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Volunteering, Family-Style!

When Daniel Stoneking was finishing up nursing school at the University of Texas, School of Nursing, his father, Dr. Kim Stoneking was in his residency at the University of Texas and his mother, Lillian Stoneking was working as a physician assistant at the University of Texas outpatient clinic. It's been a family affair for a long time and it still is!



Daniel, Kim and Lillian Stoneking enjoying a break from a busy day!

The Stonekings were recruited as a family by PeaceHealth and began at St. John Medical Center in July 2007. Daniel is an ICU nurse, Lillian works as a hospital extender, seeing hospital-based patients only, and Kim practices family medicine in PeaceHealth's Team C.

What attracted them to PeaceHealth and Longview? Lillian enjoys the NW climate. Daniel loves the outdoor activities available such as camping and hiking. However, one of the main reasons they were attracted to PeaceHealth/St. John Medical Center was to help the Sisters of St. Joseph of Peace carry on their mission.

The Stonekings believe that the Free Clinic is representative of the Sister's original mission, which began in 1943.

(See Stonekings Page 2)

Thank You, Teresa!

Teresa Chambers had been volunteering at the Free Clinic every Wednesday for more than a year. Her dedication to volunteering provided the opportunity for clinic organizers to ask if she would be interested in charge nurse duties each week. We are happy that she agreed to help!

Teresa was born at St. John Medical Center and raised in Kelso. She completed the nursing program at LCC and now works as a critical care nurse at St. John Medical Center. She learned about the volunteer opportunities at the Free Clinic through the Vital Signs newsletter, which is distributed by e-mail to hospital staff.

"I enjoy volunteering at the Free Clinic because it's completely different than what I do at the hospital," says Teresa. "There is exposure to the public in a different way and I find it very rewarding to give. I have medical insurance and people who don't have insurance deserve to be treated for their acute or chronic illnesses."



Message from Sister Anne

CHP Board Chair

During the past several months the Board of Community Health Partners (CHP), along with colleagues at the Cowlitz Free Medical Clinic, has been engaged in a process of reflection upon the works undertaken by CHP. While this effort is still ongoing, it is heartening to me to know that through the generosity of institutional and individual donors, we have (albeit in a small way) been able to care for some of the most vulnerable within our community.

An average of 23 patients is seen each Wednesday at the Free Clinic. We are so fortunate to have a dedicated core of truly compassionate providers and staff who care for our patients. It is our hope to be able to expand clinic services in the future; however, this will require more resources both human and financial. While mindful that this is a particularly challenging time in our nation and world, I would like to appeal to you for your time, talent, and treasure, if this is at all possible.

On behalf of the Community Health Partners Board of Directors I would like to thank each of you for your ongoing support of the various programs that CHP sponsors.

Sincerely,

Sr. Anne Hayes

A Patient's Story

Meet Bradley Blanchard



"I have nothing but great respect for what they are doing at the Free Clinic!"

Bradley first came to the Free Clinic for help with prescriptions. He had lost his job and had no medical insurance. A friend told him to visit Susan Wendel, community health advocate, because she had helped him in the past.

Bradley's next visit took a serious turn. He was experiencing severe chest pains and the Free Clinic diagnosed his symptoms as angina and referred him to Dr. Noel Santo-Domingo to do an angiogram. The angiogram revealed that two main arteries near his heart were 98% clogged and Bradley was rushed to OHSU for surgery.

"The doctor at OHSU said that the arteries I had problems with are called 'widow-makers'", says Bradley. "I was a walking time bomb! I definitely would recommend the Free Clinic to people. I've told a lot of people to go in and get checked out."

Bradley's new lease on life all started with the Free Clinic and Susan Wendel. Susan helped him get the prescriptions he needed and then helped get him set up on Washington State Basic Health Plan and provided medical coupons. She is also helping him work on Bridge Assistance. "I want to thank Susan Wendel very much," says Bradley. "People who go the Free Clinic may not completely appreciate what's going on. It's a very special place. I have nothing but great respect for what they are doing at the Free Clinic."

Thanks For Your Support -- CORRECTION

In our May 2008 issue, a donation from Dr. Philip Henderson, JR was inadvertently omitted. Thank you Dr. Henderson!

Thanks for Your Support!

The following donations and grants were received for Cowlitz Free Medical Clinic operations during the period from May 1, 2008 through October 31, 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

Judy Alholm	Sr. Francena Dodd	Sara Hamilton	John McClelland, III	Ken Terhaar
Alyce Allen	Brian Dolan	Health Care Foundation	James Mossman	Thomas Thompson
Marcia Altman	Evan Draper	Dr. Philip Henderson, JR	Mrs. Robert Orr	Chere Weiss
Kay Archer	Robert Elliott	Melanie Jechort	PeaceHealth	Marjorie Westman-Field
Dr. Cordon Bittner	Jack Field	S. Marie Job	Howard Peterson	
Doris Bogachus	Marlene Gabrielson	Dr. Donald Kirkpatrick	Sisters of St. Joseph of Peace	
Portia Brown	Diane Glase	Lenora LeBlanc	Darlene Smolen	
R. Ernie Cadman	Gloria Dei Welca	Joan Lemieux	Sandra Solbakken	
Dr. Clifford Campbell	Connie Gray	Jeri Kay Lesneski	Janice Stixrud	
Betsy DeSpain	Dorothy Hadley	Magaret Nigro Living Trust	St. Rose Church	
Evalyn Dietz	Beverlee Hall	Lynne Malone	Linda Taylor	

Stonekings (continued from Page 1)

"The Free Clinic is very important to the community...I always have a good time volunteering!" Daniel Stoneking

And it's not too surprising that the way they became involved in the Free Clinic was through Sister Anne. "How do you refuse anything Sister Anne asks of you?"

