



Free Clinic

OF SOUTHWEST WASHINGTON

Compassionate Care ~ Always

The Examiner

SUMMER/FALL 2016

THANK YOU, DONORS: DARKNESS OF DISEASE IS NO MATCH FOR YOUR LIGHT

SIX HUNDRED THANKS...

...belong here. One for each of the generous souls who donate to the Free Clinic. Thanks to you, our volunteers can give great care and our patients can reap the rewards. Here are three stories about the ways you're changing the world.

"YOU HELPED ME TAKE RESPONSIBILITY"

Jose learned 16 years ago that he had diabetes. "I didn't understand how bad it could be," he says, "so I didn't do enough to keep it under control."

Damage to his kidneys and eyes led Jose to the Free Clinic. He started taking responsibility for his health, focusing on his medications, eating and exercise.

"If you follow the program, you can live a normal life," Jose says. "My doctor told me that if I continue on this path, I could live to be 100."

To our donors, Jose says, "I can't thank you enough. I was on the verge of a downfall, then I learned to take control and look ahead. Now I have hope and peace in my life again."

"YOU MADE ME WANT TO SMILE AGAIN"

Frank served his country proudly and returned to face disabilities at home. He overcame a number of them with the help of his service dog Oso - but one challenge remained.

"My teeth were in such bad shape that I couldn't get a job," Frank says. Our volunteer dentists at the Free Clinic are helping him retain his pride and regain his joy. "Now I look in the mirror and like what I see," he says. "I'm grateful to the donors who helped me want to smile again."



"YOU CHANGED THE WAY I LOOK AT LIFE"

Sandra is a single mom with a young son. She worked hard, spent time with her boy and did her best to make ends meet. Then the words "you have cancer" sent her into a tailspin.



"I dropped into a deep, dark hole," says Sandra. "I thought, 'I'm a good person - why did this happen to me?'"

Sandra found help, and hope, through the Free Clinic's donor-supported project access program. Project access connects physician volunteers in the community with low-income, uninsured patients like Sandra. Volunteers supported Sandra through the rigors of x-rays, ultrasounds, a colonoscopy and three surgeries to remove cancerous tumors.

Sandra's been cancer-free for three years. She still struggles with depression, but she says the deep hole is no longer quite so dark.

"If you've given money to the Free Clinic, you've changed the way I look at life," she says. "Your gift helped me be here for my son. I am so thankful to everyone who brought me back to the light."

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THANK YOU FOR CARING!

Every day we hear these words from the patients and clients we serve at the Free Clinic. They are so thankful for the care and service they received from the doctor, nurse, laboratory technician, pharmacist and many other volunteers.



The number of uninsured and underinsured in our community appears to have stabilized at about 32,000 people. The Free Clinic is often their only source of health care. Again, because of your charitable giving, we are able

to meet their needs and provide services to them free of charge.

We could not provide this excellent care and service without the generous donors in this community. Your belief in the Free Clinic's mission and investment in the services we provide for the uninsured inspires us.



The Free Clinic board of directors, staff and volunteers are indebted to you for the financial support you provide. As you can see from the list of donors in this newsletter, assistance comes from health care systems, businesses and foundations, and individuals. Many of our caring partners have been compassionate donors since the Free Clinic opened 26 years ago. Everything you give helps. Every dollar and every donation of supplies helps us to serve those in need of care.

Please visit our website, freeclinics.org, or visit us here at the Free Clinic. Take a tour and observe the excellent care and service made available by our dedicated and extraordinary volunteers.

Thank you,

Barbe West
Executive Director

Steve Mosier
President, Board of Directors

MEMORIAL GIFTS IN 2015-2016

In Memory of Kenny Andrews
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Evelyn M. Turner

In Memory of Sue Bader
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In Memory of Sam & Marjorie Beall
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In Memory of Richard Myers
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In Memory of Paula Palmer
Walter & Muriel Sinclair

From
our
patients

"Thank you for giving me hope. I can't even put into words how frightening and overwhelming it is to be homeless. Everyone here has been kind and understanding. I appreciate you!"
--Emily

"Your doctor was the only one I trusted to treat my knee. His advice, patience and expertise gave me hope. I was able to get a knee replacement, and being able to walk again helps me so much."
--Gail

"Please keep doing what you are doing. People like you make this world still a great place. Thank you for donating your time to people like me, who are hard up and going through a struggle."
--Geno

Donate online anytime at freeclinics.org!

THANK YOU, 2015-16 (JULY-JUNE) FISCAL YEAR DONORS!

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Donors in blue are members of the Sam Beall Stewardship Society.

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Free Clinic patients with diabetes are getting healthier, thanks to a powerful partnership between two of our donors.



