC volunteer doctors.

“While volunteering at WFC, I acquired skills such as responsibility, assertiveness, and how to be a team player - skills that helped shape the individual I am today.”

Vivian Linares just graduated with her second Associates of Science Degree, making her a Registered Dental Hygienist, in addition to her degree as a Certified Nursing Assistant with Certifications in Medical Assisting, Phlebotomy, and Dental Assisting. Growing up in an immigrant family, Vivian remembers cleaning houses with her parents and cooking dinner for her family, in addition to going to high school and completing her homework. On top of her many responsibilities, Vivian was also a long-term volunteer at WFC. While at WFC, she noticed the need for bilingual dental professionals to serve in low-income communities. Vivian looks back on her experiences as a WFC “promotora” in the community outreach program as being eye-opening to the benefits of bringing medical services into communities with transportation barriers. “I can remember the numerous amounts of referrals the RN would encounter every weekend for undiagnosed high blood pressure and high glucose readings. Being a promotora is my favorite Westminster Clinic memory because every time we went out into the community we made a huge difference and saved so many lives.”



Vivian Linares



Barbara Mazina

“I am deeply grateful for the experience, mentorship, and support I received from all the clinic volunteers, and treasure my time at the clinic as a very special time of growth.”

Varvara “Barbara” Mazina, who immigrated to the U.S. from Russia at the age of thirteen, is currently a second year medical school at the University of Washington School of Medicine. While learning a new language and adjusting to life in the U.S., Barbara began volunteering at WFC. Barbara believes her experiences at the clinic directly influenced her decision to pursue medicine and work with the underserved as a career. “The hands-on clinical experiences that I was able to learn from the clinic are still some of the best that I’ve had until medical school itself,” Barbara attests as she recognizes the unique nature of the WFC Teen Volunteer Program. Barbara fondly remembers a patient she got to know very well who not only received the medical treatment she needed, but also the continuity of care that allowed her to feel connected to a community of physicians, nurses, and other providers who were all engaged in her care and made her feel hopeful and loved.

HIGHLIGHTS THROUGHOUT THE YEAR



Kaiser Permanente of Woodland Hills, the Rotary Club of the Conejo Valley, S.ERV.E. and the Christian Church of Thousand Oaks made sure over 150 WFC children had back packs filled with required school supplies so the children could be ready for school on their first day. The children were so grateful and happy.



Crowds of local uninsured adults and children line up for vaccinations funded by Kaiser Permanente Woodland Hills and the Rotary Club of Thousand Oaks. Kaiser Permanente staff also donated their time to provide the vaccines. In October, free flu shots are offered.



Charlyn Gutierrez (right) the new Clinic Coordinator, and Veronica Villa (left), the Teen Coordinator since 2006, work as a team to make sure all volunteers have a good experience at WFC.



Volunteer dietitian Doris Barnhart (right) and patient help in the Diabetic Clinic and main clinic with nutrition education and food distribution from FoodShare.



200 diabetic patients received a pedometer from the Rotary Club of Westlake to help them learn how many steps they need when exercising to lower their blood sugar levels and improve their health. Edwin Velarde, leads the effort.

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 bi-annual Newsletter electronically to my email address:
