

# THE EXAMINER

FREE CLINIC OF SOUTHWEST WASHINGTON  
SUMMER 2013

Compassionate care for those in need - Always

## APPRECIATING THE LOYALTY OF LONG-TERM DONORS

### MARY ANN THIMMES

Mary Ann Thimmes was a nursing instructor at Clark College in 1988, when she learned of Father Edward Rankin and Dr. Sam Beall's idea to establish a free clinic for uninsured people in Clark County. Mary Ann accepted an invitation to represent the nursing community in planning meetings. The meetings became more regular, and Mary Ann became the first secretary of the Board of Directors.

The Community Health Clinic opened its doors in 1990, offering free, urgent medical care once a week. It was housed in the Health Department complex on Fort Vancouver Way. Mary Ann and Dr. Beall treated the first patient, a toddler with a bad ear infection. Mary Ann recalls his loud objections to having his temperature taken. Mary Ann volunteered at every clinic, alongside Dr. Beall. She was usually breaking in nurse volunteers, many of whom were also her students.



Mary Ann Thimmes

The founding board members spoke to groups, solicited donations, and secured partnerships. Mary Ann remembers enlisting the support of her Soroptomist Club, starting a relationship with the Free Clinic which lasted many years. The first clinic director, Marcia Howery, was skillful at building relationships in the community. "Whenever a patient needed more than urgent care, Marcia would call doctors until she found one who would provide whatever the patient needed, for free," said Mary Ann.

In 1999, the clinic moved to a larger space at 33rd and Main, in what was then Vancouver Memorial Hospital. A dispensary was added, and donated medications were made available to Free Clinic patients.

After Mary Ann retired, she became involved in the capital campaign to find another location for the Free Clinic. In 2002, the Free Clinic moved into its current location, in the Jim Parsley Center at 4100 Plomondon.

When asked what the Free Clinic has meant to her, Mary Ann says, "One of my passions is to see this clinic thrive. I have an overriding belief that when we spend our dollars close to home, we get more for our money. We should all be talking to each other more about what we can do for our community."

### DR. CHARLES AND JOYCE CARTER

"I cannot believe that the purpose of life is to be happy. I think the purpose of life is to be useful, to be responsible, to be compassionate. It is, above all to matter, to count, to stand for something, to have made some difference that you lived at all." This quote from Leo Rosten was the mantra of Joyce Carter's late husband, Dr. Charles Carter.



Joyce Carter

An ophthalmologist with the Vancouver Eye Clinic, Dr. Carter would have volunteered at the Free Clinic in the early 2000's when the couple began donating, but at that time, the Free Clinic had no vision program. According to Joyce, he did offer quite a bit of free services through his own practice, to low-income, uninsured people. "He was continually thinking about what he could do for others," Joyce said.

When her husband died in the fall of 2012, Joyce made it her mission to continue to support the local non-profits with which Dr. Carter had been involved. One of those was the Free Clinic. "I didn't know a lot about the Free Clinic, really," she said. In May, she took a tour of the Free Clinic, and was able to see the volunteer physicians, nurses, and assistants in action, helping a waiting room full of patients needing urgent care.



Joyce and her late husband,  
Dr. Charles Carter

The Leo Rosten quote remains, framed, in Joyce Carter's home, so she sees it every day. "It has been fun for me to learn about the Free Clinic, and the other causes my husband was passionate about," she said. In continuing to support the Free Clinic, she embodies the words of Leo Rosten, ensuring both she and her husband's lives have mattered, counted, and stood for something.

Why not take a tour of the Free Clinic? Call us at 360.313.1388. We'd love to show you around.

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## HONORING THE COMMUNITY'S COMMITMENT TO THE UNINSURED



As the staff open the doors of the Free Clinic each day and begin to welcome patients, it is a chance to reflect on the extraordinary commitment of our community to serve those who need free, compassionate, quality health care.

Community support includes over 900 volunteers who provide care and service to our patients. We would not be able to offer these services without individuals, organizations and foundations throughout our community who believe in our mission and supply financial or in-kind resources. This newsletter recognizes all of our community partners who continue to ensure that our patients will have free health care when they need it.

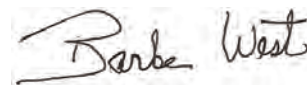


We have launched a new program at the Free Clinic – the Patient Navigator Program. Its purpose is to assist our patients in connecting with resources they need to improve the quality of their health, such as housing, food, utilities, etc. In our next newsletter, we will describe the program and begin sharing the impact it is having on our patients.

As we approach October 2013, some of our uninsured patients will have the chance to enroll in Medicaid. It is still not clear who will have this opportunity and how it will happen, but we are working with local non profits, Clark County Public Health and the Regional Health Alliance to understand how we can assist with Medicaid enrollment.

The Free Clinic Board of Directors has confirmed that the Free Clinic mission will not change, and we will continue to provide quality urgent health care in our medical and dental programs. With the increase in Medicaid-eligible individuals, there may not be enough primary care physicians in the community to care for these patients in the short term. The Free Clinic will not turn our backs on these individuals if they need urgent care. In addition, we will work with all physicians and health systems to help Medicaid patients become established with a primary care provider.

