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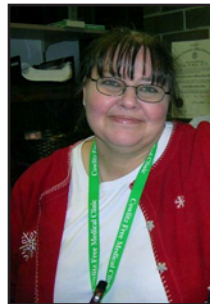
A Fond Farewell, Temple!

It's sometimes hard to put into words the energy, dedication and compassion one person can bring to a project. If you've had the pleasure to meet Temple Parsons, then you will understand the dismay felt by CHP, Free Clinic volunteers and co-workers at Cowlitz County Health Department, when Temple notified them that she had taken a new position with the Washington Department of Health.

Temple carried a substantive program load with Cowlitz County Health Department in addition to being our part-time clinic manager. Her new position as a nurse consultant with the Washington Department of Health will focus solely on Tuberculosis, however, her territory has expanded to six counties and she will cover all activities related to TB in Lewis, Cowlitz, Clark, Wahkiakum, Skamania, and Pacific Counties.

Her new job should keep her busy and we know she'll bring all the energy, dedication and compassion needed to do a fantastic job! It's hard to see her go, but as she puts it, "I'm not really leaving. I can still volunteer!" We're glad to still be able to share this special time with her.

Asked her fondest memories -- getting hugs from patients who've been helped, Sister Anne as a bouncer (just joking), watching Sister Anne talk with all the patients to make them feel at ease. "I'm going to miss this so much! All the volunteers want to be there. The atmosphere is laid-back and friendly and it's not like work. I'm looking forward to volunteering."



Temple has moved on to a new job but she's still volunteering at the Free Clinic!



Message from Sister Anne

CHP Board Chair

These past months have been a time of change and continuity for the Cowlitz Free Medical Clinic. Temple Parsons, the Free Clinic's first manager, accepted a position as nurse consultant with the Washington State Tuberculosis Program. Fortunately, from within the ranks of our faithful volunteers, two superbly qualified RN's emerged to fill this vacancy. Linda Taylor RN has taken the position as clinic manager and Teresa Chambers RN will assist Linda.

So, we continue on with heartfelt thanks to Temple, who was instrumental in the planning and operation of the Free Clinic; and we look forward to working with Linda and Teresa. We know that what has been started and nurtured by Temple, will be continued and cultivated under the watchful eyes of new leadership.

As President of CHP, I want to thank all of our generous donors and volunteers for the sharing of your treasure and talent in meeting the needs of the poor and vulnerable in our community. Your contributions are vital to the continuation of these important programs.

Sincerely,

Sr. Anne Hayes

Welcome, Linda!



Linda Taylor, new clinic manager, awaits patient arrival prior to the start of a Free Clinic evening.

Linda has 20 years of experience as a registered nurse. She spent approximately 10 years working at St. John's Medical Center and now works part-time for Community Home Health and Hospice and part-time for the Free Clinic as clinic manager.

When Temple Parsons announced that she would be leaving, Sr. Anne asked Linda to consider replacing Temple as clinic manager. Asked why she decided to take the clinic manager position, Linda replied, "I decided to take it on because there are too many people that don't have health insurance and the number just seems to be growing. Many of the people we see are employed and they don't have or can't afford health insurance. A lot of people are falling through the cracks."

A Patient's Story

Meet John Tremayne



"I had always had a job and always had insurance. It was hard to ask for help. I was not used to being without insurance."

John has always been physically active. In his former work as an HVAC technician, he was used to climbing and crawling around ducting and HVAC equipment. During his leisure hours, he enjoyed riding his motorcycle. Then one day

he had a terrible motorcycle accident, which tore all three ligaments out of his knee.

After his accident, John went to the ER to be treated. He was told he needed to schedule an MRI for his knee. How was he going to pay for this? He had lost his job. The ER nurse told him about the Free Clinic. They could help him get referred to specialists and maybe help him find insurance.

John visited the Free Clinic and after being seen by the doctor, an MRI was scheduled at St. John Medical Center by Free Clinic staff. The doctor called to tell John the MRI was scheduled and an orthopedic physician, Dr. Hanson at the Pacific Surgical Clinic, would review the MRI and help him from there.

After John's diagnosis, Susan Wendel, community health advocate, got to work, helped John fill out state medical insurance paperwork, and he is waiting to hear if he will qualify. If John does not get insurance, it may be harder for him to get the surgery he needs to fix his knee.

Asked about his experience, John replied, "At the Free Clinic everything was very prompt and everyone very friendly. I had always had a job and always had insurance. It was hard to ask for help. I was not used to being without insurance. Everyone made me feel comfortable and they were very professional."

(Read John's update in the next column) →

Thanks for Your Support!

