

# THE DIFFERENCE YOU MAKE

## NEWSLETTER

### WFC SAVES LIVES

The Corazones Sanos program makes an impact on patients' lives. Sonia and Guillermina tell their stories.

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### WFC VOLUNTEERS MAKE CLINIC POSSIBLE

Volunteers share their time and talent to provide whole person-centered health care.

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### WFC COMMUNITY IMPACT

WFC Teen Program Alumna, Cielo Mejia, promotes education equity and health equity in schools and the community.

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### WFC INSPIRES STUDENTS

Former student interns, Kelsey Krigstein and Alejandra Toledo inspire others.

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### WFC BY THE NUMBERS

You can support us in many ways...

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## Letter From the Director

### Dear Clinic Family,

What an amazing year it has been! We have served over 8,000 people and trained over 100 high school students and 30 college students this year. Over 50 of our high school interns are ready to be medical assistants certified by the state of California when they turn 18.

It has been 20 years since the two year Teen Healthcare Internship and Training Program started and we are sending out an alumni survey to our many program graduates to learn what they are doing and how the clinic impacted their lives. We will have a report of our compiled alumni feedback in 2019.

We were honored to be selected to provide three presentations at national conferences this year. We were asked to share our best practices and patient health outcomes, making it possible for others to replicate our successful model.

We provided cataract surgeries to 18 people who could not afford them and 409 dental services including cleanings and x-rays with treatment at a local dental office. Our mental health services continue to grow with over 924 people served, and more doctors are volunteering and helping our patients have early access to health care. Our high school students were also actively involved in education equity and health equity efforts to make sure everyone has a chance to succeed and be healthy.

While many great things are happening at WFC, we always need more help. For those who are ongoing supporters, we appreciate your assistance. For those who are new, here are some ways you can help:

- Recruit volunteer medical, dental, and vision professionals to help at WFC
- Recruit medical, dental, and vision partners for referrals to their offices for more complex cases
- Assist with linking us to local medical, dental, and vision businesses that can donate healthcare items and services to WFC
- DONATE or find donors to continue the important services WFC provides to the community, and support the two year Teen Healthcare Training Program

All of this can happen by linking people you know to our website at [www.westminsterclinic.org](http://www.westminsterclinic.org).

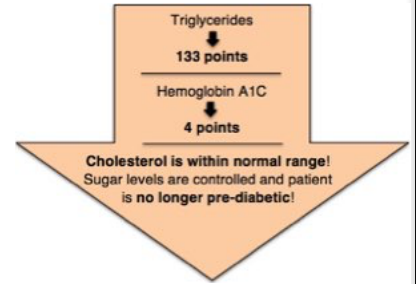
This support helps many low-income families in our community who are struggling with their health. It also helps many high school and college students have a meaningful place to serve their community and train for careers in healthcare. We are all making an important difference together and we thank you!

Sincerely,  
Lisa Safaeinili, MPH  
Executive Director

# WESTMINSTER SAVES LIVES



My name is **Sonia**, I am 28 years old. I moved to Thousand Oaks about three years ago from El Salvador and became a nanny to two children. I began getting dizzy spells in 2017 and having no health insurance, I came to WFC. At WFC I learned that my Triglycerides were at 262, way above the normal range of 150 and that my glucose levels were high too. WFC helped me decide to make changes so I could continue to be a good nanny for the children I was caring for. I made an appointment with WFC's dietitian to help me with my eating habits. I recognized that stress was a driving force in how I ate, so I also decided to attend behavioral health classes to help me overcome when I am stressed. Since then, I have dropped my triglyceride levels **from 262 to 129**. I am so happy my **Hemoglobin A1C levels have also dropped from a pre-diabetic range of 6.3 to a normal range of 5.9**. Now I feel so much better and have the energy to keep up with the children! I am so grateful to Westminster Free Clinic for their help.

