

# THE DIFFERENCE YOU MAKE

## NEWSLETTER

### WFC SAVES LIVES

Corazones Sanos makes an impact on patients' lives. Maria and Victor tell their stories.

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### WFC VOLUNTEERS MAKE CLINIC POSSIBLE

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

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### WFC COMMUNITY IMPACT

Meet the healthcare workforce of the future.

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### WFC INSPIRES STUDENTS

Former student interns, Melissa Pech and Denisse Rivera, inspire others.

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Learn how you can support us!

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## Letter From the Executive Director

### Dear Clinic Family,

It has been quite a year! Thanks to your generosity, we have impacted thousands of lives and provided a pathway to college and advanced training for hundreds of high school and college students. Your generous donations of time, expertise and financial resources make it all possible! A few highlights of our 2019 accomplishments include:

- Becoming a model for nonprofits and county health departments nationwide on how to implement a successful cardiovascular and diabetes risk-reduction program for low-income families. This fall we were funded to present our model at two national conferences.
- Demonstrating sustained clinical and behavioral improvements among participants in our Corazones Sanos (Healthy Hearts) program through a 5-year evaluation, which included 672 unique patients. Read about some patient success stories on **Page 2**.
- Seeing many of our first generation, low-income students earn scholarships to attend college and reach their educational goals. Several of our program graduates are now finishing college and getting jobs in the healthcare sector! Read all about it on **Page 5**.
- Receiving funding to take our community care center model to scale at a new location in Oxnard. We will soon have two clinic sites, making it possible to serve over 10,000 people and over 200 students each year in Ventura County, CA.

Please know that your generous support has a direct and exponential impact: 1) our health services yield measurable improvements in health outcomes of our patients; 2) we develop teen leaders and engage them in addressing immediate needs in their communities; 3) we help at-risk teens be college-ready, giving them a pathway out of poverty and into a growing job sector; and 4) we impact our teens' future families' wellbeing, as their families will have a parent that knows about healthy eating and active living and has the opportunity to afford health insurance. Together we are making an incredible difference! Please follow us on social media to stay up-to-date and visit our website to see our NEW Corazones Sanos video at the bottom of our home page. Thank you on behalf of all the youth and families that we serve!

Lisa Safaeinili, MPH  
Executive Director

**Westminster Free Clinic** partners with donors and volunteers to provide early access to free health, prevention, and social emotional support services to working poor families in Ventura County, while simultaneously preparing teens to become the next generation of healthcare professionals.

### FOLLOW US:

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Westminster Free Clinic

# WESTMINSTER SAVES LIVES

## MEET MARIA!



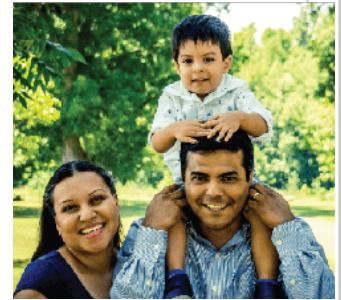
WFC has been a blessing for me and for my family. We have all received free services and resources here, and are fortunate to have this organization in our community. We have used every service offered and have benefited greatly, from

medical, dental, vision, and social services. I have been participating in the Corazones Sanos program since it started. This will be my 5th consecutive year. During these years, I have learned to take care of my health. When I first started, my cholesterol and triglycerides were elevated, but little by little and by putting into practice what I have learned in class, I am able to make better decisions regarding my family's diet.

**My cholesterol went from 207 to 201, my triglycerides from 233 to 138, and my A1C from 5.6 to 5.1.**

Being able to tell my son why I don't buy colored cereal, Takis (chips), or sugary drinks and knowing that he repeats this to his classmates at school, makes me feel good. The change starts with our family. Thank you for your support, for your help and dedication to all the people who participate in this clinic. God bless you.

## MEET VICTOR!



I am a WFC patient. I wasn't feeling well and decided to see a physician. The physician sent me for lab work and my Hemoglobin A1C result was 10.4, which is very high. I knew I had to do something to lower my glucose to change how I was feeling. One of the clinic's nurses recommended that I join the Corazones Sanos program at WFC. I knew I would need help changing my eating habits and wanted to learn about diabetes and heart disease, so I decided to join. I also wanted to exercise so I began attending the Zumba and yoga classes. I also attend the weekly health education classes and the SANO emotional health group sessions. I began feeling better and started running 3 times a week on my own and walking the other days. I learned a lot about what it means to be healthy. I have completely given up soda and I drink a lot of water.