As we continue to evolve in the changing health care environment, we promise to keep you informed about our programs and services. In the meantime, the number of patients coming to the Free Clinic continues to increase. We promise we will invest your financial support wisely to provide quality health care to each and every patient we serve. We are truly grateful for your continual support and involvement in meeting the needs of the uninsured. Without you, we could not offer quality, compassionate care for our patients.



Barbe West  
Executive Director



Todd Horenstein  
President, Board of Directors

*The mission of the Free Clinic of Southwest Washington is to provide quality medical, dental, and vision services at no cost for uninsured children and adults.*

## THREE NEW BOARD MEMBERS COME ON BOARD

The Free Clinic of Southwest Washington recently welcomed three new members to its Board of Directors: LeAnn Bremer, William Lockwood, and Sister Beth Taylor.



**LeAnn Bremer** is an attorney and partner at Miller Nash in Vancouver, Washington. She specializes in land use law, real estate, and government affairs. She is known as a problem-solver, and a person who appreciates challenge. Prior to joining Miller Nash in 1999, Bremer was a partner of Horenstein Bremer and Horenstein & Duggan. Her board involvement includes YWCA-Clark County (2006-2011) and she currently serves on the board of the Humane Society for Southwest Washington.



**William Lockwood** is Branch Manager/Senior Vice President of Investments for Wells Fargo Advisors in Vancouver, Washington. He has worked in the field of investment for over 31 years, managing the wealth of individuals, families, and small business owners. He specializes in conservatorship/guardianship relationships. He has been a board member of the Portland Chapter of the Stanford Alumni Association, and the St. Joseph School Foundation.



**Sister Beth Taylor** entered the Congregation of the Sisters of St. Joseph of Peace (CSJP) in 1962. In 1985, she began work as a hospital chaplain with PeaceHealth in Longview, and has been connected with PeaceHealth ever since. She was also involved as member of the leadership team for the western region of the Sisters of St. Joseph of Peace, and was involved in parish renewal programs in the United States, India, Nigeria, and Rwanda. She is currently a member of the organization development team at the PeaceHealth Shared Service Center.

*We need you, in order to provide access to free medical and dental services. Donations are vital.*

## WELCOME, PRANEETI PARJAN, NEW CLINIC DIRECTOR

Praneeti Parjan is the new Clinic Director at the Free Clinic of Southwest Washington. She will direct the medical operations of the Free Clinic, which includes oversight of the urgent care medical clinic, vision program, immunization program, flu-pertussis clinics, health screening clinic, and dispensary. The position also encompasses supervision of the transitional diabetes program, glaucoma program, and Project Access – a program at the Free Clinic which connects uninsured patients needing specialty care with nearly 300 specialists and the two hospitals in Clark County. In addition, the Clinic Director supervises six employees, and around 240 active medical volunteers, including 150 physician providers in urgent care.



Previously, Praneeti was a Clinic Manager for the EssentialHealthClinic in Hillsboro, Oregon, where she managed service delivery to the uninsured population in Washington County. She received her MD from Tver State Medical Academy in Russia, and completed her residency in New Delhi, India. She is pursuing a Masters degree in Healthcare Management at Oregon Health & Science University in Portland.

Patrick Callahan, who was Clinic Director for the past five years, has left the Free Clinic to attend the University of Washington medical school. We look forward to his return as a volunteer physician in the future.

*"I am so grateful you guys make this possible. I am having issues that are heartbreaking and really scary. I can't express my gratitude enough. Thank you so much for offering this service and making the seemingly impossible, possible."  
- a Free Clinic of Southwest Washington patient*



# THANK YOU, DONORS! FISCAL YEAR JULY 2012-JUNE 2013

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**In Memory of Drs. Charles Carter, Robert Bump, Archie Hamilton**  
John & Sandra O'Rourke

**In Memory of Stanley Drew**  
Laurel Marshall  
Gloria M. Schultz

**In Memory of John W. Erickson**  
Martin & Annette Erickson

**In Memory of Lilian Grosberg**  
Michael & Janice Herson

**In Memory of Naomi Hall**  
Mary Ellen Vaughan

**In Memory of Dr. Marvin Harner**  
Annemarie Harner  
Claudia Harner  
Charles & Lan Shibue

**In Memory of Paul Hosoney**  
Elsie Grooms

**In Memory of Marcia Howery**  
Fort Vancouver Nurses Association  
Jared Prenguber  
Bruce & Jane Prenguber

**In Memory of Bruce Johnson**  
Charles R. Johnson

**In Memory of Robert G. Kendall**  
Joanne S. Kendall

**In Memory of Dr. Paul Kretschmar**  
Esther E. Kretschmar

**In Memory of Bea & Wayne LeMaster**  
Tim LeMaster

**In Memory of Dorothy Olichwier**  
James & Mary Olichwier

**In Memory of Robert Reiersgaard**  
Mary Reiersgaard

**In Memory of Ruth Sanford**  
Lee W. Robbins

Belva R. Baz  
Robert & Constance Evans  
Ferne Laedtke  
Vancouver Dawn Lions Club  
Judy Baldwin

