



Dear Friends and Supporters,

I hope you are enjoying your summer and staying cool out there! We have been keeping busy this year, and I have lots of exciting news to share with you!

Together we are improving the lives of thousands of local families and youth. None of this would be possible without the support of our amazing volunteers and donors. You make all the difference!

It is only with your ongoing support, your time, and your donations that we are able to keep our community healthy and our youth on a path to success. I hope that you'll continue to support our work!

Read all about what your support has made possible during the first six months of 2023! By the way, the photo above is from a recent team-building outing for low-income, first-generation, high-school students from our teen program, many of whom shared that they had never been to the beach before.

As always, please reach out to me if you have any questions. We would love to hear from you!

Thank you for your generosity!

Sincerely,
Lisa Safaeinili, MPH
Executive Director

NEW VISION EQUIPMENT IN THOUSAND OAKS



Earlier this year, we were able to purchase and install state-of-the-art equipment to serve the vision needs of uninsured patients at our Thousand Oaks clinic site. Many of our patients have never seen an eye specialist in their life and are in urgent need of eye glasses. Also, as a majority of our clinic patients have diabetes, they are at high risk for serious eye conditions including diabetic retinopathy, macular degeneration, glaucoma, and even blindness.

Thanks to your support, and in partnership with the Lions Club, Kiwanis, Rotary, Salvation Army, and See International, we are able to help our patients maintain their eye sight, while also exposing high school students from our program to optometry and ophthalmology as possible career paths. With your generous donations, over **478** vision services have been provided since the beginning of 2023, including **216** prescription eye glasses!

CORAZONES SANOS MAKING A DIFFERENCE



As our low-income patients and families face record-high inflation and high housing costs, WFC's **Corazones Sanos Program** (Healthy Hearts) continues to help them get and stay healthy! In addition to weekly distributions of fresh produce and healthful food items, Corazones Sanos offers weekly, in-person health education sessions, exercise classes, and a hiking club on weekends, helping make the healthy choice, the easy choice for families! So far this year, **more than half of our Corazones Sanos program participants saw improvements in their blood pressure, blood sugar, cholesterol, and weight!**

Just in the first six months of 2023, we have already provided healthy food assistance to more than **11,600** families, accounting for **47,604** individuals, mostly children and older adults. Thanks to **YOU**, families are able to stay healthy and use their limited income to pay their rent to remain housed.

ADDRESSING MENTAL HEALTH NEEDS



Working-poor families in our community are in a constant state of stress and anxiety as they live paycheck-to-paycheck, at the brink of becoming homeless. To help them better cope with life's daily challenges, so far this year, our bilingual counselors have provided **1,070 mental health counseling sessions.**

In addition, as a mental health preventative strategy, we deliver an 8-week class designed to build the capacity of parents to train others in their community on how to identify the early signs of mental health issues, how to raise children in healthy environments, and where to get help. This year alone, we have already trained **50 Spanish-speaking** parents of children from local elementary schools.

Your support is making a real difference in the lives of families and is helping raise healthy,

self-confident children!

CANCER PREVENTION



Free Mobile Mammogram Event!





May 23, 2023 from 1:00pm to 7:00pm

<p>15 minutes could save your life! You are eligible for a free mammogram if you:</p> <ul style="list-style-type: none"> • are 40 years old or older • are low income • do not have health insurance <p>You will have your mammogram results within 14 business days</p>	<p>Where: WESTMINSTER FREE CLINIC 1800 South G Street Oxnard, CA 93033</p> <p style="color: red; font-weight: bold; font-size: 0.8em;">Make your appointment in advance! 805-297-3496</p>
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Recently, through WFC's **Juntas Contra el Cancer Program** (Together Against Cancer), WFC was able to help Lourdes (name has been changed for privacy), a 45 year-old mom of school-age children who works as a farmworker in Oxnard. She first learned about WFC as she accompanied her friend to a routine visit at our Oxnard site. As her friend met with our Case Manager, Lourdes learned that she could get a free mammogram at WFC's Free Mobile Mammogram event, which was held in May in partnership with Alinea Foundation, Every Woman Counts, the American Cancer Society, and others. Lourdes, who had been experiencing minor discomfort and had recently discovered a small lump on her left breast, learned that she needed a biopsy, which our Case Manager helped her schedule and complete. Fortunately, the results were negative. Lourdes is very grateful for the help she received at WFC and is now a regular patient at our Oxnard clinic.

This year alone, thanks to YOUR SUPPORT, we have helped local, low-income uninsured women complete **30 Pap tests, 117 mammograms, 2 Breast Biopsies, and 2 Breast Ultrasounds.**

TEEN PROGRAM UPDATES



WFC RECOGNIZED!

This spring, WFC was awarded the 2023 Business Champion's Award by the Oxnard Union High School District Career Center for *"Inspiring Today's Students for Tomorrow's Workforce."* We were honored by this recognition!

GRADUATING SENIORS

This past June, **71** students from our program graduated from high school and over **88%** of them have been accepted into colleges and universities across California and the US, including **44** low-income Latino seniors, most of whom will be the first in their families to go to college! In addition, **27** students, all Latinas from our Oxnard site, completed the Medical Assistant Certification training requirements at WFC!

NEW STUDENTS

We have already recruited a new cohort of **112** high school students (60% of them Latinos) to replace the 71 seniors who graduated in June.

SEE OUR PROGRAM IN ACTION!

Click the link below to see a short video featuring Maya, one of the high school students from our program who will be attending USC this fall in pursuit of a career in healthcare! We are so proud of her success!

Thanks to **YOUR** generous support, over **200 students** from high schools across Ventura County are able to gain practical skills in a real clinical setting, while also receiving support and mentorship from our amazing team of volunteer medical professionals.



BY THE NUMBERS

Take a look below to see what we are achieving **together!** Our team of volunteers, donors, funders, partners, and supporters make it possible for us to provide the comprehensive services highlighted below. **Thank You** for making a difference!

Services Provided from Jan - June 2023



6,338 Patient Visits



1,165 Health Screenings



1,071 Mental Health Visits



478 Vision Services



2,498 Case Management Visits



63 Dental Patients



4,934 Diagnostic Tests



275 Rental Assistance for Families



3,168 Prescription Medications



11,677 Families Fed (47,604 People)



COMING UP SOON!

BACK TO SCHOOL EVENTS

On August 9 and 15 at our Oxnard and Thousand Oaks sites respectively, we will be distributing backpacks filled with school supplies to 1,600 low-income children. Children will also be able to access immunizations, 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!**



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 thousands of hours of their time, resources, and expertise. A huge thank you to our amazing **Friends Board** who is hosting this year's adult volunteer appreciation event on September 8!



HOW YOU CAN HELP

We need your help! Contact us if you are interested in volunteering! Our volunteers help us distribute food to clients, assist with administrative tasks, and help us identify community resources and donations for our patients. Volunteers also help feed our high school student volunteers, who come to clinic straight after school on clinic days. We are always looking for more medical professionals willing to volunteer their time and expertise to provide free health services to our patients.

We also need your financial support. Every dollar you donate will ensure that our volunteer medical professionals have the tools and resources they need to provide free care to the

uninsured, while also serving as role models and mentors for local youth in our community.

Any amount will help! We appreciate your support!

Use the button below to donate online 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*

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