



Dear Friends and Supporters,

I hope you are enjoying the start of the spring season! I am excited to share with you some of our first quarter accomplishments, all possible thanks to your dedication, generosity, and support!

We are also gearing up for our annual Back to School events and look forward to your participation.

We thank you for choosing to support Westminster Free Clinic!

Happy Springtime!

Lisa Safaeinili, MPH
Executive Director

FREE MOBILE MAMMOGRAM EVENTS



On February 13 and 14, as part of our cancer prevention program, we held free mobile

mammogram events in Oxnard and Thousand Oaks respectively for low-income, uninsured women age 40 and above. In partnership with Alinea, we were able to complete **83 free mammograms**, 42 in Oxnard and 41 in Thousand Oaks. Your support helps low-income women in our community have early access to cancer screening services.

FREE COLORECTAL CANCER SCREENINGS



March is Colorectal Cancer Awareness Month! To raise awareness and increase access to screenings for the early detection of colorectal cancer, in partnership with the Colorectal Cancer Alliance, WFC is providing **500** free Cologuard colon cancer screening kits to low-income uninsured patients age 45 and over by the end of the year. Cologuard is 92% accurate, much more accurate than FIT and other colon cancer screening tests. Since last December, we have already distributed **160** free kits and have connected those with positive results to our team of volunteer gastroenterologists, who are providing them support and guidance. We are also helping them schedule colonoscopies with our network of partners as needed.

VISION SERVICES



Our vision program also continues to grow! Thanks to generous donors, we were able to purchase new vision equipment for WFC's Thousand Oaks weekly vision clinic which provides free eye exams and glasses. We are also expanding our partnership with SEE International, the Ventura Downtown Lions Club, the Salvation Army Ventura Corps, and Ventura Rotary Club to bring vision services to WFC's new Santa Paula clinic site, where there is great need for this service. In addition, our volunteer ophthalmologists continue to treat medical eye conditions such as glaucoma, and offer annual diabetic retinopathy screening events at each of our clinic sites which serve over 130 of our diabetic patients.

TEEN PROGRAM UPDATE





NEW STUDENTS JOIN OUR TEEN PROGRAM!

We are excited to welcome **132** new high school students to our **Teen Healthcare Training and Internship Program** this spring to replace our class of high school seniors who will be graduating this coming June, including **68** students for our Thousand Oaks clinic site, **50** for our Oxnard site, and **14** for our new Santa Paula site. A majority of our new teen interns are low-income Latinos. New incoming students completed their initial training this March and are now ready to start helping our volunteer medical professionals provide free health services to the uninsured in our community. The teens are eager to learn basic clinical skills, including taking patients' vital signs and medical histories. Over 100 rising high school seniors from our program will serve as mentors and preceptors to the newly selected students during their first year, until the new students earn their name on their scrubs. Ongoing trainings, skills and confidence-building activities are also part of the program. Thanks to your support, these students are on a pathway to college and/or to careers in the growing healthcare sector.

NEW SCHOLARSHIP FOR LOW-INCOME TEENS GOING TO COLLEGE

Many of WFC's teen intern graduates will be the first in their family to go to college. Their families are low-wage earners employed in service jobs in our community who do not have the capacity to take on large loans or to financially assist their children in reaching their dreams. Inspired by the passing last month of our dedicated Board Member Ursula Doidic, RN, WFC will begin awarding scholarships to help dedicated WFC students who are low-income and have been helping their community for multiple years and want to pursue a career in the healthcare sector. Our goal is to eliminate financial barriers for our students to achieve their goals, especially in a time when there is a shortage of healthcare professionals.

FOOD EQUITY PROGRAM



As food prices remain historically high, we continue to see a great need for food assistance in our local communities. Every week, hundreds of families start lining up hours before we begin distributing free bags and boxes filled with healthy food. We typically serve over **500 families** every week and we always run out of food.

On a positive note, our Oxnard clinic site was recently approved to become a USDA food distribution site, which means that we will have additional nutritious food for Oxnard families. We are looking for community members willing to donate fruits and vegetables from their trees and gardens, as well as referrals to other possible partners to increase the number of families we can serve.

BACK TO SCHOOL EVENTS COMING UP SOON!



We are gearing up for our annual Back to School events, to be held later this year in August, intended to prepare low-income children for a healthy, successful return to school. Through our comprehensive back to school events, we distribute over 1,500 backpacks filled with school supplies to low-income school-age children in our community. During these events, we also provide free pediatric dental screenings, fluoride varnish, oral health education, and back to school immunizations so that children can go back to school healthy and ready to learn. We also distribute children's books, clothing, and other resources to help children be school ready. Please reach out if you would like to participate and contribute to this event by donating new backpacks and school supplies or to learn about other ways in which you can get involved. It is a really fun, supportive event!

HELP US KEEP OUR COMMUNITY HEALTHY!

None of our programs would be possible without your generous support.

We need your help to keep our community healthy and to place our youth on a pathway to economic success. Please consider making a donation to help keep our communities healthy and well!

Every dollar you donate helps equip our volunteer medical professionals and high school students with the supplies and resources that they need to provide free health services to those who would otherwise go without. Your support helps ensure a brighter future for students from local high schools across Ventura County and helps thousands of families and children experiencing hardship in our community have healthy food on their table.

Any amount will help! We appreciate your support!

Use the button below to donate online

or

Mail your check payable 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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