

Summer 2022 Update



Dear Friends and Supporters,

It is hard to believe that we are already halfway through 2022! Your support continues to make a big difference in the lives of Westminster Free Clinic's low-income patients and their families.

Read all about what your support has made possible for the first six months of 2022!

Thank you for your generosity!

Sincerely,
Lisa Safaeinili, MPH
Executive Director

MEETING ESSENTIAL COMMUNITY NEEDS

ACCESS TO HEALTH SERVICES

Thanks to YOU, since January, we have provided free health services to **5,969** less-advantaged members of our community, including medical care, dental & vision services, mental health counseling, case management, community-based health screenings, COVID vaccines, and other health-supporting services. ***"Westminster saved me from getting full blow diabetes. I never knew that my blood sugar was so high until I met WFC's outreach team at the Latino market where I shop. Turns out I was pre diabetic without knowing it! The following week I saw a doctor at WFC. They also taught me how to check my blood glucose at home and what not to eat. My blood sugar is starting to improve and I feel better,"*** shared one of our patients.



FOOD SECURITY

In addition, with families facing unprecedented high rates of inflation, our food security program continues to be in high demand. Just in the first six months of this year, we have already provided food assistance to more than **10,900** families, accounting for **45,954** individuals, most under the age of 18. Thanks to YOU, families have access to fresh fruits and vegetables weekly to eat well and stay healthy. As one of our patients commented, ***"Without Westminster, I don't know how I would put food on the table for my kids. The money I bring home from cleaning houses is barely enough to pay the rent and utilities, and the clinic has also taught me how to incorporate new healthy foods into our daily meals."***



HOMELESSNESS PREVENTION

We also continue to help families who are at risk of becoming homeless because they fell behind on their rental payments due to the pandemic. Since the program started, we have helped **1,315** families stay housed. ***"WFC's team helped us secure funds from the state to pay the rent and utilities we owed. Now we are all caught up!"*** said a young mother of 3 who lost her job as a nanny in the early days of COVID.

Your support is making a real difference in the lives of local families and is also ensuring that our entire community stays healthy!

TEEN PROGRAM UPDATES

VENTURA COUNTY BOARD OF SUPERVISORS RECOGNIZES CURRENT WFC TEENS

On July 27, the Ventura County Board of Supervisors recognized Westminster Free Clinic's **200** high school students from our two-year Healthcare Careers Pathways Program for their service to the community. Students from our Thousand Oaks and Oxnard sites were commended for their commitment and dedication to advancing health access in our county. After the award event, one of our students commented, ***"I am beyond grateful for this recognition. I love serving my community and what better place to do so than at WFC, where I can help people without health insurance get access to the health care they need. My dad is a patient here and that's how I found out about the program. To have the Board of Supervisors acknowledge our efforts meant everything to me!"***



GRADUATING SENIORS

In June, **71** high school students who graduated from our program were accepted to college and/or advanced health training programs, including **44** students who will be the first in their families to go to college. Most graduating seniors are going into careers in healthcare including nursing, medicine, dentistry, and optometry! One of our students commented before leaving, ***"WFC put me on track for pre-med school. I have a long way to go, but I will be back to help next summer as a scribe."***

NEW STUDENTS

In April, we enrolled and trained a cadre of **101** new high school students from across the

county in our program to replace our graduating seniors. They have already gained new skills and are doing a great job!



STUDENT SPOTLIGHT

Kyr Goyette, one of Westminster Free Clinic's 2022 graduating seniors, is one of 11 students who were accepted into the University of Pittsburgh's guaranteed admissions medical school program upon completion of a bachelor's degree. We are incredibly proud of Kyr's accomplishments and contributions while at WFC. Read all about it in the Thousand Oaks Acorn!

Thousand Oaks Acorn June 3, 2022 Page 27

GRADUATION 2022

Nonprofit experience helps senior earn early invite to med school

By Dawn Megli
dmegli@theacorn.com



When Kyr Goyette was in seventh grade, their mom was diagnosed with cancer. For a year, Kyr, who uses they/ them pronouns, helped care for their mother as she underwent surgery and 12 rounds of chemotherapy. Ultimately, the cancer was driven into remission. The experience inspired Kyr on a career path toward medicine. "I couldn't see myself doing anything other than that," Kyr said.

Last month, the Thousand Oaks High School senior was one of 11 students accepted into the University of Pittsburgh's guaranteed admissions program, which guarantees Kyr a spot in Pitt medical school upon completion of a bachelor's degree.

Kyr credits the experience they received at Westminster Free Clinic in Thousand Oaks with helping them gain the admission. Kyr began volunteering with the clinic in summer 2020 during the height of the pandemic.

"It was such an incredible experience to get to have in high school," the 17-year-old said.

At Westminster, Kyr saw firsthand how cultural differences could affect the delivery of healthcare. Most of the clinic's

struggling to communicate with a Spanish-speaking family. "There was no fluency in the conversation. I wished they had a translator like they have at Westminster. It would be so much easier," Kyr said.

For their bachelor's degree, Kyr plans to major in anthropology and minor in linguistics and neuroscience.

"It's reassuring to speak to a doctor in your native language," Kyr said. "Cross-cultural understanding has become a huge part of what I'm interested in, and I want to prioritize an approach to medicine with an understanding of other people's cultures."

When they start practicing medicine, Kyr plans to use a medical translator to meet patients where they're at and make sure a cultural disconnect doesn't compromise care.

Kyr is a self-professed foodie with a love for Ethiopian cuisine as well as comic books. In addition to volunteering at Westminster, Kyr is a varsity pole vaulter and a co-chair of the TEDx-Conejo speaker program. They will read some of their poetry at the upcoming TOHS graduation ceremony.

