



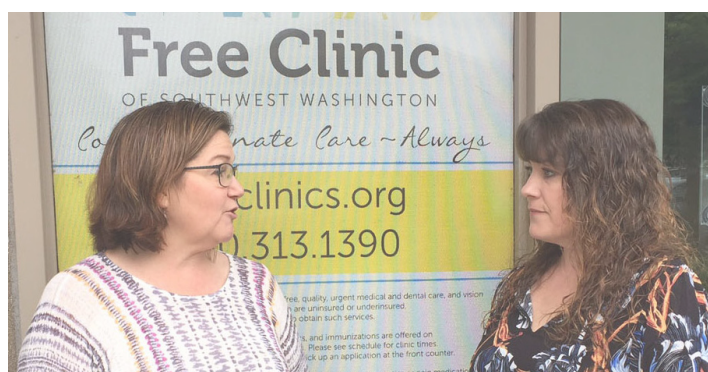
# The Examiner

SUMMER 2017

## THANK YOU, DONORS: YOU CHANGED 6,800 LIVES LAST YEAR!

**D**onors, you're the best. During our last fiscal year, you made sure that 6,800 Free Clinic patients received compassionate care.

We know that you have choices about sharing your gifts. Thank you for choosing to share them with us.



### The tie that bonds

"The Free Clinic keeps people from falling through the cracks while they're in transition, making better lives for themselves."

--Susan Davis, MD

Susan (left above) is the Free Clinic's volunteer medical director and a long-time donor. She shares a special bond with Shannon, one of our patients.

Shannon came to the clinic when she was uninsured and in pain from an accident. "Susan helped me understand what was happening to me," she says. "She is one of the kindest people I know."

Shannon met Susan again when both volunteered at a local food pantry. Now they see each other regularly as they give back to the community. "I enjoy connecting with Shannon," says Susan. "And I enjoy giving my time and funds to the Free Clinic to help patients like her as they get back on their feet."

### Many happy returns (on your investment)

Wondering how your gift to the Free Clinic helps our patients? Read on:

- \$15 will provide a vaccine to keep a young person from getting meningitis.
- \$25 will buy antibiotics to help five people recover from serious infections.
- \$35 will help coordinate care for a patient who needs referrals to our partner specialists or hospitals.
- \$45 will buy glucometers and test strips to help six diabetic patients control their disease.
- \$120 will provide inhalers so three people with asthma can breathe easier.
- \$135 will fund x-rays for three broken ankles.



**We appreciate any gift you can make. Thank you!**

### In This Edition

Letter from Barbe West & Dawn Tolotti.....	2
Memorial gifts.....	2
Q&A with our founding funders.....	3
Your donor dollars at work.....	4
Thank you to our FY 2016-17 donors.....	6
Five easy ways to love the Free Clinic.....	7
Free Clinic news.....	7
Holiday Ball is December 2.....	8

## INSPIRATIONAL LEADERSHIP

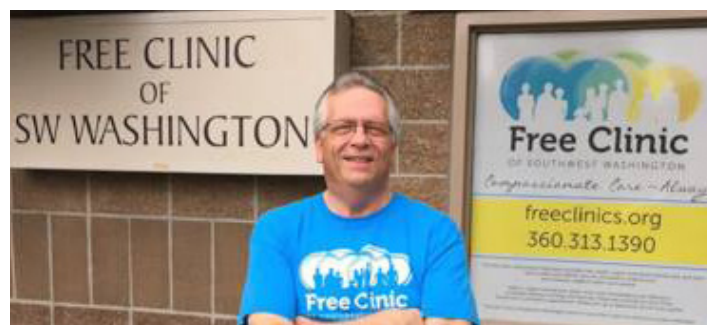
In the spring of this year, the Free Clinic lost one of our generous volunteer heroes - Mike Strickland. The Free Clinic is volunteer-driven, and Mike embodied the ideals and values of volunteerism through his acts of leadership, generosity and mutual support of his fellow volunteers.



