



# Fall 2023 Update

Dear Friends and Supporters,

Fall is here and we have so much to share with you! Your support helps spread hope and wellness across Ventura County! Along with donors, volunteers, and partners like you, we are providing health services for those who lack access, food for the hungry, and a promising future for local youth in our community. Together we are making a difference!

We have a lot going on this fall and hope you will enjoy reading all about it. As always, please reach out if you have any questions. We would love to hear from you!

Thank you for your support!

Lisa Safaeinili, MPH  
Executive Director

## WFC SERVICES NOW AVAILABLE IN SANTA PAULA!



We are excited to share that last September we began offering our services in Santa

Paula, where there are thousands of farmworkers facing poverty with limited access to help. We are providing services monthly, including health screenings, doctor visits, diagnostic tests, and medications. In addition, 10 high school students from Santa Paula High School are enrolled in our Teen Healthcare Training and Internship Program and are on a pathway to economic stability, as they prepare for college and for careers in the growing healthcare sector. With your support, we are helping residents from this remote area of our county stay healthy and well.

## RETINOPATHY SCREENING EVENTS



Also in September, we held retinopathy screening events at our Thousand Oaks and Oxnard clinic sites. Because many of our patients suffer from diabetes, they are at high risk for retinal bleeding, which, if left untreated, can lead to vision loss and even blindness. Early detection through a simple retinopathy test can help our patients save their eye sight. Volunteer ophthalmologists conducted **124** retinopathy tests in just two days and we were able to connect those with abnormal results to specialists for follow-up care. Your support helped hard-working members of our community save their eye sight and be safe at work!

## WFC AT NAFC 2023 HEALTHCARE SYMPOSIUM



From October 11-13, a team from WFC participated in the National Association of Free and Charitable Clinics' 2023 Health Care Symposium, which was held in Palm Desert this year. WFC's Executive Director was part of a 60-minute keynote discussion on innovative mental health programs. The session was attended by hundreds of free clinic leaders from across the nation. WFC was able to showcase its mental wellness programs and share best practices and lessons learned from its 20-years of experience meeting the mental health needs of patients.

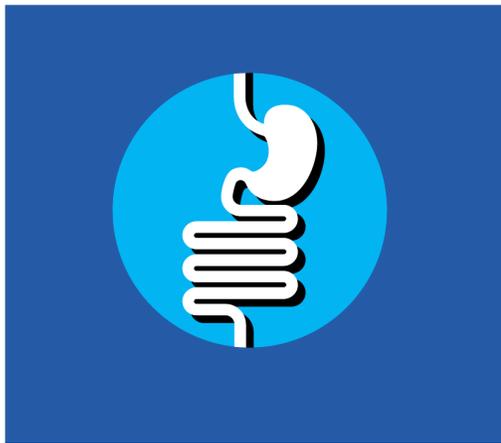
## FREE FLU VACCINATION CLINICS



This October, in partnership with Ventura County Public Health and our team of volunteer nurses, we are providing free flu vaccinations to over 200 people who would otherwise be unprotected. Providing free vaccines is a key component of WFC's Prevention Programming, which not only helps our uninsured, low-income patients stay healthy during the flu season, but also helps prevent the spread of the virus throughout the community, thus helping us all stay well.

## PREVENTING COLORECTAL CANCER

### WFC NOW OFFERING FREE COLON CANCER SCREENINGS




Westminster Free Clinic  
& Community Care Center

WFC will provide 500 free Cologuard tests for the early detection of colon cancer through a partnership with the Colorectal Cancer Alliance.