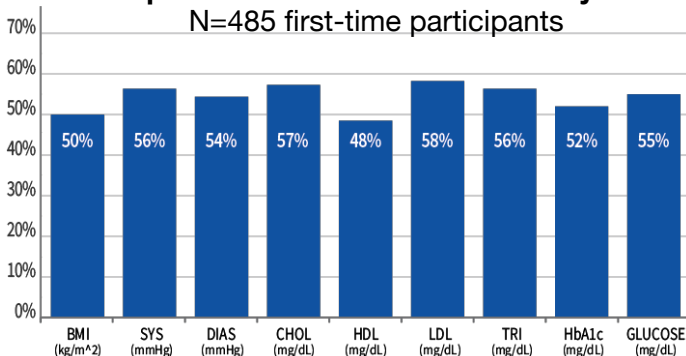
**I have lowered my Hemoglobin A1C from 10.4 to 6.8!**

Seeing these results has motivated me to continue to exercise and eat well. I thank all the instructors for taking the time to teach me the importance of maintaining a healthy lifestyle, and motivating me to start this journey.

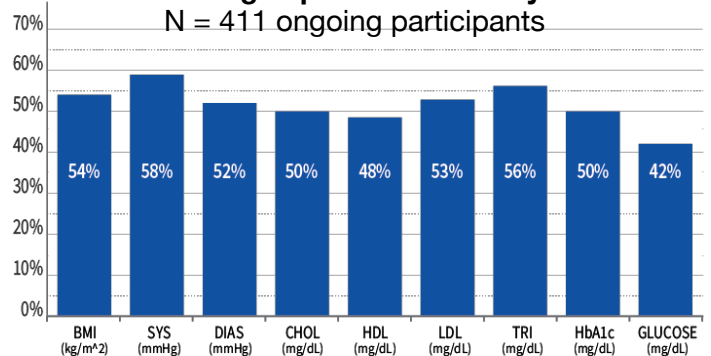
## CORAZONES SANOS 2019

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

**Improvements from baseline to 1 year**  
 N=485 first-time participants



**Continuing improvements 2-5 years**  
 N = 411 ongoing participants



# WFC VOLUNTEERS MAKE CLINIC POSSIBLE



**Timothy John Horita, MD**  
Primary Care

"Working with the volunteer teens is a pleasure. They perform the duties of medical residents, which is a very high standard for high school students. I'm continually amazed with what successful members of our community they become."  
- Dr. Horita



**Alejandra Rodriguez Mena**  
Healthy Heart Kids Club

"The work that I do at the clinic is very impactful because when I see the kids the following week, they remember what they have learned. They know that they have to change their habits, and surprise me every time."  
- Alejandra Rodriguez



**Paul Block, MD**  
Primary Care

"I have been blessed to have had a very successful medical practice. Now WFC gives me the privilege of giving back to those who otherwise would not have access to care. The students are a major bonus that allow opportunity to encourage and empower as they pursue healthcare careers." - Dr. Block



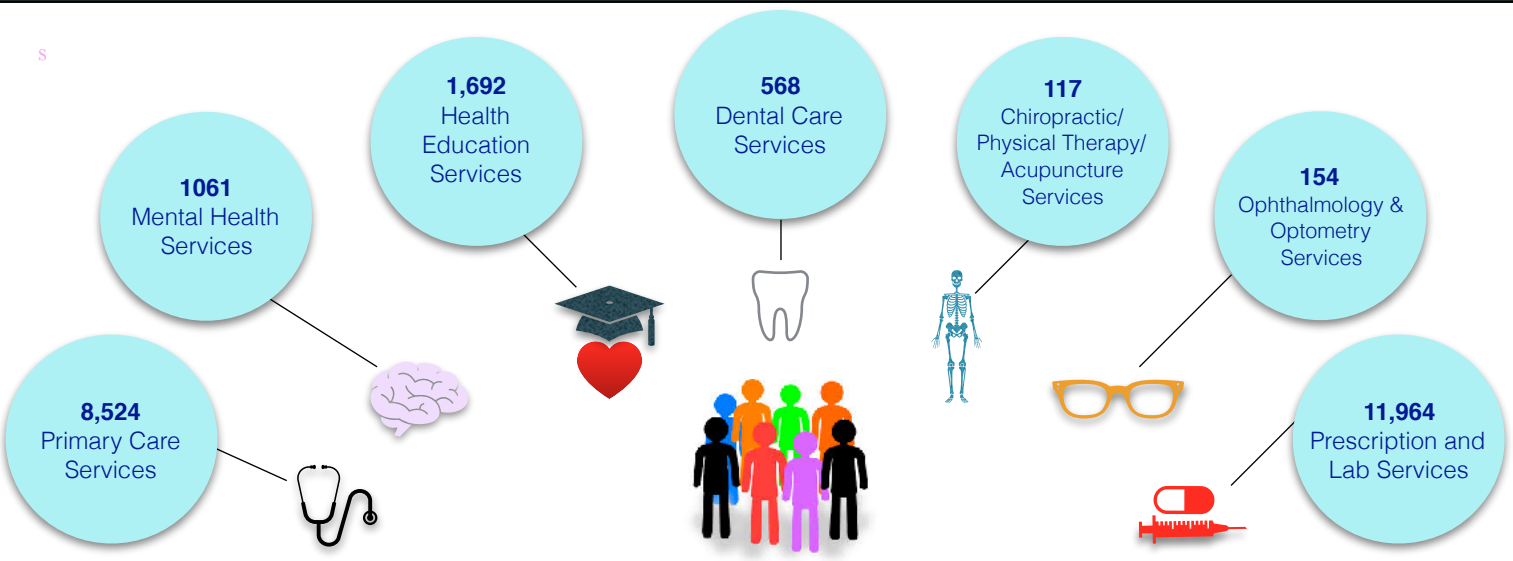
**Chris Huber, D.D.S.**  
Dental Program