Mike began volunteering as a pharmacist when the Free Clinic opened 26 years ago. Over that period of time, he consistently worked two shifts a month in the dispensary. As if this were not

enough, Mike also served on the board of directors and on multiple program advisory committees, which helped to shape and expand services for those in need of health care.

From the day the Free Clinic opened until the spring of 2017, Mike gave 1,039 hours of volunteer service. He would inform new volunteers that he did not give of his time for recognition, but because he believed everyone should have access to health care. When asked, Mike would say that "you can have the worst day ever in your job and then come to the Free Clinic, and the person you are serving always says 'thank you.'"



In this newsletter, several of our patients describe the extraordinary service and generosity that has made a difference in their lives. Mike personified what it truly means to care for those in need.

*Barbe West*

Barbe West  
Executive Director

*Dawn Tolotti*

Dawn Tolotti  
President, Board of Directors

## FY 2016-17 GIFTS IN MEMORY OF...

**Kenny Andrews**  
Dennis & Mary Frances  
Duggan

**Tim Armstrong**  
Allen & Cheryl Beall

**Audrey**  
Lisanna C. Otter

**Sue Bader**  
Dennis & Mary Frances  
Duggan  
Gary & Dana Ostenson

**Sam & Marjorie Beall**  
Belva R. Baz  
Allen & Cheryl Ford  
Katherine Ford  
Deborah Granger

**Dr. Robert Bump**  
Bump Family Trust  
Deborah Granger  
Michelle B. Howell  
John & Sandra O'Rourke

**Carol Curtis**  
James & Sandra Jo Kimura

**Zachary Freeman**  
Jeff & Susan McMullin

**Ed Geiger**  
Ed & Kara Lynn Rankin

**Jack & Virginia Gray  
and Joe Player**  
William & Janice Grant

**Dr. Archie Hamilton**  
John & Sandra O'Rourke

**Dr. Marvin Harner**  
Annemarie Harner  
Charles & Lan Shibue

**Patti Hartenstine**  
Lynn Anderson

**Marcia Howery**  
Ft. Vancouver Nurses Ass'n  
Shirley & Gary Gross  
Marva J. Petty

**Bruce Johnson**  
Charles R. Johnson

**Fred H. Loeinker**  
Annemarie Harner

**Eddie McAninch**  
Walter & Muriel Sinclair

**Mary Pat Peterson**  
Bump Family Trust

**Ben & Adeline Renn**  
Doug & Rodie Lasher

**Kate Sellers-Subocz**  
Michael & Sally Sellers Subocz

**Joan Sterr**  
Sharron L. Brainard

**Mike Strickland**  
Gerald & Lori Bader  
Betty Bottemiller  
Victoria Carter  
John & Bonnie Crawford  
Eugenia Fontyn  
G Trucking

Byron & Susan Henry  
Karen Kusmirek  
Eric & Kenda Lofgren  
Steve & Jan Oliva  
Linda Quitslund  
Warren Rust  
Mark & Theresa Stuhman  
Debra Town  
Donald & Bebie Zavalney

**Tony, Martha, Jerome  
and Mary Ellen**  
Warren & Janet Rosen

**Dr. Paul C. Turner**  
Evelyn M. Turner

**George Marlin Zent**  
Norman Creitz

## Did you know? The Free Clinic...

- Is homegrown & has been community-supported since 1990.
- Does not accept state or federal funding to provide care.
- Has earned a Gold rating from the GuideStar charity rating service.

You can support us today with an online donation. Go to [freeclinics.org/your-support](http://freeclinics.org/your-support). Thank you!

## "WITHOUT THE FREE CLINIC, FAR MORE PEOPLE WOULD SUFFER"

PeaceHealth and Kaiser Permanente helped launch the Free Clinic more than two decades ago and still support us today. We recently spoke with leaders from these original funders to learn why they continue as our champions.