Conejo Valley Unified trustee Cindy Goldberg said Kyr, who gave a presentation on poetry at TEDxConejo when they were in eighth grade, was the youngest

speaker in the program's history. "They are one of those stellar human beings. They are amazing. I've watched them grow for five years. I've been lucky enough for five years to have this conversation and watch them grow and mature and come into their own," Goldberg said. "It was truly a gift for me."

Patricia Kessler, Kyr's mom, said that growing up Kyr was a 30-year-old in an 8-year-old's body. While volunteering at Westminster during the height of the pandemic, Kyr would wear an

through cancer, she said, Kyr never adopted a "woe-is-me" mindset.

"Instead of wallowing in it, they did something about it," Kessler said.

Kyr's mother said she is overwhelmed by Kyr's acceptance into the University of Pittsburgh and excited to see the teen help other people.

And with Kyr's spot in medical school secured, Kessler is excited that they can spend the next four years focused on exploring who they are instead of worrying about grades.

"I just see them so fulfilled as a doctor and as a researcher. I'm excited for them to get to use all of their intelligence and drive for something good," she said. "There's going to be a lot of people who benefit from their hard work."

But wherever Kyr practices medicine, Westminster will never be far from their heart.

"When Kyr is a doctor, they're going to participate in the same type of clinic, if they don't start one themselves," Kessler said.

Editor's note: To celebrate the Class of 2022, we will be publishing features on local graduates over the next month. If you know a graduate who has overcome much to earn their diploma, email a tip to tonestaff@theacorn.com. Our graduation issue is June 24. KJ

'It's reassuring to speak to a doctor in your native language.'

— Kyr Goyette
TOHS Class of 2022

PATIENT SPOTLIGHT

Carmen (only her first name is provided to protect her privacy) is a long-time WFC diabetic patient who was past due for a mammogram. She works part-time in a local restaurant earning minimum wage. On a routine visit to WFC to pick up her diabetes medications, she learned about WFC's breast and cervical cancer prevention program (see flyer below). WFC's case manager referred Carmen for a mammogram and later on for a biopsy. The news wasn't good. She was diagnosed with breast cancer. **"I became very stressed and depressed when I learned I had cancer. Not only was the diagnosis terrifying, but I didn't know how I could afford to pay for treatment,"** she confided. Luckily, WFC was able to enroll her in the state's Every Woman Counts Program, which covers breast and cervical cancer screenings and treatment for those without insurance. Carmen has good days and bad days, but she is still working part-time and comes to clinic regularly for food assistance and attends our virtual health education classes to keep her diabetes in check. Thanks to your support, so far in 2022 we have referred **100** low-income women for free mammograms.



TIPS TO PREVENT CANCER

- Complete your cancer screening tests**
- Eat well and maintain a healthy diet**
- Stay active and exercise**
- Don't smoke. Drink alcohol in moderation**

WE OFFER FREE CANCER PREVENTION SERVICES
(Including Referrals for Mammograms and Pap Tests)

In Oxnard:
On Tuesdays
1800 South C St. from 4:30 to 8:00pm*

In Thousand Oaks:
On Wednesdays
1000 East Janss Rd. from 4:30 to 8:00pm *

**On a first-come first-served basis*

In partnership with:

WFC'S LONG-TERM MEDICAL VOLUNTEERS

DR. TIMOTHY HORITA

Dr. Horita is a Family Practice physician at Kaiser Permanente who has volunteered at WFC for over 20 years. He has donated over 2,600 hours of his time to provide free care to our patients, while also mentoring our high school students. WFC patients love seeing Dr. Horita and many of his mentees have become doctors and nurses, and have come back to WFC as volunteers themselves. ***"Working at WFC makes me fall in love with medicine all over again"*** says Dr. Horita.



DR. FRED LINDBERG

Dr. Lindberg has also been donating his time and expertise at WFC for over 20 years as a Family Practice Physician. In his own words: ***"I love the student involvement. I think the students are strongly influenced by their experience here and they are much more likely to be involved in free clinics and other community programs in the future."*** Dr. Lindberg is an inspiration and a role model for our student interns, and is loved by our

patients and students alike.



WFC 2022 MID-YEAR REPORT



5,205 Patient Visits



616 Health Screenings



2,194 Case Management Visits



1,176 Mental Health Visits



46 Dental Services



10,913 Families Fed (45,594 People)



4,466 Diagnostic Tests



250 Vision Services



336 Rental Assistance for Families



3,377 Prescription Medications



102 COVID Vaccines



1,559 Rapid COVID Tests



COMING UP SOON!

ADULT VOLUNTEER APPRECIATION DINNER

WFC is a 97% volunteer-driven organization. Every year, we honor and celebrate our amazing volunteers who help us deliver our free programs by donating thousand of hours

of their free time, resources, and expertise. A huge thank you to our amazing **Friends Board** who is hosting this year's adult volunteer appreciation event later in August!



BACK TO SCHOOL EVENTS

On August 10 and 16 in Oxnard and Thousand Oaks respectively, we will be distributing backpacks filled with school supplies to **1,600** low-income children. Children will also be able to access immunizations required for school, dental screenings provided by pediatric dentists, oral health kits, healthy food, free books, clothes, and other basic needs. **Contact us if you are interested in helping!**



HOW YOU CAN HELP

Use the button below to donate online or mail your check to:

Westminster Free Clinic
2673 San Miguel Circle
Thousand Oaks CA 91360

DONATE HERE

USE SMILE AMAZON WHEN YOU SHOP AMAZON

When you use Smile Amazon, 0.5% of all eligible purchases will be donated to Westminster Free Clinic. Click on the link below and save it to your browser to contribute to WFC every time you shop!

SHOP SMILE AMAZON



Copyright © 2022 Westminster Free Clinic and Community Care Center, All rights reserved.

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

