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Another Successful Year!

-- Celebrating Our Second Anniversary

Our second year of providing drop-in urgent care services is past and it's time for celebration! Beginning with a pool of nearly 150 volunteers, the Free Clinic served 955 patients during its second year. During this time, more than 30 new volunteers joined the volunteer pool and \$88,094.97 dollars worth of volunteer hours were logged. Free Clinic statistics are provided in the table below.

The Cowlitz Free Medical Clinic is the only drop-in urgent care clinic in Cowlitz County. Only basic urgent care services are available at the Free Clinic, so what happens when a patient needs additional services? They are referred through the Free Clinic's community health advocacy program, which is coordinated by Susan Wendel. "Susan spends her time ensuring that eligible patients seen at the Free Clinic are given the opportunity to sign up for Medi-

icaid and Washington State Basic Health insurance," commented Temple Parsons, clinic manager. "In addition, Susan assists patients needing referrals to primary and specialty care physicians and other health services, such as vision and dental care."

"The Free Clinic's success can be attributed to the dedication of staff and the tremendous volunteer support we've received," said Lesley Bombardier, free clinic volunteer and CHP board member. "Temple Parsons and Susan Wendel keep everything organized – patients, medical staff, and volunteers. It's a testament to what can be accomplished when it's an 'all for one' atmosphere."

As we begin our third year of service, help us continue this good work by considering how you too can help.



Message from Sister Anne

CHP Board Chair

It is my privilege to share heartfelt thanks to all who are associated with the various community outreach programs that are sponsored by CHP. Without the contribution of your time, talent, and treasure, so many people in our community would go without needed health care services.

In this newsletter you will hear the stories of two special people who are extremely grateful for your support. You will hear specifically how Fabian, one of these individuals, has been a blessing to our Hispanic patients at the Free Clinic. He is an inspiration to all who serve there.

Two other current CHP programs include the U of W Dental Clinic and the Adult Dental Services. The U of W Dental Clinic assists Medicaid eligible children and their parents. An integral component of these clinics is the presence of psychologists who are truly compassionate in helping allay the fears of children who have never been to a dentist before.

The Adult Dental Services identifies and coordinates the care of people in need of dental services. One special contribution this year has been the provision of dentures to people in need. It has enabled individuals to be successful in entering the workforce.

Again, thank you for your support. I wish all of you blessings of peace and hope.

Sincerely,

Sr. Anne Hayes

Cowlitz Free Medical Clinic Statistics

(for the period November 1, 2006 through October 31, 2007)

Free Clinic Service	Number of Referrals
Basic Health Application Assistance	114
Prescription Assistance	40
Referral to Primary Care Provider	326
Referral to Specialty Care	122
Referral to Imaging	64
Referral to Dental Care	55
Referral to Vision Care	13
Referral to Bridge Assistance	13
Referral to other Resources ¹ :	182
Total	929

1. Other resources include referrals to community organizations for basic services, such as food and clothing as well as referrals to DSHS services, such as DSHSKids medical program, GAU program, food stamps, TANF, and maternity program.

A Patient's Story

Meet Lisa Rowley



“My Mom and neighbor told me to go to the Free Clinic because they have the best doctors and after my visit, I believe they do.”

Lisa came to the clinic with a very frustrating health problem. She had been having migraine headaches and she had to squint to see. Her migraine headaches went away so she tried sunglasses to help her eyes. Eventually she couldn't open her eyes and she knew she better have a doctor look at her.

Her mother and neighbor both recommended the Free Clinic. During Lisa's first visit to the Free Clinic she was referred to St. John Medical Center for a CT scan and other tests. On her second visit, she was given a coupon to visit the Family Health Clinic. Lisa's case was hard to diagnose because her symptoms would come and go. She visited the Free Clinic a few more times because nothing seemed to work. During her last visit, Dr. Luh diagnosed her with myasthenia gravis.

“My Mom told me to go to the free clinic because they have the best doctors and after my visit I believe they do. Within an hour of taking the prescribed medicine, I was able to see,” said Lisa.

Susan Wendel, community health advocate, called Safeway and FISH paid for Lisa's prescription. Susan also helped Lisa sign up for Washington State Basic Health Plan insurance. “I would recommend the Free Clinic services because they're good at what they do and if they can't figure it out, they'll tell you to come back until they do. Everyone at the clinic was really nice and I'm happy to know they are there when needed,” added Lisa. “I'm taking my boyfriend there tonight to get medical help and I'm looking forward to seeing everyone again.”

Thanks for Your Support!