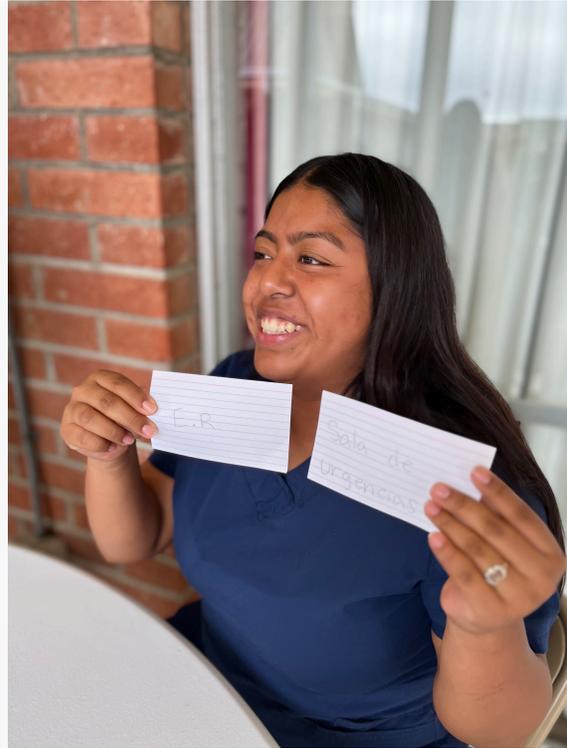
Early detection helps save lives

In partnership with:



This fall, through a new partnership with the Colorectal Cancer Alliance, WFC will begin providing 500 Cologuard tests to our uninsured patients across Ventura County. Early diagnosis of colon cancer can make the difference between life and death. Cologuard is a highly effective, non-invasive test that will help keep our community healthy and well through prevention and early detection, also saving thousands of dollars in cancer treatment.

## TEEN PROGRAM UPDATES



Last month, high school students from Westminster Free Clinic's teen program travelled to Sacramento to work with other teens from across California on developing strategies for the prevention of youth substance use and abuse. This was a great opportunity for low-income teens from our community to meet and interact with peers who are working towards the same goal.

Also, high school interns from WFC's program completed hours of health-related trainings, including learning medical terminology in English and in Spanish, which helps them better serve our clients as they assist volunteer doctors who provide free services to our uninsured patients.

## BY THE NUMBERS

Take a look below to see what we have achieved together in the past **9 months!** Our amazing team of volunteers, students, donors, funders, community partners, and supporters make it possible for us to provide the comprehensive services highlighted below. It really does take a village! **Thank You** for making a difference!

# Services Provided from Jan - Sept. 2023



**9,879** Patient Visits



**1,721** Health Screenings



**1,855** Mental Health Visits



**847** Vision Services



**3,705** Case Management Visits



**396** Dental Patients



**7,512** Diagnostic Tests



**418** Rental Assistance for Families



**4,751** Prescription Medications



**16,644** Families Fed (68,387 People)



## HOW YOU CAN HELP

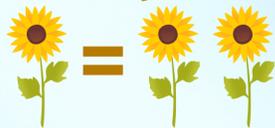
# Help us Spread Hope & Wellness!

**MATCHING GIFT CAMPAIGN!**

**DOUBLE  
YOUR IMPACT!**

Every dollar you donate  
will be matched up to

**\$25,000**



**We need your help!** As the giving season approaches, we are launching **Westminster Free Clinic's Annual Matching Gift Campaign!**

**Starting now and through the New Year 2024**, every dollar you donate to Westminster Free Clinic will be matched by a generous donor dollar for dollar up to **\$25,000!**

Your donations will provide desperately needed assistance to our patients, including access to doctors, medications, vision and dental services, and mental wellness programs. Your gift will go a long way in helping teens in our community prepare for college or for advanced healthcare training programs, all while helping those in need in their own communities.

Any amount will help! Your gift will be doubled when you make a donation today! We appreciate your support!

**Use the button below to donate online  
and select "Help Spread Hope" as your designation.**

**Or mail your check to:  
Westminster Free Clinic  
2673 San Miguel Circle  
Thousand Oaks CA 91360**

WFC is a Charitable Tax Exempt 501(c)3 Organization  
Tax Id: 770563241

**DONATE HERE**



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