

The Examiner

FREE CLINIC OF SOUTHWEST WASHINGTON

FALL 2011

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Providing Compassionate Care
for those in Need - Always

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Striving for Excellence
Making a Difference in
Patient's Lives
Caring for the Community

BACK COVER

Hours & Information
Holiday Ball Save the Date



*Compassionate care for
those in need - Always*



EXCEEDING EXPECTATIONS



After his diabetes is under control, Josh plays in a local basketball tournament.

Josh is a young man who has always been active in martial arts, basketball and track. When his health started declining at age 17, it was cause for concern. I started to lose weight in the summer of 2010, but it wasn't until I started getting sick every day and finally couldn't breathe that I went to the hospital, he says. The doctors at the hospital informed Josh that he had Type I diabetes. Type I diabetes occurs in patients whose pancreas have stopped producing enough insulin to control their blood sugar levels.

Josh had no insurance at the time and his family wasn't sure how they would pay for his insulin or regulate his diabetes. The nurse at the hospital gave me information to set up an appointment at the Free Clinic of Southwest Washington (FCSW). He saw a nutritionist and an endocrinologist at the FCSW. It was helpful that they told me how insulin affects my body and exactly how I was on it. No one had told me that before.

When Josh first came to the FCSW in April 2011 he weighed 138 pounds. Today, he is back to his normal weight of 180 pounds—a healthy weight for his six foot frame. Josh has his blood sugar under control through insulin injections. Because he remains active he relies on much less insulin now. I was on 8-9 shots a day when I was first diagnosed, but now I'm down to 2-3, he says. It's been a lifestyle change but I'm glad I can still exercise.

Josh graduated from high school in June and attends Clark College. He now has health insurance coverage and sees his physician regularly. Josh will always remember how the Free Clinic of Southwest Washington helped him get back on track, the Free Clinic of Southwest Washington went out of their way to help us and to answer all of my questions. They exceeded our expectations.



Our Mission is to provide and facilitate access to free, compassionate, quality health care for children and adults who are otherwise unable to access such services.

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P T C N - A C



In the past spring the board of directors for the Free Clinic of Southwest Washington (FCSW) agreed on a vision statement that will guide the strategic future of the FCSW. Having been in existence since 1990, the FCSW has provided medical, dental, and vision care to those in need through the extraordinary effort of hundreds of volunteers. As we looked into the uncertain and re-developing future of health care, the decision was made to ensure the assistance provided by the FCSW would not diminish from its initial goal.

The FCSW was established as a short term solution by Dr. Sam Beall and Father Ed Rankin as a means of providing basic health care services to those without adequate health coverage. Even back then, the original plan was to discontinue the FCSW as soon as health care

was made available to everyone.

Twenty years later the need is even greater and a solution for everyone to have access to health care is not simple and unfortunately will not be resolved even with health insurance reform.

As a result, the revised vision statement created by the Board of Directors, Compassionate care for those in need-Always was adopted. We believe this statement describes the Free Clinic of Southwest Washington today and into the future. Care is what the FCSW was originally designed to provide. Doing so in a compassionate manner is what volunteerism is all about. And providing this always gives us our end goal and direction.

Our patients helped to provide the content for this newsletter. Their acknowledgements and stories are testimonies of the extraordinary commitment of over 600 volunteers who provide compassionate care. Thank you to everyone who cares and supports our Free Clinic of Southwest Washington patients and families.

Barbe West
Executive Director

Ron Bertolucci
Board President

"How can one little clinic make a difference? Well, it makes a huge difference to each community that starts a free clinic."

--Kevin Keller, MD

S E

The Free Clinic of Southwest Washington works hard to ensure its patients receive quality care. From volunteers who continue to provide compassionate patient services, to staff members that challenge each other to exceed goals, the FCSW is constantly striving to be a free health care organization leader in the state of Washington.

This year, the FCSW earned the following accolades:

EXCELLENCE IN GOVERNANCE AWARD

Non Profit Network of Southwest Washington

The FCSW earned this award through its demonstrated excellent practices in planning, financial and programmatic oversight, resource development, visibility, board development and responsiveness to change.

2011-12 CHARITY SEAL MEMBER

Better Business Bureau

To be recognized by the Better Business Bureau, the FCSW met 20 Standards of Accountability through the BBB charity review. This seal informs donors of a charity's ethical practices and encourages greater confidence in giving.

AWARD OF DISTINCTION FOR COMMUNITY PARTNERSHIP

Washington State University

The FCSW was recognized for its support and benefit to the local community through its commitment to successful community partnerships with physicians, clinics and health systems in the Project Access Program.

C C

The Free Clinic of Southwest Washington recognized over 600 volunteers in September at a Volunteer Appreciation Event. Volunteers were honored for the service they have given to their community over the past 20 years.

T S



Riverview
Community Bank



20+ Years
FCSW volunteers were acknowledged by Mayor Tim Leavitt.

M P D L

If it wasn't for this clinic and your help I'd have no way to see a doctor. I appreciate your services so much.
Thank you!

Thank you from the bottom of my heart. If it wasn't for this clinic I don't know what I'd do. I want to give a big thank you to all the volunteers & doctors, - who have such big hearts & are so caring & down-to-earth. May God bless all of you!

Everyone here has been so helpful and caring. I feel there should be more clinics like this one. I just want to let you know that I appreciate everything you've done for me. The dentist on Tues days is the best one I've ever had. Thank you, so. He is great! much

Thank you for your service! It's humbling to need free services and then to be met with smiles and such a nice helpful staff. You know the people aren't just being nice for the money but for the blessing to others :).