### PeaceHealth

- Sean Gregory, CEO, Columbia Network

#### Q.: Why does PeaceHealth support the Free Clinic of Southwest Washington?

A.: The missions of PeaceHealth and the Free Clinic are aligned, and we take care of many of the same people. As long as the Free Clinic is successful, uninsured people won't have to face the burden of going to the emergency room for every illness or injury.

#### Q.: An ounce of prevention...

A.: Exactly. In the emergency room, we see what happens when uninsured people don't get the urgent care they need. They have more serious infections or injuries because they've let it go too long. They may suffer from a late-stage disease, like diabetes or cancer, that could have been caught earlier if they'd used the Free Clinic.

#### Q.: So you'd like us to stick around?

A.: Absolutely. The Free Clinic has mustered hundreds of volunteers to care for low-income patients and hundreds of community partners who offer free care to those patients. That speaks to the value you bring to Southwest Washington. PeaceHealth is proud to be the Free Clinic's diamond partner.

### Kaiser Permanente

- Tracy Dannen-Grace, Director of Community Partnerships & Philanthropy
- Catherine Potter, Manager of Safety Net Partnerships

#### Q.: Why is the Free Clinic important to the Southwest Washington community?

A.: Thousands of people in the region have no health insurance, despite all our best efforts. Many of those people rely on the Free Clinic for basic urgent care. You are one of the top community-supported clinics in our region. Without you, far more people would suffer and our community health outcomes would be remarkably different.

#### Q.: So the Free Clinic offers a solid alternative to the emergency room?

A.: Yes. And if the Free Clinic closed its doors, uncompensated emergency room care would go up. That kind of increase impacts everyone who uses the health system. First because the ER gets clogged and people with true emergencies have to wait longer. Second, the higher ER costs will have to be spread across the system, and everyone's insurance premiums will increase.



#### Q. Why should others join you in supporting us?

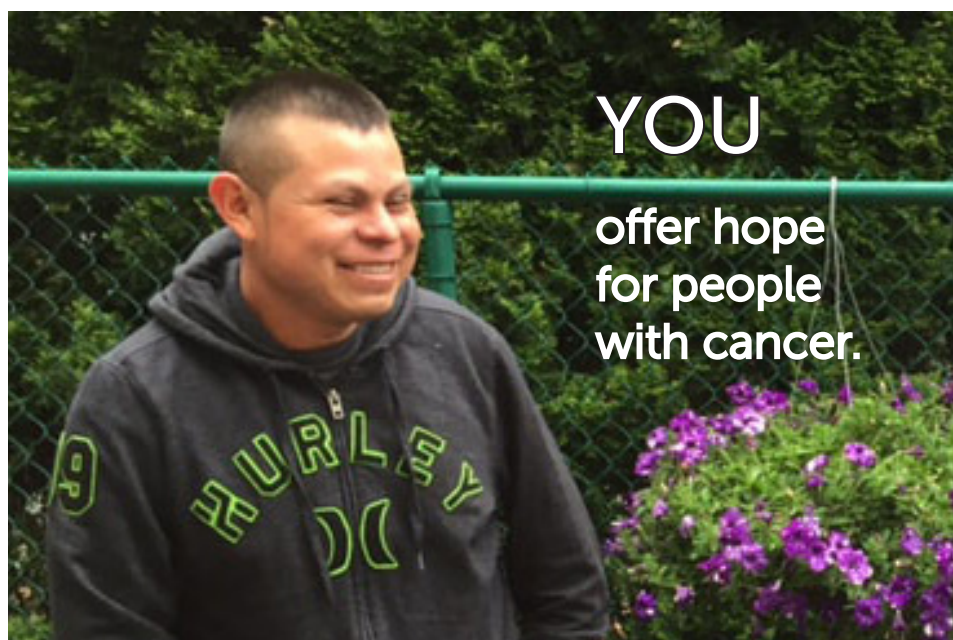
A.: The Free Clinic is administratively lean, well-run and highly regarded. You have a good track record with both health outcomes and financial responsibility. You're also a great community partner. When the Free Clinic is at the table, we know that the voice of the uninsured and underserved will be heard.