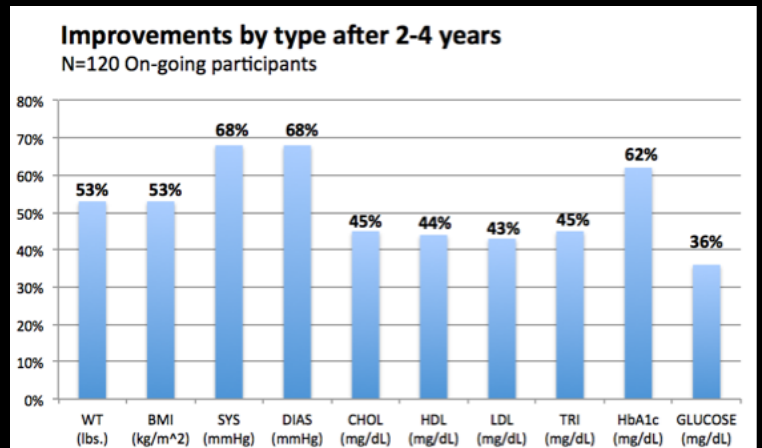
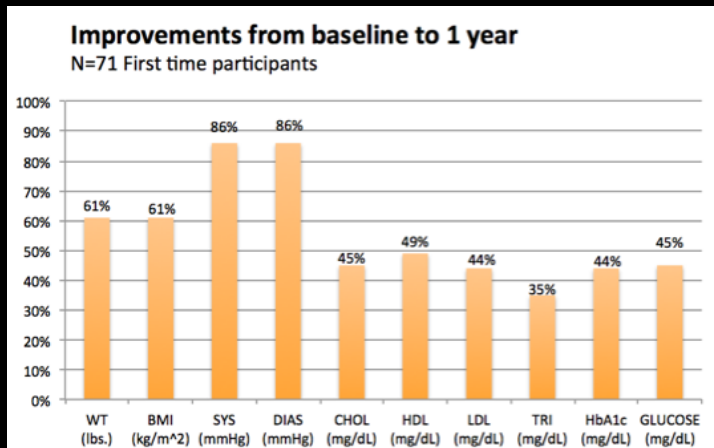


My name is **Guillermina**, and **three years ago my Hemoglobin A1C was at 9.1**. I was overweight and had a hard time walking, I used a cane. I began to attend the health education classes, where I received information on the importance of taking my medication and the changes I needed to make in my eating habits that would improve my glucose levels. In addition, I began walking for about 15 minutes a day. Since then, **my Hemoglobin A1c has dropped to 6.4 from 9.1**. I not only walk two miles a day now, but I take zumba classes and go on hikes, which keeps me motivated because I see the changes in my body. I no longer use a cane and continue to have the desire to improve my health!



## Corazones Sanos 2018

Percentage of Participants with Favorable Outcomes After Completing Pre- and Post-Clinical Measures



# WFC VOLUNTEERS MAKE CLINIC POSSIBLE

**Aaron Choroomi, DDS**  
**Healthy Teeth, Healthy Smiles**  
**Dental Program**

Good Oral Health  
 =  
 Good Overall Health

“I am honored to be a part of this organization and I feel privileged to have a small hand in helping those in need. The joy of serving the disadvantaged should always be a part of one’s path.” -Dr. Choroomi



**Fred Lindberg, MD**  
**Primary Care**

“WFC is about people helping people. If you listen to your patient, they will tell you what is wrong, but if you really listen, they will tell you how to make them better.” - Dr. Lindberg