Lillian and Kim volunteer together. They are both busy and don't get to work together at the hospital so their volunteering becomes a good time for them to work together. One of Kim's favorite volunteer stories is that he asked a patient if he could pay for his medicine and the patient started looking in his pockets and could only come up with fifty cents. "I felt bad then and realized how unfortunate people can be," says Kim. "So many people put off taking care of their health because they can't afford it. It's nice to practice medicine and not have to be concerned about who's going to pay for it."

In another case at the Free Clinic, Lillian helped diagnose a patient with breast cancer. The patient was referred to Dr. Katterhagen and then Kim became the patient's primary care provider. "So many people are working and are uninsured. The Free Clinic is a great service to so many," says Lillian. "I'm glad that we are doing our part to alleviate the crisis."

Brian Dolan and Teresa Chambers, fellow ICU nurses, got Daniel involved in the Free Clinic. Daniel is completing his orientation to triage so he will be able to volunteer once a month. "The Free Clinic is very important to the community," says Daniel. "I've even sent a friend. It's a fun environment to work in and I always have a good time volunteering."

When asked final thoughts on volunteering at the Free Clinic, the Stonekings agree, "We've made a lot of good friends."

Dr. Paul Schneider - Makes Volunteer Work Look Like A Breeze!

"There is a gap in our community with folks who are uninsured, are working and can't get basic medical services."

As a wind surfing enthusiast, Dr. Schneider knows a good day on the waves takes patience, planning, and skill. Dr. Schneider's work as an emergency department provider at St. John Medical Center takes a similar skill set and it is not surprising then that his initial role on the Free Clinic planning group was to provide his emergency medical expertise to assist with the careful planning process needed to launch the Free Clinic.

Dr. Schneider was an original member of the Free Clinic planning group which began its work more than four years ago. The hospital wanted to get involved and support CHP's initiative and asked Dr. Schneider to be the volunteer emergency department physician on the Free Clinic planning group. "It was a good idea. Being an emergency room doctor, the planning group could pick my brain," said Dr. Schneider. "I helped with the selection of the medical directors and provided guidance on the best way to approach other providers to volunteer."

Dr. Schneider has been volunteering at the Free Clinic since it opened. "There is a gap in our community with folks who are uninsured, are working and can't get basic medical services. It's amazing how many are seen at the Free Clinic that are diagnosed with cancer or diabetes and should have been diagnosed and receiving treatment a long time ago." Asked why he continues his volunteer work, he replies, "I get a lot out of it. The patients are extremely grateful that you are there and it's nice to know they are getting the help they need." And, he adds, "It's a pleasant group of people to work with. All volunteers are people interested in helping others."



Look Who's Volunteering!

New volunteers since our last publication date, May 2008:

Judy Alholm	Marilyn Davis	Evan Draper	Larry Larson	Geraldine Puckett	Todd Skenandore
Todd Bishop	Amber DeLong	Jessica Draper	Lynne Malone	Carmen Robinson	Chere Weiss
Merry Bond	Phil Dennis	Dominic Forte	Pauly McClelland	Linda Schneider	Michael Wright

Health Tip -- Time For Your Flu Shot!

Linda Taylor, Free Clinic Manager

It's that time of year again – the flu season is upon us! Being a health professional, I thought I knew a lot about influenza and flu shots. After a bit of research on the Centers for Disease Control's Web site (www.cdc.org), look at the interesting facts I discovered!

Did you know...

- Each year the seasonal influenza vaccine contains three influenza virus strains. The virus strains are selected based on forecasts about what virus strains are most likely to cause illness in the coming season.
- Information on influenza trends are gathered by 122 national influenza centers in 94 countries. Experts predict which viruses are likely to circulate the following season and the World Health Organization recommends specific strains that can be used to make vaccines.
- One or more virus strains in the vaccine may change each year. This is dependent on global surveillance and the emergence and spread of new strains. For the 2008-2009 season, all three vaccine virus strains were changed.
- 146 million doses of influenza vaccine will be available during the 2008-2009 season -- the most flu vaccine ever available in the U.S. during a single season.



Now that we know how plentiful the supply of flu shots is this season, let's get our flu shots and encourage others to do the same. And, while you're standing in the flu shot line, you can impress everyone with these interesting facts!

Linda

About Community Health Partners

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 adult dental services for low-income uninsured



individuals and Medicaid eligible child and parent dental clinics. The clinics are operated with assistance from the University of Washington Dental School.

Through our Adult Dental Service Program,

we have been pleased to offer denturist services to 37 working-age adults in our community, through grants from the Health Care Foundation, Kaiser Permanente and FISH. As a result of receiving dentures, many of these individuals have been able to secure employment.

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

Cowlitz Free Medical Clinic Statistics

(for the period May 1, 2008 through October 31, 2008)

Free Clinic Service	Number of Referrals
Basic Health Application Assistance	99
Prescription Assistance	61
Referral to Primary Care Provider	225
Referral to Specialty Care	49
Referral to Imaging	37
Referral to Dental Care	60
Referral to Vision Care	23
Referral to Bridge Assistance	17
Referral to Other Resources ¹	78

Total **649**

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 ready to help Free Clinic patients with referrals to primary and specialty care, prescription assistance and medical insurance applications.

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 (360) 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, 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 (360) 501-1205.

Visit us at:

<http://www.cowlitzfreeclinic.org>



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c/o Community Health Partners • P.O. Box 2853 • Longview WA, 98632 • 360-423-8704