**Our sincere thanks to Sean, Tracy and Catherine!**



## How Your Dollars Cha

Our next patient may be your neighbor, the preschool teacher who cares for your kids. Patients should not suffer simply because they lack insurance or the ability to pay their co-pays. You're helping them stay whole.



**YOU**  
offer hope  
for people  
with cancer.

### Beating cancer day by day

Manuel, specialty care patient

Last year, Manuel was shocked to learn that what he thought was a simple nasal polyp was actually a deadly tumor. Thanks to the Free Clinic's specialty and hospital partners, he's getting the treatment he needs to conquer cancer. "My chart at the Free Clinic is thick," he says, "but the volunteer doctors and specialists in the community keep helping me. I am grateful to your donors for funding this program. I don't know what I'd do without it."

### New start for a Navy vet

Robert, dental patient

Robert, a Navy veteran, plunged into a downward spiral after losing a family member. "It was hard just to get out of bed," he says. "Then I realized I had to make a change." Now he's receiving the major dental work he needs before he launches a new job search. The Free Clinic is helping with screenings, x-rays and extractions. "I want to thank the Free Clinic's donors," he says. "They are helping me reinvent myself from the ground up."



**YOU**  
give  
people the  
confidence  
to work  
again.

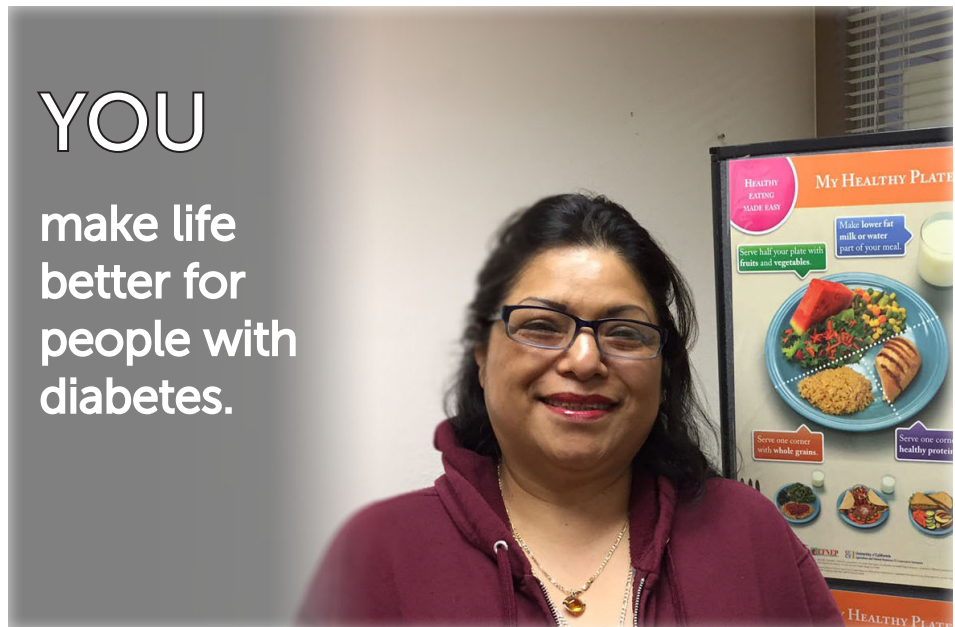
## CHANGE - AND SAVE - LIVES

or, the clerk at your favorite shop or the  
our kids. Like you, we don't believe these  
ey lack health insurance or can't afford  
whole and healthy, so take a bow!

