



Dear Friends and Supporters,

As 2023 comes to a close, we are filled with gratitude for the extraordinary work we have accomplished together this year! Thanks to the support of our donors, volunteers, and partners, we are ending the year on a high note. I hope you enjoy reading about what we accomplished together this December 2023!

Thank you for choosing to support Westminister Free Clinic! Wishing you and your loved ones a Happy Holiday Season!

Lisa Safaeinili, MPH  
Executive Director

**WFC RECOGNIZED AT THE 2023 THOUSAND  
OAKS STATE OF THE CITY ADDRESS**



Westminster Free Clinic (WFC) was selected as the nonprofit honored during the 2023 *Thousand Oaks State of the City Address and Luncheon*, which took place on December 12 at Cal Lutheran University. This special acknowledgement by the City of Thousand Oaks introduced WFC to over 400 local business and civic leaders gathered for the annual event.

## COUNTY SUPERVISORS DONATE SOCKS FOR WFC CLIENTS



Also on December 12, Ventura County Supervisors Matt LaVere and Vianey Lopez, along with their staff, visited WFC's Oxnard site and donated **300** pairs of socks for our clinic patients, who were thankful that they will be able to stay warm this winter, as many work outdoors as farmworkers and in construction.

## CORAZONES SANOS PATIENTS HIKING FOR HEALTH!



On December 10, **26** WFC patients participated in a monthly hike guided by Craig, one of our volunteers, to promote physical activity as part of our Corazones Sanos program. Families learn about local trails that they can hike with their families as they improve their blood pressure and blood sugar levels, and prevent heart disease.

## TEEN PROGRAM UPDATE



On December 17, **62** youth from our Thousand Oaks and Oxnard sites came together for WFC's Annual Alumni Panel. During the event, **12** program alumni—including college students, nurses, engineers, computer scientists, certified nurse assistants, medical assistants, and other professionals—shared how WFC's Teen Program transformed their lives. Panelists shared things they wish they had known in high school, tips for success, and advice on how to reach their dreams and career goals.

## ADOPT A FAMILY 2023



WFC's 2023 Adopt-a-Family event was a huge success! We adopted **106** families who received clothes, toys, food, and household items, making a real impact in their lives. A special shoutout to our amazing donors, volunteers, and partners who adopted multiple families and organized collections within their communities and organizations. Your efforts allowed us to extend our reach to more families this year!

## TOY DISTRIBUTION EVENTS



Over **1,200** low-income children from across Ventura County received toys for the holidays this December. We are thankful to all those who made our toy distribution events possible and put a smile on the faces of so many children who received bikes, dolls, board games, stuffed animals, educational toys, and so much more! On their behalf, we thank you!

## SUPPORT FOR WFC FAMILIES



A big shoutout to our partners at S.E.R.V.E. who donated **108** grocery bags, **120** dinner boxes for patients and volunteers, **300** bags of feminine hygiene kits, and gently-used clothing distributed to patients during our toy distribution events. S.E.R.V.E also brings home-made food weekly for our high school students and volunteers who come to WFC straight after school and work.

## PROMOTING MENTAL WELLNESS



Close to 50 low-income parents from Thousand Oaks, Oxnard and Santa Paula graduated from WFC's Z-TAP Padres Educando en Ambientes Seguros (PEAS) Program, or Parents Raising Children in Safe Environments. PEAS is an 8-week train-the-trainer program funded by The Zonta Club of the Conejo Valley Area that empowers parents to train others in their community on how to identify the early signs of mental health issues and how to raise emotionally healthy children. Participants share information learned and refer families in need to free bilingual mental health counselors at WFC.

## NEW COLORECTAL CANCER SCREENING TESTS FOR PATIENTS



This month we also started distributing free colorectal cancer screening tests to our patients. Through a new partnership with the Colorectal Cancer Alliance, we received **500** free Cologuard kits, which will help in the prevention and early detection of colon cancer.

## THERE IS STILL TIME TO HELP!

**There is still time to help!** As the end of the giving season approaches, please

consider making a donation to **Westminster Free Clinic!**

**Every dollar donated will be matched by a generous donor dollar for dollar up to \$25,000!**

Your donations help thousands of families and children experiencing hardship in our community and prepare teens for college or for advanced healthcare training programs.

Any amount will help! 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  
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