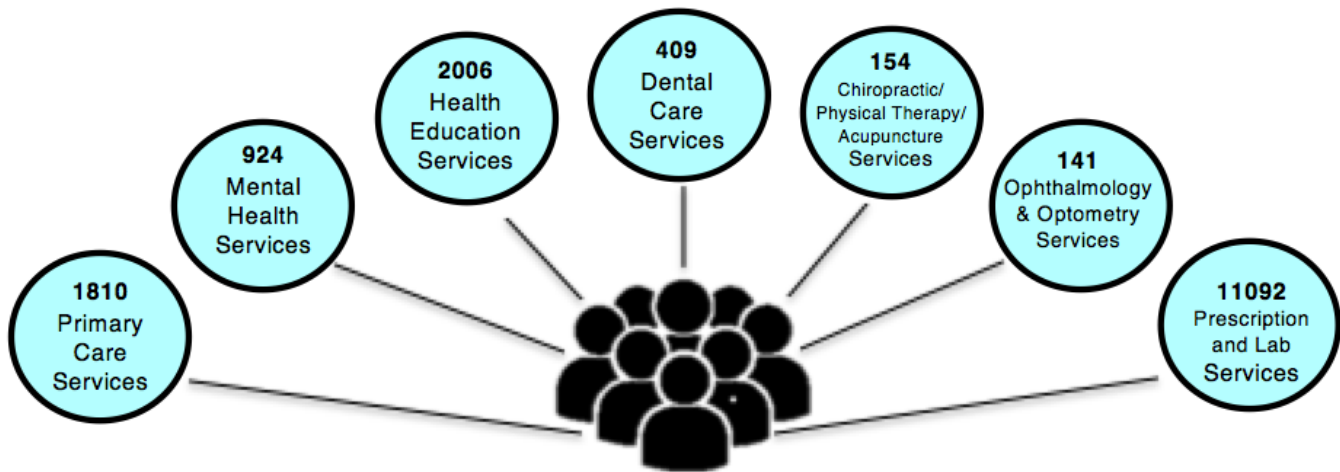
**Robin Anthony Kouyate, PhD**  
**Healthy Heart Kids Club**

“Being able to help those in need, mentoring the high school and college students, and teaching the youth about how to live a healthy lifestyle through games, exercise, and activities really energizes me.” - Robin



**Resham Wadhvani, MD**  
**Ophthalmology Program**

“I am a carpenter with no insurance, so I didn’t know what to do when I started losing my sight in both eyes. Thanks to Dr. Wadhvani, I have restored my faith in humanity; I can see again and provide for my family again.” - Jason



# WESTMINSTER COMMUNITY IMPACT

## HEALTH EQUITY & EDUCATION EQUITY: Cielo tells her story...



Five years ago, Cielo Mejia struggled to do her homework because she didn't have a computer at home and many of her school assignments were only available online. She would go to the library during her lunch break and after school in order to be able to finish her homework. She knew she had to get good grades because she wanted to go to college. During these rough times, her sister Rosa who is a few years older, started volunteering at Westminster Free Clinic as part of the two year Teen Healthcare Training program. Rosa loved to help the patients at the clinic and she would tell Cielo all about it. Cielo, even at the young age of 13, wanted to get involved as well.

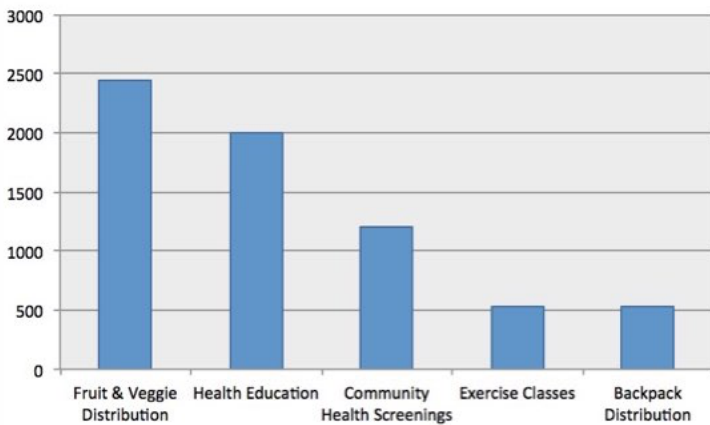
*Cielo helps plan a strategy for health and education equity in the community.*

Cielo not only participated in the Teen Healthcare Training program for five years, but also got involved in WFC's SALUD (Student Advocates Leading Uplifting Decisions) group, where they would help the low-income Latino community gain access to heart healthy foods at local Latino markets. The SALUD group also encourages education equity in the local schools. For example, she spoke to the parents of elementary and middle school students, as well as teachers, and administrators, about the struggles of low-income Latino students, such as not having a computer to do homework or access online assignments, not knowing about college track classes, and the challenge of getting rides to school. Now, the school district is assigning computers to low income students at some schools, with promises of expanding the program. To Cielo, this was a personal win!



