



Fall 2024 Update

Dear Friends and Supporters,

Fall is here and we have lots to share with you! Your generous support is a **passport to health and wellness** for thousands of low-income families in our community! Thanks to donors, volunteers, and partners like you, we are able to offer free health services to those who otherwise could not afford care. Your contributions also help feed the hungry, and open doors to a brighter future for local youth. Together we are making a real, lasting difference!

We invite you to take a few moments to explore photos and stories that highlight the impact of your generosity. As always, if you have any questions or simply want to connect, we'd love to hear from you!

Thank you for your support!

Lisa Safaeinili, MPH
Executive Director

VOLUNTEER APPRECIATION EVENT IS A SUCCESS!



On October 4, we were thrilled to celebrate our incredible volunteers at our 2024 Volunteer Appreciation Event, generously hosted at the home of Faye and Fred Miran, who are dedicated long-time supporters of Westminster Free Clinic. Over 100 volunteers —including medical professionals and other community members who volunteer their time and expertise to support our Teen Training, Food Equity, and other programs— gathered for an evening of dinner and appreciation. It was a wonderful opportunity to honor and celebrate the collective impact our volunteer team is making for youth and adults in our community.

**WFC WINS BEST PERFORMANCE PRIZE AT CHARITY
KARAOKE SING FOR A CAUSE!**



We are also excited to share that this year, some of our talented staff participated in the 2024 Charity Karaoke-Sing for a Cause Contest –and they took home a prize for Best Performance! This fun and lively event featured over 20 local nonprofits, offering not just entertainment but a unique opportunity for organizations like ours to raise awareness about our work and engage with the broader community. The contest allowed us to showcase our spirit and passion, while also building valuable relationships with fellow nonprofits in the region. It was a great way to market our mission, increase our visibility, and strengthen our partnerships with other local organizations working toward common goals. We are proud of our team for their outstanding performance and the connections we forged through this experience!

WFC HIGH SCHOOL STUDENT INTERNS LEARN MEDICAL TERMINOLOGY IN SPANISH



High school students from our Teen Healthcare Training and Internship Program have been hard at work, too! Thanks to Mary Ann Carsillo, PhD, a dedicated volunteer from Mount Saint Mary's University, our students are able to complete a course on Spanish medical terminology for healthcare workers. She visits our clinic twice a month to

teach two different classes: one for English speakers and another for native Spanish speakers. The course equips our students with the essential medical terminology needed to communicate effectively with our volunteer doctors and ensure that Spanish-speaking patients fully understand their medical care. This training is a vital step in enhancing the quality of care and bridging language barriers at our clinic.

CHANGING PATIENTS' LIVES



Julieta is a low-income mom who lives in Thousand Oaks with her husband and her 16 year-old son. She and her husband work as cashiers at a local gas station. Julieta's friend told her about Westminster Free Clinic's programs, and she finally decided to come. She suffers from varicose veins and was able to get checked by a volunteer doctor. She also

completed her labs and found out that her blood sugar levels were high, so she enrolled in our Corazones Sanos (Healthy Hearts) program. She immediately felt at home, and was inspired to make lifestyle changes. She learned how to read food labels, participates in our exercise classes and hiking club, and has lost weight since she joined the program! She also signed up for one of our Start Again Not Over coaching sessions and was motivated to enroll at a local adult school to get her GED and complete a Caregiver course. She is very enthusiastic and wants to do better for herself and for her family. Julieta is also encouraging her son to apply for WFC's Teen program. Julieta credits WFC with changing her and her family's life for the better. She is thankful to all the donors and volunteers who have made this possible.

NEW SERVICES COMING SOON!



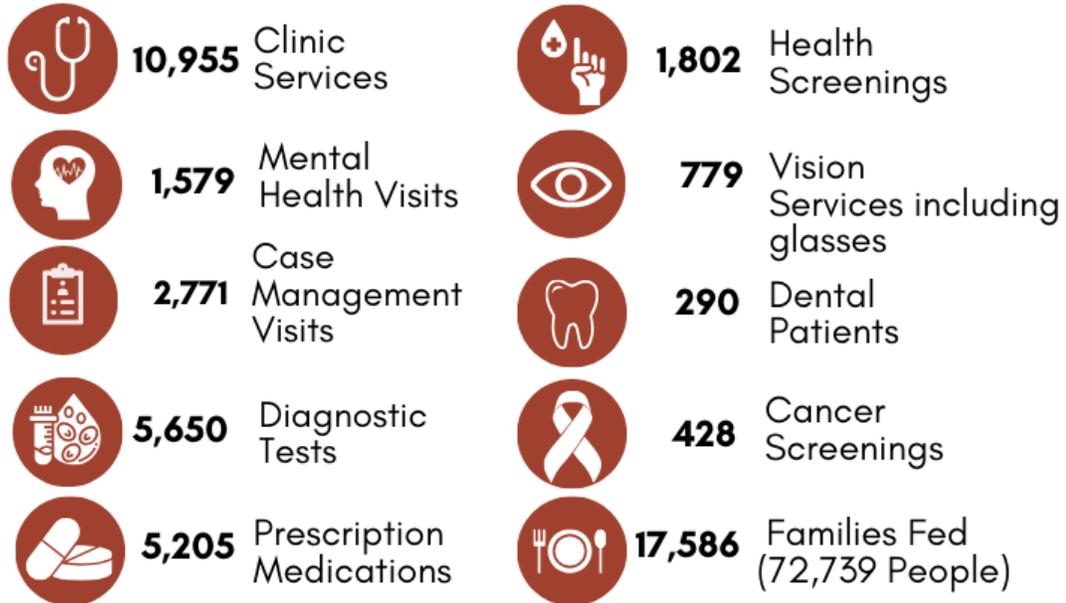
We are thrilled to announce that we are now offering dental assessments for our patients during clinic hours! Arnold Rudman, DDS, one of our longtime volunteers seen in the photo above, is a retired dentist who has supported our Food Equity program for years. This will allow us to identify dental issues early, prescribe antibiotics for dental infections when needed, and will help us prioritize patients to send to our volunteer dentist, who offers free dental services to WFC patients at his dental office.

We are incredibly excited to offer high school students from our Teen Healthcare Training and Internship Program exposure to additional healthcare career pathways. Through hands-on experiences and collaboration with our volunteer providers, these students will gain valuable insights and skills for their future in healthcare.

BY THE NUMBERS

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

Services Provided from Jan. - Sept. 2024



HOW YOU CAN HELP

We need your help! As the giving season approaches, we are launching "**Passport to Health and Wellness,**" our annual matching gift campaign!

Starting now and through the New Year 2025, 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 urgently needed assistance to our patients, including access to doctors, medications, vision and dental services, as well as mental wellness programs. Your gift will also go a long way by helping low-income teens in our community prepare for college and/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 "Passport to Health & Wellness" 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

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