The following donations, grants, in-kind and volunteer support were received for Cowlitz Free Medical Clinic operations during the period from May 1, 2007 through October 31, 2007. The list is arranged in alphabetical order. We have worked to ensure the accuracy of this list. We apologize if we have inadvertently misspelled or omitted any name. Please call us at 360-423-8704 if we are in error so that we can make the appropriate adjustments.

Donations and Grants

Alvesta Cusic
Cathy Garrett
Health Care Foundation
Longview Rotary Foundation
Margaret Nigro Living Trust
Kay Sinnett
Richard Sinnett
Sisters of St. Joseph Of Peace
Don Tacke
United Way of Cowlitz County
Weyerhaeuser Company Foundation

Look Who's Volunteering!

New volunteers since our last publication date, May 2007:

Victoria Aase	Terri Kester
Michelle Anderson	Peggy Malone
Gina Bouchard	Stephanie McClinton
Tim Brim	Tasha Muzhik
Peggy Brindle	Dr. Michael Naillon
Peter Dennis	Rosa Romero
Jan Dimmitt	Eric Rye
Pat Fulton	Jon Scruggs
Laura Headley	

Spotlight on Fabian Carrera

A Cowlitz Free Medical Clinic Volunteer



“I was treated with such dignity and gentleness that I made the decision to offer my services as a way of saying “thank you” for all the kindness and care I had received.”

Fabian first visited the Free Clinic in 2006 as a patient. He was referred to the Center for Sleep Disorder at PeaceHealth/St. John Medical Center for additional tests, and eventually diagnosed with sleep apnea.

While a patient at the Free Clinic, Fabian observed a need for a male Spanish interpreter. After he had been helped, he saw a perfect opportunity to give back to the Free Clinic and signed up to become a volunteer interpreter.

Typically during each clinic session, there are three to five patients who are non-English speaking and need interpreter services. “Male patients are more comfortable speaking about their health concerns with a male interpreter,” said Fabian. “It is my job to help them fill out forms, assist nurses with patient triage and interpret for the doctors as they examine these patients, make recommendations, give prescription instructions and schedule follow-up appointments.” Fabian also makes follow-up patient phone calls for the Free Clinic and accompanies certain patients to their follow-up medical appointments.

An accomplished classical guitarist, Fabian is a very busy man as he continues to perform and teach music privately. However, for most of his life, he has also devoted time to helping others. “I was treated with such dignity and gentleness that I made the decision to offer my services as a way of saying “thank you” for all the kindness and care I had received,” Fabian remarked. “Being a volunteer for the Free Clinic has allowed me to make many wonderful new friendships, for whom I shall be forever grateful.”

Introducing Chuck Polacek, CHP Board Member

"Let's Work Together for What is Desirable for All!"

Hello, my name is Chuck Polacek, CHP board member. It goes without saying: *The health care system we have is broken.* Many people in Cowlitz County do not have health insurance and cannot afford it. We need to help people with their health care needs and to work as partners to ensure that adequate health care is not for some, but for all. We also need to educate those with and without coverage so they can make wise decisions that affect their health care needs.

I appreciate the opportunity to serve as a volunteer board member of CHP. My board activity is a result of my employer's commitment to the local community. As one of the original founders of CHP, Regence BlueShield continues to provide funding to CHP and sponsors my volunteer board member efforts. I appreciate the privilege of serving in this capacity.

I grew up in Longview, graduated from Kelso High School and attended Lower Columbia College. I later graduated from Western Washington University in Bellingham. During the past 20 years I have helped people with their health insurance needs as a Sales Executive with Regence BlueShield in Tacoma, Washington. My favorite position is my current one, in

which I help the Medicare eligible with their medical and Part D needs as a Community Medicare Sales Executive. It is my pleasure to now be a small part of the fine work CHP provides for Cowlitz county residents.



Chuck



(From left to right)-- Lesley Bombardier, CHP board member; Paul Youmans, CHP coordinator, and Chuck Polacek, CHP board member, take a break between sessions at the 2nd Annual Washington Free Clinic Network Conference.

Temple's Talk

During this past September, five members of the Free Clinic, Lesley Bombardier, Paul Youmans, Chuck Polacek, Susan Wendel and myself, attended the Second Annual Washington Free Clinic Network Conference. The Washington Free Clinic Network (WFCN) was formed last year with assistance from the Washington Department of Health's Office of Community and Rural Health. The WFCN is dedicated to promoting and guiding the development of a state network of free clinics staffed by medical and lay volunteers to care for the "working uninsured" within a culture of caring so that everyone in a community has access to health care. Our participation in this conference allowed us to attend a wide variety of sessions with speakers who had practical knowledge and expertise in handling the problems, frustrations, joys and concerns that are common to all free clinics.