### A whole life change

Luisa, diabetes patient

Luisa came to the Free Clinic two years ago with worsening diabetes. "I was not in control," she says. "In the Free Clinic's diabetes program, I learned to change my life totally." Now she eats healthy meals and has joined the program's walking group. "My mental health is good, my diabetes numbers are good, my life is good," she reports. "I thank all who donate to the clinic, whether they give five dollars or five hundred."



YOU  
make life  
better for  
people with  
diabetes.



YOU  
keep people  
out of the  
emergency  
room.

### Care with dignity

Eric, urgent care patient

Ten years ago, Eric was uninsured and searching for a job. When an ear infection laid him low, he turned to the Free Clinic. "The volunteers treated me with dignity and kept me out of the emergency room," he recalls. Now working at a local firm and serving as a commissioner at the Port of Vancouver, Eric thanks the donors who helped him and keep helping others: "Your investment in the Free Clinic reaps huge dividends for the community."



## THANK YOU TO OUR FY 2016-17 (JULY-JUNE) DONORS

### Diamond Donor (\$75,000+)

PeaceHealth Southwest Medical Center

### Silver Donors (\$25,000 - \$49,999)

Kaiser Permanente  
Legacy Health System  
Providence Health & Services  
Ray Hickey Foundation  
Walmart Foundation

### Bronze Donors (\$5,000 - \$24,999)

Beaches Restaurant  
*Susan & Jeff Davis*  
ESCO Foundation  
Stan & Colleen Freidberg  
Mark Gillen  
Megan Grissom-Dill  
Jo Marie & Steve Hansen  
Richard & Joyce Hood  
Sally Jones  
Lee & Connie Kearney  
Benjamin Levy  
*Peter & Michelle Lubisich*  
Charles Moore  
Mason E. Nolan Charitable Fund  
PeaceHealth Southwest Medical Ctr Staff  
Estate of Mary Pat Peterson  
Rand & Suzanne Schiltz  
Schwab Charitable Fund  
The Columbian  
The Vancouver Clinic  
Ladda Toelkes  
Lillian Volden  
*Steve Weary & Sally Williams*  
Wells Fargo Foundation  
Christine Williams  
Jay & Diane Zidell Charitable Foundation

### Benefactors (\$2,500-\$4,999)

Marcia Bryan  
Community Foundation for Southwest Washington  
Epic Systems Corporation  
Fort Vancouver Nurses Association  
Jill Hamlet  
Hidden Charitable Trust  
Charles & Karen Hoff  
Patrick and Glenda Davis Hortsch  
Intel Corporation  
*Steve & Nancy Bensen Mosier*  
Steve & Jan Oliva  
Physicians Insurance  
Revenue Solutions Inc.  
Daryl Rohn  
Edward & Cherry Shaw  
Susan Stankovic  
Victoria and Peter Tamis  
Tennmax America, Inc.  
Robert & Susan Tenold  
Wells Fargo Advisors

*Donors in italics are active volunteers.*

*See [freeclinics.org](http://freeclinics.org) for a complete list of our non-anonymous donors for FY2016-17.*