Cielo continues to help others when she can. She recently graduated from Westlake High School, and just received her dental assistant certificate. She is now taking classes at Moorpark College and plans on going to dental school, all while working full time to help her family. Cielo has great determination and is an inspiration to others. She has already made a difference and will continue to make a difference for her community. She plans on serving the low-income community with dental services when she becomes a dentist in the future.

**WFC as a Community Care Center**



# WFC INSPIRES STUDENTS & THEIR FAMILIES

## ***Kelsey Krigstein, MD***

It has been 10 years since Kelsey Krigstein graduated from our Teen Healthcare Internship and Training Program. Kelsey participated in the program her sophomore year to her senior year in high school, after a family friend and clinic volunteer introduced her to the clinic. Kelsey knew since the age of 10 that she wanted to be a doctor.



As a WFC teen intern, Kelsey learned the importance of listening to the patient. She observed how the physicians would interact with patients of different cultures and how they would listen to the patients' struggles, knowing that sometimes there is no single problem to diagnose or fix, but that simply listening can be one of the most powerful tools, because sometimes support is the only thing that is needed. Kelsey became comfortable talking to the patients, and working at the clinic sparked her interest in community medicine and working with the underserved population. Kelsey's mom and dad both volunteer at WFC. Joan Stern said she was so appreciative of what WFC had offered her daughter, that she wanted to get involved. Joan was one of the founding members of WFC's Friends Board. She is now a college counselor supporting WFC's high school interns with college applications and FAFSA forms, so 100% of WFC's students have a chance to attend college and reach their dreams.

Kelsey went to college in 2008 with a full 4-year scholarship and received her undergraduate degree in Biology from USC. Kelsey then completed medical school at USC Keck School of Medicine. Kelsey said that during her college and residency application process, she found her experience at WFC provided her with meaningful things to write and talk about during the selection process. The clinic had given Kelsey the exposure and experience she needed, to know that she truly did want to become a doctor. Kelsey said the experience at WFC also taught her about the importance of human connection, so once in medical school, talking to patients, and more importantly listening to them, came easily compared to some of her classmates. She also was inspired to see medicine from a whole person approach that includes health promoting activities, like nutrition, yoga, and exercise, that she plans to include in her own medical practice.

Kelsey is currently a third year resident in Family Medicine and set to complete her residency in June 2019. She is so happy to finally be practicing as a doctor. Kelsey continues to visit the clinic when she is in town to talk to the new WFC high school interns about her journey, and looks forward to returning to clinic and seeing patients.



## ***Alejandra Toledo***

Alejandra participated in the teen program from 2009 to 2011. She saw the need in her own community for medical, dental, and mental health services and she wanted to be part of a program that helped serve those in need. Alejandra was astonished to see that the clinic was 97% volunteer and that everyone came together in one night to offer not only medical services, but other resources that the low income population needed. It really amazed her and pulled at her heart!

Alejandra learned a lot while at the clinic from everyone she came in contact with. The patients taught Alejandra how to overcome difficult situations, since many times her family would also be going through the same difficulties as the patients. Alejandra also learned a lot through the volunteer physicians, nurses, and other

medical professionals. They motivated her to attend college and seek a future where she could follow her passion of helping those in need. She also never forgets being recognized by Supervisor Parks and the Ventura County Board of Supervisors for her volunteer service at Westminster Free Clinic. It meant so much! With the help of the college counselor, Joan, at WFC, Alejandra was able to get a full scholarship to Cal Lutheran University (CLU), where she got her degree in Biology, with an emphasis in pre-med. Alejandra was the first generation in her family to go to college and her parents are so proud! She has led the way to higher education for her family. Alejandra has two younger sisters, and both were also interns at WFC. They were also great students and also achieved scholarships to go to college. After graduation from CLU, Alejandra ended up deciding on a different career path. She now works in the public sector at the Area Housing Authority for the County of Ventura. Alejandra continues to help her community and now serves Westminster Free Clinic as a member of the Governing Board of Directors.