"Nothing is better than somebody saying thank you when they walk out after you are helping them and all it takes is your time. The smile that people give when they leave is the greatest gift."  
-Dr. Huber



**Manuel Valdez**  
Board Treasure & Math Tutor

"The most important thing we do, besides helping the patients, is teaching our teenagers how to be responsible, and the meaning of responsibility."  
- Manuel Valdez





# WESTMINSTER COMMUNITY IMPACT

## Meet our future workforce!

WFC helps students develop practical skills transferrable to many sectors, and helps fill the growing need for healthcare workers.

### TEENS AS ADVOCATES

### TEENS CREATE HEALTH & EDUCATION EQUITY

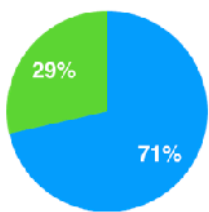


### MEET OUR STUDENTS 2019-2020

104 HIGH SCHOOL STUDENT VOLUNTEERS

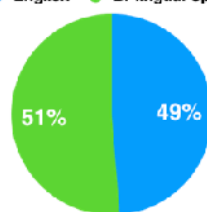
#### GENDER

● Females ● Males



#### STUDENTS

● English ● Bi-lingual Spanish



10 High Schools  
2 Freshmen  
9 Sophomores  
50 Juniors  
43 Seniors

60 immigrant Latino students  
57 are low-income

98%

Senior Interns (41) enrolled in college Fall 2019

20

Students were the first in their family to attend college

### BY THE NUMBERS

- 397** Total first generation, Latino student graduates
- 791+** Total students who have completed the program
- 100** High school student interns each year
- 52+** First generation students each year
- 100%** Listing job skills from WFC they are still using after high school  
Empathy/social awareness, public speaking, communication, medical skills, interviewing, managerial, etc.
- 23%** Went to community college or trade school
- 77%** Went to 4-year college

WFC Teen Healthcare Training & Internship Program founded in 2000.

# WFC INSPIRES STUDENTS & THEIR FAMILIES

## Melissa Pech

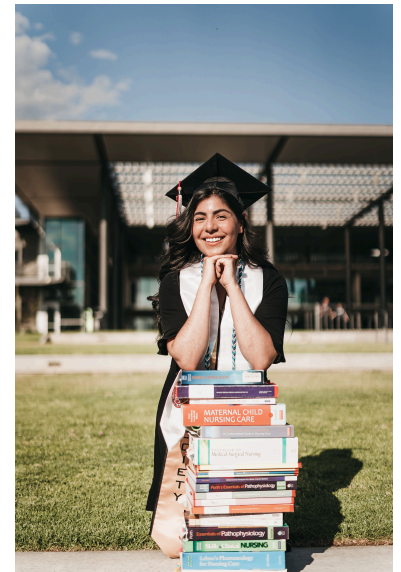
Participating in Westminster Free Clinic and SALUD was one of the best things that I have done, since I am a shy and quiet person. When I began as a mentee, I found I really enjoyed the experience of the clinic (conducting patient intakes, setting up the doctor rooms, presenting to the doctors and nurses, helping with the food distribution, outreach, and with enjoyment came confidence in myself. I learned to communicate with authority figures, how to be professional and compassionate, how to help my community, and how to take responsibility. The people are a large part of what makes the clinic great.



I am currently a Technologist at Optum, a healthcare technology company. I went to college at the University of Notre Dame in South Bend, Indiana, where I was fortunate to receive a full ride scholarship. To this day, I still talk to people about the Clinic (SALUD included) and how wonderful its mission and volunteers are. I just want to say a big thank you to everyone I've met there!

## Denisse Rivera, RN

WFC nurtured me into an effective communicator, problem solver, and leader. But out of all the skills I developed, the most valuable characteristic was compassion. After serving my own community members, I discovered that the best gift a nurse can give is not a lab analysis, or prescriptions, it is a piece of their heart. What will bring patients a sense of peace and self-worth is a person who openly cares for them and demonstrates empathy.