Kaiser Permanente and Providence Health & Services have joined forces to

support expanded health care access for those who need it most. Their Community Supported Clinic Special Initiative Grant helps provide health care to low-income and underserved people, including many who visit the Free Clinic.



The two-year grant provides:

- \$40,000 in cash
- In-kind consulting and technical assistance in areas like business planning, clinic capacity and board development

Changing lives

We're focusing our grant dollars on patients with diabetes. "It's a complex condition," says Clinic Manager Kim Wolfe. "To stay healthy, patients have to do more than follow clinical guidelines and take their medication. They need to change the way they live their lives."

To help patients make these changes, the Free Clinic is teaming with five organizations:

- Battle Ground Health Care
- Clark County Farmer's Market
- Healthy Living Collaborative
- WSU-Vancouver's Nutrition & Exercise Program
- Department of Health - Diabetes Program

Our partnerships are bringing results. One example: We've teamed with the Clark County Farmer's Market to give our diabetes program patients vouchers for fresh produce. Patients get the vouchers when they participate in an offering from another of our partners - the WSU nutrition and exercise program.

"Thanks to this grant," says Kim, "donors, partners and patients can connect for success."

"My dollar goes further at the Free Clinic than at any other charity I know."

That's one of the reasons Stan Freidberg, MD has supported the Free Clinic since our doors opened in 1990. He's served us as volunteer physician, board member and long-time donor.



"My gift may buy insulin for a mom with diabetes or pay to x-ray a little boy's broken tooth," says Stan. "The Free Clinic's administrative costs are low, so every cent possible goes into patient care."

Stan learned about the Free Clinic from his colleague – and our co-founder - Dr. Sam Beall. As an early clinic volunteer, Stan saw first-hand the tremendous demand for our services.

"People needed us then, and they need us today," he says. "Many clinic patients work two jobs but have no insurance. They simply can't get the compassionate care they need anywhere else."

Stan's wife Colleen joins him as a clinic donor. "We feel good about our gifts," Stan says. "We love the volunteers and staff at the clinic, and we love supporting their passion for the patients."

From
our
patients

"I can't thank you enough for the dental services you have provided me. You've been such a blessing."

--Veronica

"I would like to thank everybody at the Free Clinic. Every time I come with my kids or by myself, we receive wonderful care. I understand everyone is volunteering their time, and that makes everything more special. Thank you for the good care we always receive."

--Zita

"I am so grateful for your help tonight at the Free Clinic. A friendly smile alone is good medicine!"

--Mary

FIVE EASY WAYS TO CHANGE THE WORLD

Thank you so much for giving what you can to the Free Clinic. If you want to give a little more - or donate in a different way - consider these options.

1. Go online

- Donate anytime at freeclinics.org.
- Join the Dr. Beall Stewardship Society and make a monthly donation. Details at freeclinics.org.
- **Thursday, September 22** is the day to Give More 24! You'll be amazed at how easy it is. Check www.give-more-24.org.



2. Have a blast

Join us December 3 for the Friends of the Free Clinic Holiday Ball. And watch for details on our springtime event, the Sam Beall Breakfast.

3. Shop and drop (a buck or two)

- Sign up for the Fred Meyer Community Rewards Program to donate every time you shop. Details at freeclinics.org.
- Join the AmazonSmile program to donate with every purchase you make. Sign up at smile.amazon.com.

4. Leave a legacy

Remember the Free Clinic in your will or make a gift of stock. Details on freeclinics.org at the "Leave a Legacy" tab.

5. Pass us the keys

Donate your old car, even if it's not registered or in running condition. Visit freeclinics.org and go to the "Automobile Donations" tab for details.

However you decide to donate, we are immensely grateful for your gifts. You keep our doors open, provide needed medicine and supplies, and give our patients hope. Donors, take a bow!

WELCOME NEW BOARD MEMBERS (AND DONORS!)

We're delighted to welcome three leaders of the local health care community to our board of directors.

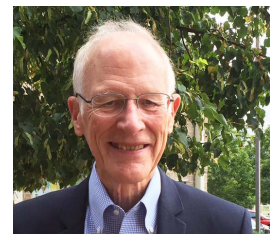
Our new board members - all signing on as clinic donors - are

- Gena Bailey
- J. Bruce Bell, MD
- Kelly Smith, MD



Gena Bailey is senior director, dental care delivery for Kaiser Permanente. She is a member of the Free Clinic's Dental Advisory Committee.

Bruce Bell, a retired neurologist, worked with PeaceHealth Southwest Medical Center and was a founder of Vancouver Neurologists.



Kelly Smith works in medical oncology and hematology with PeaceHealth Medical Group. She serves the Free Clinic as a volunteer physician.



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The Friends of the Free Clinic
ask you to save the evening of
Saturday, December 3
for our annual Holiday Ball

Tickets on sale
beginning October 3
at freeclinics.org