### Investors (\$1,000 - \$2,499)

Bealls, Fords, Millers Trust  
J. Bruce & Elizabeth Bell  
Broughton & Kelley H. Bishop  
Susan Bowe  
Bump Family Trust  
Joseph & Carole Carrasco  
Joyce Carter  
Columbia Credit Union  
Lyall & Phyllis Crary  
George & Barbara Dechet  
Thomas Dietrich  
Bob & Debbie Durgan  
Martin & Annette Erickson  
*R.J. & M.E. Eussen*  
Evergreen Public Schools  
First Presbyterian Church  
Cassie Gabriel  
Barry Gill  
E.W. Gray  
Allan & Mary Gross  
David Hayes  
*Michael & Janice Herson*  
*James & Randi Holland*  
Ashley Jones  
Richard Kaufman  
Ken & Dean Kim  
Robin Kludt  
Albert & Jane Krause  
Greg Kubicek  
Dorothy Larson  
Jim Martin  
Jim & Kay McClaskey  
Helen McDaid  
*Joseph & Mary McFarland*  
M. Guy Milland  
Miller Nash Graham & Dunn  
Molina Healthcare of Washington  
*John Nusser*  
James & Mary Olichwier  
*Gary & Dana Ostenson*  
Sharon Kirby Oxford  
Pacific Continental Bank  
Joseph & Viola Palena  
PeaceHealth  
Quest Diagnostics  
Rebound/Northwest Surgical Specialists  
Riverview Community Bank  
Donald & Barbara Roberts  
Tonya Sandoval  
Bonnie Schaefer  
*Karey A. Schoenfeld*  
Maryann Schwab  
George Sepelah  
*Sarah & Martin Sherington*  
Sam & Mary Siciliano  
*Kelly Smith*  
Southwest Optometric Society  
Nancy Steiger  
Eric & Carol Stoler  
Jeffrey & Kathleen Sunshine  
Timothy Swettlen  
John Talbott  
*Dawn & Robert Tolotti*  
Barbe & Dave West  
Ira & Nancy Wikstrom

### Sam Beall Stewardship Society Monthly Donors - Current Members

Bob & Becky Adams  
*Gerald & Lori Bader (Investor)*  
Fred Bateman  
Richard & Anne Battson  
Barbara Bie  
Rebecca Birenbaum  
Misty Borzy  
Phillip & Judith Brenes  
M. Lamar Bryant  
Renee Busey  
Nancy Cady  
Jason Clemens  
Joy Colborn  
Margaret D'Agostino (Benefactor)  
Cindy Davis  
Mania Djoujian  
Vicki Eastridge  
Steve & Grete Ebert  
Ronnie-Gail Emden  
Katherine Ford  
Deborah Granger  
*John & Mari Greves (Investor)*  
*Gayle & Gary Grimley*  
Ken W. Harris  
James & Mary Heid  
Earl Henshaw  
Todd & Dru Horenstein (Benefactor)  
Valerie Hunt (Investor)  
Susan Immer  
Gloria Jacot  
Rebecca Kendrick  
Jean C. Kent  
Dennis Knable  
Janis & Steven Koch  
*Sue & William Kohut*  
Kimberly E. Koon  
Kevin LeLacheur  
Deanna Like  
Greg Lockwood  
*Bill & Kate Lockwood (Bronze Donor)*  
Shawn Madison  
*Trish Mason*  
Tiffany McGuire  
Donna McLaird  
Alan Melnick  
Cyndie Meyer  
Molly Murphy  
Tara Onder  
Bruce & Pam Paris  
Charlotte Pellens  
Marva J. Petty  
Mary Rasmussen  
*Daniel & Jan Redding (Investor)*  
Mary Renfro  
Barbra A. Repman  
Natalia Riley  
Wayne & Marla Sanger  
Craig & Carly Schaefer  
Tim Strickland  
*Janice Tracy*  
Carl R. Triebs (Investor)  
Melissa van Dyken  
Kristy Weaver  
Al & Karen Weiland  
Amanda Whitcombe

## FIVE EASY WAYS TO LOVE THE FREE CLINIC

Thanks a million 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. Give with a few clicks

- Donate online now at [freeclinics.org](http://freeclinics.org).
- Join the Dr. Beall Stewardship Society and make a monthly donation. Details at [freeclinics.org](http://freeclinics.org).
- **Thursday, September 21** is the day to Give More 24! You'll be pleased at how easy it is. Check [www.give-more-24.org](http://www.give-more-24.org).



### 2. Party with us!

Join us December 2 for the Friends of the Free Clinic Holiday Ball. And watch for details on our springtime event, the Sam Beall Breakfast.

