



Dear Friends and Supporters,

As the season of renewal unfolds, we're excited to share the incredible impact you've helped create in the first quarter of the year. Your generosity, dedication, and support continue to uplift our community, and we couldn't be more grateful!

Looking ahead, we're gearing up for our annual Back to School Health Fairs to help the children of our patients start the school year healthy and ready to learn. We hope you'll join us in making this year's events a success!

Thank you for being part of the Westminster Free Clinic family. Your commitment makes all the difference!

Wishing you a bright spring season!
Lisa Safaeinili, MPH
Executive Director

HELPING PATIENTS CONTROL HIGH BLOOD PRESSURE



High blood pressure is a silent but serious health threat, especially for uninsured patients with limited access to care. That's why we are taking action by distributing 500 home blood pressure monitors to high-risk patients, giving them a powerful tool to monitor and manage their health. Our dedicated bilingual Case Managers provide personalized health education, ensuring each patient understands how to use their monitor effectively to help identify what triggers dangerous spikes in their blood pressure. With your support, these patients can take proactive steps to protect their health and prevent life-threatening complications. Your generosity makes this possible!

NEW PARTNERSHIP WITH OXNARD COLLEGE



This spring, we launched a NEW and exciting partnership with Oxnard College's Dental Hygiene Bachelor of Science Program, which allows undergraduate students to visit our Oxnard clinic to provide free dental health education to patients. In addition, our Case Managers are now also able to refer patients to the College's Dental Hygiene program for free teeth cleanings and other free/low-cost dental services.

NEW DIAPER DISTRIBUTION PROGRAM



As part of our commitment to meeting the full needs of our low-income patients, we distribute over 3,000 free diapers every month—along with healthy food and essential hygiene products—to families in our community. No parent should have to choose between feeding their child or keeping them clean and dry. Yet, for many low-income families, diaper costs can quickly add up to \$75–\$100 per month per child—an expense that is simply out of reach for low-wage earners in our region. With your support, we can ensure that no baby goes without this basic necessity.

NEW STUDENTS JOIN OUR TEEN PROGRAM!



This spring, we're thrilled to welcome **117** new high school students to our Teen Healthcare Training & Internship Program, to replace **106** graduating high school seniors. Our new interns include students from WFC's Thousand Oaks, Oxnard, and Santa Paula locations.

The majority of these students come from low-income families. Students completed their initial training this March and are eager to begin assisting our dedicated volunteer medical professionals in delivering free healthcare services to uninsured members of our community. As part of their hands-on learning experience, they will develop essential clinical skills, including taking vital signs and patient medical histories.

To support their journey, over 90 rising high school seniors from our program will serve as mentors and preceptors, guiding the new interns until they earn their names embroidered on their scrubs. Ongoing training, skill development, mentoring, and confidence-building activities will further prepare them for future success.

Thanks to your support, a total of 246 high school students are gaining invaluable experience and are on a pathway to college and/or careers in the growing healthcare sector.

BACK-TO-SCHOOL HEALTH FAIRS COMING UP SOON!



We are gearing up for our annual **Back to School Health Fairs** this August to help low-income children in our community have the tools and support they need for a healthy, successful return to school. Through these events, we provide over 1,700 backpacks filled with essential school supplies to children who might otherwise go without. We hope to distribute at least 1,500 backpacks in 2025.

But we go beyond school supplies—each child also has access to free pediatric dental screenings, fluoride treatments, oral health education, and back-to-school immunizations, helping them start the school year healthy and ready to learn. Families also receive children’s books, clothing, and other essential resources to set their kids up for success.

This event is only possible with the generosity of supporters like you. You can help by donating new backpacks and school supplies, donating money to WFC to purchase new backpacks, or getting involved in other ways. If you're interested, please reach out—we'd love to have you join us for this fun and meaningful event!

LONGTIME VOLUNTEER JOINS OUR BOARD



We are thrilled to welcome Dr. Timothy Horita to our Board of Directors! For close to 25 years, Dr. Horita, a Family Physician at Kaiser Permanente in Oxnard, has been an integral part of our innovative model of healthcare delivery, generously donating 4–5 hours every two weeks to provide free health services to uninsured patients. At the same time, he mentors high school student interns, inspiring and preparing the next generation of healthcare professionals. Through his dedication, thousands of students have had the opportunity to work alongside him, gaining hands-on experience while delivering critical care to the most vulnerable members of our community. Dr. Horita's sons were student interns in WFC's teen program, and his older son is currently in medical school. We are honored to have Dr. Horita's leadership and passion guiding our mission!

HELP US KEEP OUR COMMUNITY HEALTHY!

None of our programs would be possible without your generosity. Together, we can keep our community healthy and help our youth build a brighter future.

Your donation directly supports volunteer medical professionals and high school students, providing them with the supplies and resources needed to deliver free health services to those who would otherwise go without. Your generosity also ensures that thousands of families and children facing hardship have access to healthy food, essential care, and educational opportunities.

WFC prevents families from becoming homeless due to health issues, empowers teens to make healthy choices and have hope for the future, and supports parents' well-being so they can work and provide for their families.

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Use the button below to donate online

or

Mail your check payable to:

Westminster Free Clinic

2673 San Miguel Circle

Thousand Oaks, CA 91360

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