# WE NEED YOUR SUPPORT!

## Investment Opportunities

Your generous donation helps support the following programs...

Overall Program Cash Budget: \$750,000

We rely 100% on donations from individuals, service organizations, and foundations for our \$750K cash budget. This cash donation allows us to receive \$1.5 million in donated goods and services each year as a match.



### PRIMARY CARE & TEEN HEALTHCARE WORKFORCE TRAINING AND PATHWAYS PROGRAM

- Medical supplies and equipment
- Labs, medications, mammograms, and x-rays
- Scholarships for college bound low-income students
- Scholarships for the low income students accepted into the teen program



### Healthy Hearts Cardiovascular Prevention Program

- Medical supplies
- Program supplies
- Diagnostic tests
- Printing



### Healthy Teeth, Healthy Smiles Dental Program

- Dental supplies
- Dental support for treatment



### Mental Health Matters Program

Materials, supplies, and printing for individual counseling sessions, SANO (Start Again Not Over - Grief and Loss workshop), and Z-TAP (Mental Health Awareness and Violence Prevention Program)

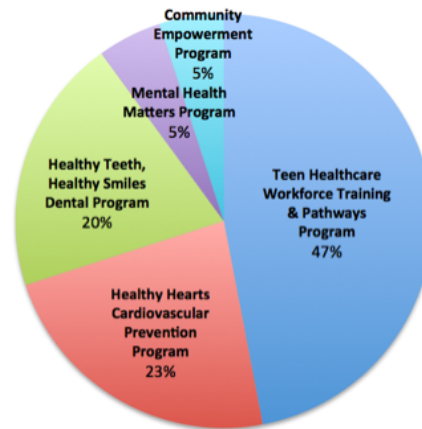


### Community Empowerment Program

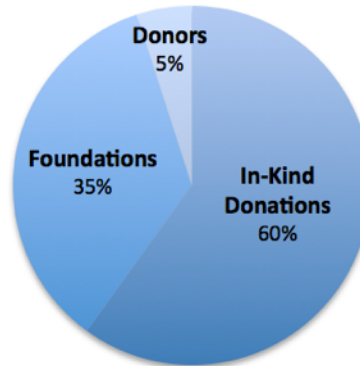
- Program supplies
- Health literacy supplies

Since 1994, Westminster Free Clinic's (WFC) mission is to partner with donors and volunteers to provide early access to free primary care, mental health, vision, dental, and whole person health services that support low-income, working poor, and homeless families so that they stay well and thrive, while also engaging teenagers as partners in serving their community and developing job skills for the future healthcare workforce.

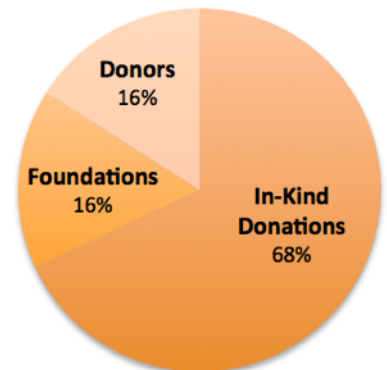
### Program Expenses



### Current Income



### Income Goal



### To make a donation:

1. Send a check made out to Westminster Free Clinic
2. Donate online on our website at [www.westminsterclinic.org](http://www.westminsterclinic.org)

If you would like to receive this newsletter by e-mail, send us a message on our website [www.westminsterclinic.org](http://www.westminsterclinic.org).



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.