### 3. Shop at Freddie's and AmazonSmile

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

### 4. Make a "forever" gift

Remember the Free Clinic in your will or make a gift of stock. Details on [freeclinics.org](http://freeclinics.org) at the "Leave a Legacy" tab.

### 5. Double down

Your employer may offer matching gifts. It's usually easy to sign up and double your dollars to the Free Clinic. Ask your supervisor or human resources department if your organization offers a match.

## FREE CLINIC NEWS

### New experts are on board

We're delighted to welcome three new leaders (and donors!) to our board of directors.



Gary Grimley, RPh spent 24 years as a pharmacist with PeaceHealth Southwest Medical Center. He's been a volunteer with the Free Clinic since 2002.



Ann Wheelock recently retired as chief financial officer with The Vancouver Clinic. She was a member of the Free Clinic's board from 2003 to 2012.



Sally Williams, MD has worked in the infectious disease practice at The Vancouver Clinic for 20 years. A former Free Clinic board member, she's volunteered in our urgent care clinic since 2002.

### Emily Singleton joins our team

Emily Singleton has joined the Free Clinic's staff as manager of our medical and project access



programs. She brings more than 30 years of health care experience to her new role. She served as a clinical nurse specialist at a safety-net clinic and an administrative supervisor at Cleveland Clinic Hospital. Emily has a B.S. in health administration from the College of St. Francis and an MBA from

Friends University. Please join us in welcoming her.

### Volunteer recruitment made easier

Do you have a colleague who might want to join our team of 500 volunteers? Tools developed by students from Leadership Clark County can help. A six-

minute video and a set of handouts explain the joys of volunteering at the Free Clinic. Please share the video from our home page at [freeclinics.org](http://freeclinics.org). For handouts, email [beth@freeclinics.org](mailto:beth@freeclinics.org). Thank you!





Donate online now at  
[freeclinics.org](http://freeclinics.org)!



NON-PROFIT ORG  
U.S. POSTAGE  
**PAID**  
PORTLAND, OR  
PERMIT NO. 243

4100 Plomondon St  
Vancouver, WA 98661  
Phone: (360) 313-1390  
Fax: (360) 313-1391  
Business hours:  
• Mon.-Fri. 8:30 a.m.-4:30 p.m.  
[freeclinics.org](http://freeclinics.org)

#### Board of Directors

- Dawn Tolotti - President
- Victoria King - Vice President
- Tricia Roscoe - Secretary
- Bill Lockwood - Treasurer
- Steve Mosier, RPh - Past President
- Gerry Bader, MD
- Gena Bailey
- LeAnne Bremer, JD
- Remy Eussen, DDS
- Gary Grimley, RPh
- Trish Mason
- Maria Ramzi
- Jan Redding
- Alfred Seekamp, MD
- Kelly Smith, MD
- Ann Wheelock
- Sally Williams

#### Our mission:

Provide and facilitate access to free, compassionate, quality health care for children and adults who are otherwise unable to obtain such services.

#### Staff

- Barbe West, *Executive Director*
- Luisa Appleman, *Program Assistant*
- Jorge Cortes, *Clinic Coordinator*
- Anna B. Cruz, *Community Health Worker*
- Angela Gonzalez, *Care Coordinator*
- Dominique Horn, *Community Health Advocate*
- Delicia Marquez, *Clinic Assistant*
- Carolyn Noack, *Program Manager*
- Susana Pineda, *Care Coordinator*
- Beth Quartarolo, *Communications, Development and Outreach Manager*
- Emily Singleton, *Program Manager*
- Vicky Van De Grift, *Dental/Volunteer Coordinator*
- Brandi Williams, *Community Health Advocate*

Keep up with us on  
social media!



The Friends of the Free Clinic  
ask you to save the evening of  
**Saturday, December 2**  
for our annual Holiday Ball



Tickets on sale  
beginning Oct. 2  
at [freeclinics.org](http://freeclinics.org)