



**Free Clinic**

OF SOUTHWEST WASHINGTON

*Compassionate Care ~ Always*

# The Examiner

WINTER/SPRING 2017

## DEDICATION FROM THE HEART: ONE PATIENT'S FREE CLINIC STORY



Peter Hirst always had insurance through his work. His coverage ended in 2016, when he retired from his 35-year career as an estimator.

Last fall, Peter needed stitches removed from a cut finger and sought a health center that would treat the uninsured. At the Free Clinic, long-time volunteer Kelly Smith, MD took out the stitches and impressed the patient.

"Easy, friendly smiles, no arduous paperwork - and best of all, the job was well done," says Peter. "The volunteers were positive, competent and thorough."

His patient visit marked the first time Peter had heard of the Free Clinic and the work we do. He draws a contrast between other health care experiences and the warmth he felt at a small non-profit clinic fueled by the spirit of volunteers.

### VOLUNTEERS MAKE IT SPECIAL

"I am a big proponent of volunteerism," Peter says. "It played a key role in our society during the two world wars, and it still does today. The service and dedication come from the heart."

Peter was born and raised in England and moved to the U.S. for work about 35 years ago. He and his wife have made Vancouver their home for the last 10 years. A volunteer himself, Peter enjoys working with Opera Quest Northwest to promote a love of opera among children.

### SPREADING THE WORD

Now Peter is insured through Medicare. He values what he learned about our clinic and is spreading the word about our services. He encourages more volunteers to reach out, as so many folks are in need of medical care.

Want to join our volunteer team to help patients like Peter? Go to [freeclinics.org/volunteer](http://freeclinics.org/volunteer) to learn how!

CONTRIBUTED BY RUP BRAR, FREE CLINIC VOLUNTEER

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Rup Brar has an MBA from the University of Portland. She has volunteered at the Free Clinic for more than seven years. Rup has served as a clinic specialist, patient navigator and lab technician. We are grateful for her service!

## IN SERVICE TO OTHERS

While touring a visitor to the Free Clinic, he asked, "So-o-o, why do you continue to work?" My



answer was quite simple—what I do at the Free Clinic is not "work." It is serving people in our community who need our assistance. To quote President Theodore Roosevelt, "Far and away the best prize that life has to offer is the chance to work hard at work worth doing."

Every day at the Free Clinic, our work is worth doing because we are providing compassionate, high-quality care and service for each and every patient who walks through our door. Our extraordinary team of volunteers is truly making a difference in the lives of our patients. We are so very grateful for their contributions.



Barbe West, Executive Director

People choose to volunteer for many reasons. For some it provides new skills or ways to use existing skills differently. Others bring purpose to their lives by helping others. Volunteering also offers the chance to give back to the community.

For me, volunteering represents all of these. As a young professional, volunteering exposed me to new demands on my knowledge. I met incredible people and made friendships that endure today. My life has been blessed with opportunities that compel me to give back.



Regardless of the motivation, volunteering is at the core of what makes our community strong and - in the case of the Free Clinic - what makes our community healthier.



Steve Mosier, President, Board of Directors

## LATEST NEWS

### Thank You, Grantmakers

We're so grateful for our recent grants:

- Walmart Foundation donated \$25,000 for our project access program. Project access provides free medical care for qualified low-income, uninsured Clark County residents with specialty care needs.
- The Dwight and Anna Schwab Charitable Foundation gave \$15,000 for medications to help our volunteers care for low-income uninsured and underinsured patients.
- Kaiser Permanente Northwest provided \$8,000 to help fund our children's oral health program.

You too can keep our patients healthy with a donation. Just \$25 will buy antibiotics to treat five low-income children or adults. Visit [freeclinics.org/your-support](https://freeclinics.org/your-support) to make a quick and easy online gift. We appreciate your help!

### Save the Dates

- **Thursday, April 27** is our third annual Sam Beall Breakfast. Enjoy a delicious meal, learn about the Sam Beall Society and sign up for the chance to win prizes. It's 7:30 to 9 a.m. at Warehouse 23 in Vancouver. Tickets are on sale at [freeclinics.org](https://freeclinics.org).
- **Friday, May 19** is our annual volunteer recognition event. Our board and staff members will thank the caring people who serve our patients. It's 5 to 7 p.m. at the Free Clinic of Southwest Washington, 4100 Plomondon St. in Vancouver. Volunteers, RSVP to Vicky at 360-313-1389.

### Speaking of Volunteering....

Our patients receive the care they need because our volunteers donate their time. Can you help us? We are looking for people who can:

- Offer medical, dental or pharmacy services
- Interpret in Spanish, Russian or Chuukese
- Type, file & handle other administrative work

Please consider sharing your skills with us at least four hours per month. Visit [freeclinics.org/volunteer](https://freeclinics.org/volunteer) or call us at 313-1389. Thank you!

Donate online anytime at [freeclinics.org](https://freeclinics.org)!

# PLANNED GIVING: LEAVING A LEGACY OF HEALTH

A conversation with June Wyrick Flores, JD  
Miller Nash Graham & Dunn LLP



You'll learn more about planned giving in our brochure, *Leaving a Legacy of Health*. Call 360-313-1388 for your copy.

## Q. June, what is planned giving?

- A. It's a way for a donor to provide financial support for the Free Clinic during their life or upon their death. A planned gift reflects a donor's commitment to the future of the Free Clinic.

## Q. How can a donor make a planned gift?

- A. One type of planned giving is an outright gift of appreciated assets. The donor can contribute property that has appreciated in value, such as publicly traded stock or real estate. The donor receives a charitable deduction for the value of the assets and does not have to pay any capital gains tax on the transfer of the property.

A second example: Monthly, annual or other periodic contributions. But in this case, when the donor passes away, the clinic loses that recurring donation.

## Q. How about gifts that are payable when a donor passes away?

- A. A donor can include a bequest to the Free Clinic in a will or revocable trust. Gifts from an individual retirement account or 401(k) plan account are also popular - especially since these assets are **not** the best way to transfer wealth to a spouse or other non-charitable beneficiary.

## Q. What else should we know about retirement accounts?

- A. While great for retirement, these accounts are generally income tax-deferred. A beneficiary like a spouse will likely have to pay income tax. Retirement account assets above a certain level are also subject to estate tax. That's the transfer tax on everything you own on the day you die. So your heirs would have to pay both an income and an estate tax.

## Q. What happens if you name the Free Clinic as a beneficiary?

- A. If you name a qualified charity like the Free Clinic as your beneficiary, the clinic won't have to pay tax – and your estate will have a charitable deduction for estate taxes.

**Many thanks to June for sharing her expertise.**

## Planned Giving is Easy!

A bequest can be a quick and easy way to leave a legacy of health for all members of our community.

Did you know...?

- Most gifts cost you nothing now. The funds come to us only when you no longer need them.
- You can change your mind. You aren't locked into a beneficiary decision you make today.
- You can provide for both your family or other heirs and the Free Clinic.
- All gifts are subject to the Free Clinic's gift acceptance policy. Please call 360-313-1388 for details.



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

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



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## Our mission

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



Like us on Facebook:  
Free Clinic of Southwest Washington



and follow us on Twitter:  
[@FreeClinicSWWA](https://twitter.com/FreeClinicSWWA)



## Sam Beall Breakfast

**Thursday, April 27**  
**7:30 - 9 a.m.**  
**Warehouse 23**  
**Vancouver**

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