One of the key discussions held during the conference was whether or not the 30+ free clinics scattered across Washington State should organize and become a formal association. As noted by free clinic representatives at the conference, the most commonly identified benefits of belonging to a state or regional free clinic association are: the amazing ability of being "the voice for the voiceless" at state legislature meetings; the opportunity to network with other clinics; the chance to

interact with other clinic staff and volunteers who understand free clinic issues from the inside; the ability to share scarce resources and funding opportunities; and the individual satisfaction of belonging to a group with common goals and objectives.

Participating at this conference provided an amazing opportunity to experience the friendship and collaboration among the various free clinics and state health care representatives. Good ideas were shared and plans for the future were formulated. Free Clinic participants brought back valuable insight to discuss with CHP board members.

My best regards,

Temple

P.S. The Free Clinic now has a Web site!

Visit us at: <http://www.cowlitzfreeclinic.org>

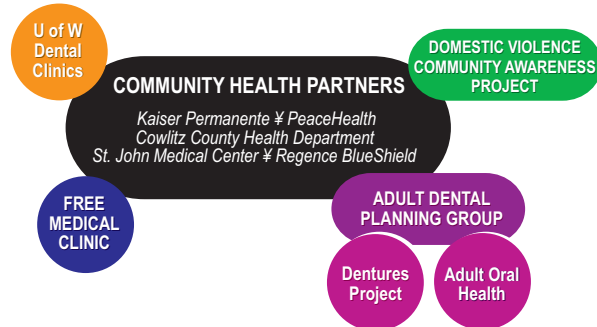


About Community Health Partners

Founded in 1992, Community Health Partners (CHP) is an experienced and recognized advocate for low-income consumers in Cowlitz County. Operating as a 501(c)(3), its primary mission is to understand and serve the health and wellness needs of the medically under-served that live or work in the region. Providing health education and increasing health care access to people who don't have access has been a primary focus of the organization.

The members of CHP include community volunteers and representatives from key health care and health insurance providers including Cowlitz County Health Department, Kaiser Permanente, PeaceHealth, Regence BlueShield, and St. John Medical Center. In addition to the Cowlitz Free Medical Clinic, CHP projects (see diagram to the right) include Medicaid eligible child and parent dental clinics and adult dental services for low-income uninsured individuals. The clinics are operated with assistance from the University of Washington Dental School. Current CHP projects also include a dentures project for low-income adults who need dentures in order to find and hold a job, and participation in a domestic violence community awareness project.

CHP is coordinated by Pathways 2020, a non-profit agency that fosters community partnerships to promote and improve the well-being of Cowlitz County.



The current CHP board of directors includes:

- Sr. Anne Hayes, PeaceHealth
- Chuck Polacek, Regence BlueShield
- Kathryn Robbins, St. John Medical Center
- Ken Terhaar, Community Representative
- Lesley Bombardier, Community Representative
- Carlos Carreon, Cowlitz County Health Department

How You Can Help

You can make a difference and allow us to continue our work by providing financial support. If you wish to make a tax-deductible charitable donation to support the Cowlitz Free Medical Clinic or other programs supported by Community Health Partners, please contact Paul Youmans, CHP Coordinator, at 423-8704, or simply send your contribution to:

Community Health Partners
P.O. Box 2853
Longview, WA 98632

Gifts may be in the form of cash, securities, IRAs, insurance policies and real or personal property.

We appreciate your support! Your gift will help provide resources for the future health of Cowlitz County residents.

Volunteers are Welcome!

The Cowlitz Free Medical Clinic is open every Wednesday from 5:30 pm to 9:00 pm and located at 1405 Delaware Street (PeaceHealth Workplace Wellness Clinic) in Longview, Washington.

We are looking for volunteer physicians, physician assistants, nurse practitioners, nurses, social workers, mental health specialists, CNAs, CMAs and medical lab technicians who have current licenses and are actively practicing. We also need people with clerical skills to staff the front desk and help patients with paperwork. We have positions for greeters, interpreters, clinic assistants and others who can offer compassionate medical care to community members with limited resources and health care options.

If you would like to volunteer, please contact our volunteer coordinator, Susan Wendel, at 501-1205 or Temple Parsons, clinic manager, at 200-2319.



C O W L I T Z F R E E
M E D I C A L C L I N I C

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