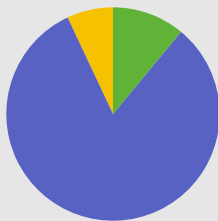


Now that I have begun my journey as a new registered nurse working in Ventura County, I am eager to put my skills to practice and begin impacting lives while doing so. Ultimately, I aspire to volunteer both locally and abroad to offer medical attention to those in need. The health disparities around the globe are heart breaking trends that desperately need to be addressed and I am ready to be a part of that change.

## Patient Demographics

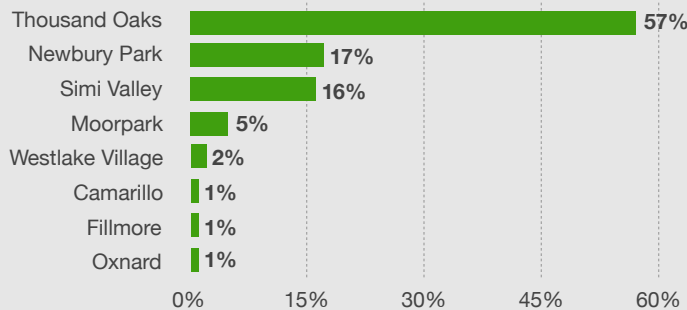
### Age

0-17 yrs 5%      62+ yrs 12%



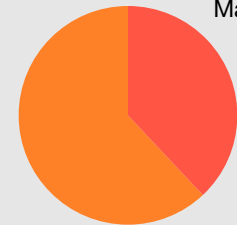
18-61 yrs 83%

### Place of Residence



### Gender

Female 64%      Male 36%



### TOP DIAGNOSES

- Hypertension
- Diabetes
- Obesity
- Hyperlipidemia
- Respiratory conditions
- Hypothyroidism
- Depression
- Anxiety

### QUALITATIVE RESULTS

**68%** of patients drink more than 4 glasses of water a day. Up 8%

**88%** of patients exercise more than 2X a week, 30 minutes.

**93%** of patients eat 4-5 servings fruits and vegetables 3 or more days a week. Up 27%

# WFC BY THE NUMBERS

## Investment Opportunities

Your cash donation allows us to receive over \$2 million in donated goods and services.

Your generous donations enable us to provide high quality health services while preparing the future workforce. **Please consider renewing your gift today!**



### Primary Care & Teen Healthcare Workforce Training & Pathways Program

- Medical supplies and equipment
- Labs, meds, 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)

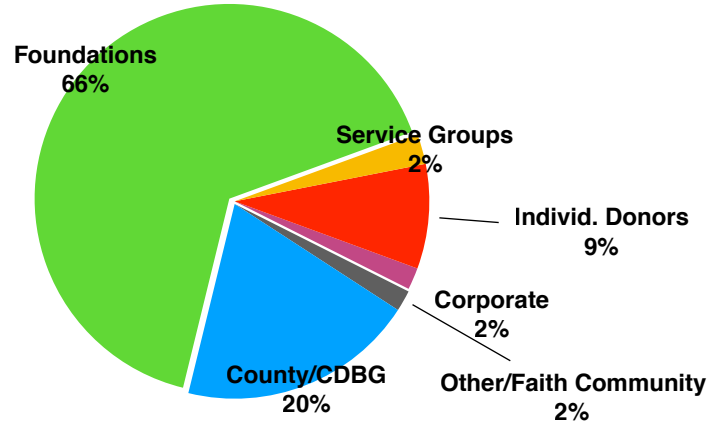


### Community Empowerment Program

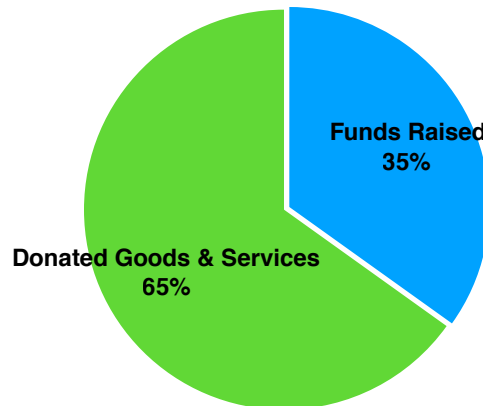
- Program supplies
- Health literacy supplies

## SOURCES OF FUNDING

Total Cash Revenues \$740,000



## FINANCIAL VS. DONATED RESOURCES



### To make a donation:

1. Send a check made out to Westminster Free Clinic
2. Donate online 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.

Don't forget to add Westminster Free Clinic to your AmazonSmile account for a 0.5% donation of the price of all eligible purchases to our organization!