The following donations and grants were received for Cowlitz Free Medical Clinic operations during the period from November 1, 2007 through April 30, 2008. 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.

Private Donations and Grants

Altrusa Club of Longview Kelso
City of Longview
Community Foundation of SWW
Free Clinic Patients
R.H. Elliott
Dr. Mario Forte & Kristene Keough
Cathy Garrett
Dr. Philip Henderson III
JH Kelly
Kaiser Permanente

Dr. Mark & Pilar Kleinman
Hilda Lethe
Longview Rotary Foundation
Lower Columbia Diabetes Fund
Dr. Patricia Peterson
William Paul
F.W. Palin
Regence BlueShield Foundation
St. Paul's Lutheran, Castle Rock
G.E. Schwartz

R.A.A. Smith & Helen Smith Charitable Foundation
Freda Terhaar
Jane Vaughn

Spotlight on Diana Thomas

A Cowlitz Free Medical Clinic Volunteer



"The Free Clinic is an upbeat friendly atmosphere. Volunteers want to be there – they don't have to be – they want to be."

You can't help but smile when you see Diana. It could be because she is smiling! Her friendly and helpful demeanor is perfect for her role as the Free Clinic's Hospitality Coordinator. Diana's been serving as hospitality coordinator since the Free Clinic opened in November 2005.

Diana is used to a fast-paced working environment like the Free Clinic. She recently retired from 31 years of service as secretary/admin assistant with the County in their Human Services Department and later in the combined administration of the Health & Human Services Departments.

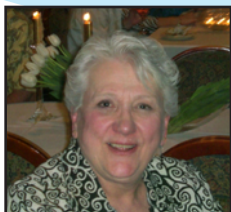
Due to the time the Free Clinic operates means that volunteers are hungry and may forego dinner plans to show up at the clinic. This is why Diana's job is so important. Diana asks for food to be donated from local grocery stores and restaurants and brings it for the volunteers. She makes sure that all volunteers sign in for that night's session. She also takes photos of new volunteers for their identification badge.

Diana loves volunteering at the Free Clinic. "The Free Clinic is an upbeat friendly atmosphere. Volunteers want to be there – they don't have to be – they want to be," says Diana. When asked how important the Free Clinic is to our community she replies, "I think it is one of the most important services offered in our community. Most who come to the free clinic are working for companies who don't provide health insurance."

Update June 2008: John is recovering from knee surgery. He will have 6 to 7 months of physical therapy, but then his knee should be good as new. He is so thankful that the Free Clinic exists and that Susan helped him get insurance so he could have his surgery. "Susan Wendel has been helping me from day one – she is just awesome", says John. "I would absolutely recommend the Free Clinic to others. It has been an answer to my prayers."

A Tribute to Kathryn Robbins, CHP Board Member

"It has been a joy to be part of this group and see our initial concept take flight."



Kathryn at a recent event in honor of her retirement.

When someone so integral to everything happening around them leaves, it's sad. Who will keep the ball rolling when they're gone? Kathryn Robbins is one of those people. As a representative from PeaceHealth, she has been involved with the Cowlitz Free Medical Clinic since its planning stages more than five years ago.

Kathryn doesn't like to talk about her accomplishments; and while recently retiring from her position with PeaceHealth, it took some gentle nudging to get her to write down all of her Free Clinic contributions for this article. It's a long list!

As part of her Free Clinic responsibilities, Kathryn organized meetings for the free clinic medical directors, clinic manager, charge nurse, community health advocate and CHP board representatives.

Kathryn also ensured that all volunteer medical providers, particularly physicians, nurse practitioners and physician assistants from PeaceHealth and Kaiser Permanente, had the proper medical malpractice insurance. Each year, she reviewed CHP malpractice insurance and completed the information forms for coverage.

She was the person most people first spoke with about volunteering at the Free Clinic. In her role at PeaceHealth, she provided volunteer information to new employees and this carried over to Kaiser Permanente. In addition, she has performed volunteer surveys and was involved with the planning and review of *Vital Signs*. We're glad that Kathryn will remain a community representative on CHP's board of directors and keep active in its projects, just as she always has!

Look Who's Volunteering!