Frank & Elizabeth Gillespie  
Marion and Robert Paluck  
Karen Zimmerman  
Anne & Donald Bennett  
Robert Saum  
Michelle Seekins

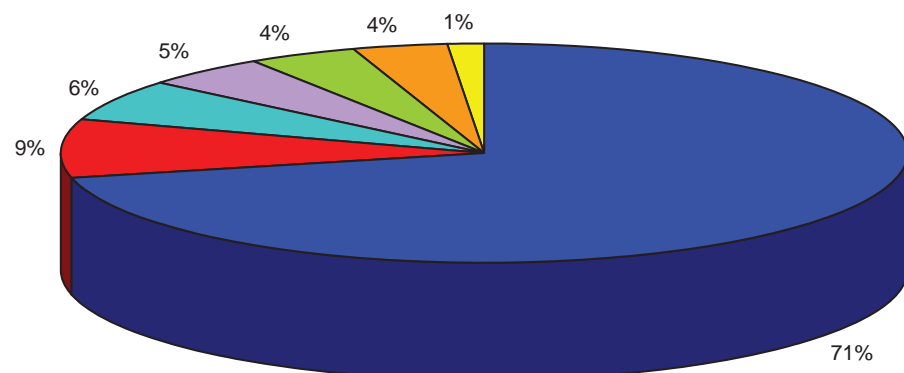
**In Memory of Dr. C. Stout**  
Elizabeth Stout

**In Memory of Betsy Strong**  
Catherine Helgason  
Evelyn M. Turner  
Duane & Marjorie Varner

## *A Legacy of Health*

You can make a difference, and positively impact the lives of the uninsured in Clark County, by remembering the Free Clinic of Southwest Washington when you prepare your estate. For more information about leaving a bequest to the Free Clinic of Southwest Washington, contact Barbe West at 360.313.1398 or [barbe@freeclinics.org](mailto:barbe@freeclinics.org).

## GIVING AT A GLANCE FISCAL YEAR 2012-13



■ Gifts in Kind	<b>\$2,252,898</b>
■ Businesses/Organizations	<b>\$270,884</b>
■ Special Events	<b>\$200,435</b>
■ Individuals	<b>\$149,205</b>
■ Foundation Grants	<b>\$127,591</b>
■ Bequests/Contracts/Misc.	<b>\$115,757</b>
■ Patients	<b>\$42,610</b>

## UNINSURED, AND IN GOOD HANDS

Ironically, it was a knife company Matthew was working for the day he opened a carton with a box cutter and accidentally cut his hand. An emergency room doctor stitched up the wound, which was a deep laceration across three of Matthew's fingers, but told Matthew it appeared there was tendon damage, and he would probably need surgery soon, to avoid permanent damage.

Matthew was worried. He knew an injury this serious could keep him from realizing his (then) chosen path of joining the military. His lack of insurance made it impossible to pay for surgeries or physical therapy. His parents suggested the Free Clinic. An urgent care volunteer physician removed Matthew's stitches and referred him to the Free Clinic's Project Access program.

It was only a month after being accepted into Project Access, when Matthew's surgery was scheduled. He had nerve damage,



and no feelings in three fingers. The surgery involved grafting tissue from the top of Matthew's hand.

"I was really worried when they told me I would need physical therapy to regain full movement of my hand, because they told me it would be \$500 per session," Matthew said. "But the Project Access staff found a way for me to have it at no cost."

Matthew can now move all of his fingers, and is practically pain free. He's attending Clark College full time, and has shifted his future plans. He now hopes to study engineering, with a goal of helping communities in third-world countries.

The Free Clinic is fortunate to have such great community partners, who were willing to volunteer their time and resources to proactively contribute to Matthew's healing.





# Free Clinic of SW Washington

4100 Plomondon St  
Vancouver, WA 98661  
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Fax: (360) 313-1391  
www.freeclinics.org  
Monday-Friday 9 a.m.-4:30 p.m.



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*Project Access Patient Care Coordinator*

Elizabeth Fitzgearld  
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Samantha Tracy  
*Volunteer & Community Outreach Manager*

Toni Wise  
*Communications & Development Manager*

Kim Wolfe  
*Project Access Patient Care Coordinator*



## Save The Date

The Friends of the Free Clinic

**2013 Holiday Ball**

**Saturday, December 7**

Cocktails 5:30pm

Dinner 7:00pm

The Heathman Lodge, Vancouver WA

An elegant evening to benefit the Free Clinic  
of Southwest Washington

For event or sponsorship information

contact Toni Wise, 360.313.1388

[toni@freeclinics.org](mailto:toni@freeclinics.org)

[www.freeclinics.org](http://www.freeclinics.org)