New volunteers since our last publication date, November 2007:

- | | |
|---------------------|-------------------------|
| Jorge Arredondo | Tanya Martin |
| Noriko Bahneman, RN | Marilyn McGhee |
| Darcie Brown | Billy Meyer |
| Teena Clark | Joy Moore, RN |
| Dr. Chris Collins | Temple Parsons, RN |
| Karen Dahlquist | Sandi Rosenweig, RN |
| Angel Davison | Heather Schoonover, RN |
| Matt Deats | Daniel Stoneking, RN |
| Victoria Fisher, RN | Dr. Kim Stoneking |
| Chris Hughes | Lillian Stoneking, PA-C |
| Chris Lang | Dr. Reza Tabibi |
| Peggy Malone, RN | Janna Vigoren, RN |

Community Health Advocacy

A Vital Cowlitz Free Medical Clinic Program

The Cowlitz Free Medical Clinic is the only drop-in, urgent-care clinic in Cowlitz County. So, what happens when a patient needs care beyond the scope of the Free Clinic? They are referred through the Free Clinic's community health advocacy program. This vital program is coordinated by Susan Wendel.

Cowlitz Free Medical Clinic Statistics

(for the period November 1, 2007 through April 30, 2008)

Free Clinic Service	Number of Referrals
Basic Health Application Assistance	34
Prescription Assistance	43
Referral to Primary Care Provider	220
Referral to Specialty Care	50
Referral to Imaging	45
Referral to Dental Care	59
Referral to Vision Care	13
Referral to Bridge Assistance	7
Referral to Other Resources ¹	70
Total	541

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.

Susan Wendel, community health advocate, is an incredible help to many Free Clinic patients, referring them to specialty care and finding them permanent medical homes.



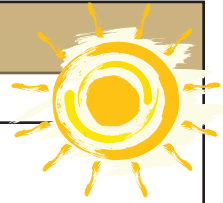
Susan spends her time ensuring that eligible patients seen at the Free Clinic are given the opportunity to sign up for Medicaid and Washington State Basic Health insurance. In addition, Susan assists patients needing referrals to primary and specialty care physicians and other health services, such as vision and dental care.

As part of her role, Susan helps coordinate Free Clinic volunteers, keeping a volunteer schedule for each clinic session and enrolling new volunteers. She also keeps track of referral statistics (see table to the left).

The Community Health Advocacy Program has been made possible through funding from Regence BlueShield and a grant from the Washington State Health Care Authority.

About Community Health Partners

Sun Tips for Healthy Skin



Everyone likes to enjoy the sun during the summertime. However, too much sun may lead to skin cancer. The following **Seven Steps to Safer Sunning** are provided by the U.S. Food and Drug Administration, Department of Health and Human Services (www.fda.gov) to help protect you and your loved ones from the sun's harmful rays.

1. Stay in the shade and avoid the sun from 10 am to 4 pm, when the sun's rays are strongest.
2. Use sunscreen products with an SPF number of 15 or more.
3. Wear a hat with a wide brim.
4. Wear sunglasses that block 99 to 100% of the sun's rays.
5. Cover up with loose-fitting, light-weight clothing.
6. Avoid artificial tanning methods.
7. Check your skin regularly for signs of skin cancer.



Community Health Partners (CHP) is a 501(c)(3) non-profit organization whose primary mission is to understand and serve the health and wellness needs of the medically under-served that live or work in the region. The members of CHP include community volunteers and representatives from key health care and health insurance providers including Cowlitz County Health Department, PeaceHealth, Regence BlueShield, Kaiser Permanente and St.

John Medical Center.

In addition to the Cowlitz Free Medical Clinic, CHP projects 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.

Current CHP board of directors:

Sr. Anne Hayes, PeaceHealth
Chuck Polacek, Regence BlueShield
Kathryn Robbins, Community Member
Ken Terhaar, Community Member
Lesley Bombardier, Community Member
Karen Carter, Kaiser Permanente
Carlos Carreon, Cowlitz County Health Department

Free Clinic Receives Grants!

In the past six months, CHP has received three grants for the Cowlitz Free Medical Clinic. In December 2007, Regence BlueShield provided \$10,000 for our Community Health Advocacy program. This is the second year of funding for a \$30,000 grant made in 2006 (\$10,000 each year for three years).

Also in December 2007, CHP received \$20,000 from Kaiser Permanente. This funding, a Kaiser Permanente Gives general operating grant, was the result of a request from Dr. Thomas Hickey, Kaiser physician and Free Clinic co-medical director, and given in recognition of Dr. Hickey's volunteer service.

In January 2008, The Community Foundation of Southwest Washington awarded CHP a \$12,600 grant from their Community Giving Fund to provide funding for a prescription dispensing system, and equipment and material development for outreach activities.

How You Can Help

You can make a difference and allow us to continue our work by making 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

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

Want to Volunteer?

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 need 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 and have positions for greeters, interpreters, clinic assistants. If you would like to volunteer, please contact our volunteer coordinator, Susan Wendel, at 501-1205.

Visit us at:

<http://www.cowlitzfreeclinic.org>



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