



Table of Contents

May 2011

New Clinic Space	Cover	New Staff	Page 3
Message from Ken Terhaar	Cover	Health Tip	Page 3
Spotlight	Page 2	Thanks for Your Support	Page 4
Recognizing 2010 Volunteers	Page 2	Look Who's Volunteering	Page 4
Special Gift	Page 3	How You Can Help	Page 4
Karen Carter	Page 3	Want to Volunteer?	Page 4



Posing for a photo at the new clinic space. Back L-R: Ken Terhaar, CHP Board Chair, Dr. Tom Hickey, CFMC Co-Medical Director/Kaiser Permanente, Hyatt Yu, Kaiser Permanente, Linda Taylor, CFMC Clinical Manager, Rosanne Ponzetti, PeaceHealth St. John Medical Center, Lesley Bombardier, CHP Board Secretary. Front L-R: Karen Carter, Kaiser Permanente, Sister Rose Nigro, PeaceHealth St. John Medical Center. Missing: Dr. Kim Stoneking, CFMC Co-Medical Director/PeaceHealth St. John Medical Center, Dan Fields, Kaiser Permanente.

New Clinic Space Becomes a Reality!

In April Community Health Partners signed a lease agreement with Kaiser Northwest Health Plan to allow CFMC a dedicated place for clinic and office space. Finding a permanent spot to operate CFMC will set the stage for a number of operational improvements, including a second chronic care clinic. The new space and an estimated \$20,000 of build-out improvements are being provided by Kaiser Northwest Health Plan at no charge to CFMC.

CFMC's success is due to a strong board partnership of committed community members. CFMC is sponsored by CHP, a coalition which includes Kaiser Permanente

Northwest, PeaceHealth, St. John Medical Center, the Cowlitz County Health Department, Regence, and other committed area residents. Since operations began, all partners have supported CFMC through grant monies and in-kind support.

The new space is being readied for occupation and we expect to move in and set up clinic sessions during the summer. This is exciting news! We want to say thank you to all who are making this happen. CFMC exists because of the collaborative spirit shared by all of our community partners and the commitment and dedication of our volunteers.

Table 1. Cowlitz Free Medical Clinic Statistics

(Number of referral services for the period November 1, 2010 through April 30, 2011)

Free Clinic Service	Number of Referrals
Basic Health Application Assistance ¹	8
Prescription Assistance	57
Referral to Primary Care Provider	215
Referral to Specialty Care	68
Referral to Imaging	63
Referral to Dental Care	28
Referral to Vision Care	11
Referral to Bridge Assistance	84
Referral to Other Resources ²	128

1. Since May 2009 all clients applying for basic health insurance have been placed on a waiting list due to state budget cuts. 2. 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.



Message from Ken Terhaar CHP Board Chair

When I think about the Free Clinic and what has happened through the collaboration of CHP board partners, other involved community organizations and interested individuals, I think of a quote that I would like to borrow from Henry Ford: "Coming together is a beginning, keeping together is progress, but working together is success."

We have successfully operated the CFMC for more than five years. 'Working together' includes not only CHP partner entities, but also includes the individual efforts of all our dedicated volunteers and the community health providers who help our patients beyond their first visit to our clinic. 'Working together' includes the generous donations and in-kind support we have received from our partner agencies, local donors and grantors, such as The Health Care Foundation, which has recently committed \$100,000 to support our continuing operations.

To all we say thank you! It has been a personal pleasure for me to be part of this grand endeavor. I look forward to how our community continues to work together for the success of CFMC!

Ken Terhaar

Spotlight on Dr. Michael Grubbs



“The chronic care clinic is a good next step to help CFMC patients manage their health problems.”

Dr. Grubbs has served our community as a Kaiser Permanente (KP) provider since 1999. He is currently a hospitalist at St. John Medical Center and prior to 2008, he practiced family medicine at KP - Longview. In 2010, Dr. Grubbs was elected President of the Medical Staff Leadership Team at St. John Medical Center for a one year term. He appreciates the support for CFMC from the medical staff and other community volunteers as well as the donor support CFMC has received.

As busy as he is with his practice, his leadership duties and family, Dr. Grubbs enjoys serving at CFMC because the patients present with a variety of urgent and chronic conditions and it allows him to continue to work in outpatient medicine. “CFMC volunteers are a good group of people and the patients are as well.

The volunteer staff wants to be there and the patients are very appreciative of our help,” says Dr. Grubbs. “As a volunteer you get to make a big difference in someone’s health.”

When asked about CFMC’s addition of the chronic care clinic, Dr. Grubbs replies, “So many people have trouble getting access to care, which is vital for the prevention and treatment of chronic conditions. The chronic care clinic is a good next step to help CFMC patients manage their health problems.”

Recognizing 2010 Volunteers



The Cowlitz Free Medical Clinic volunteer recognition committee recently enacted a Volunteer of the Month and Year award. Awardees for 2010 and their hours of service are listed below. On April 27, during the free clinic session, 2010 awardees were honored and the 2010 Volunteer of the Year announced. Judy Alholm received the 2010 Volunteer of the Year award for 215 hours of service. Judy is an RN and works for Community Home Health and Hospice in Longview. She volunteers as a phlebotomist during free clinic sessions. Thank you to Judy and thank you to all our volunteers. We appreciate everything you do!

Judy Alholm receiving 2010 Volunteer of the Year Award, from l-r, Linda Taylor, clinical manager, Ken Terhaar, CHP board chair, Judy Alholm, 2010 Volunteer of the Year recipient, Catherine Lord, volunteer mental health specialist, Brian Dolan, volunteer triage nurse.



Judy Alholm 215 hrs.



Evalyn Dietz 190 hrs.



Carmen Robinson 186 hrs.



Brian Dolan 146 hrs.



Peggy Malone 133 hrs.



Gerry Puckett 129 hrs.



Diana Thomas 104 hrs.



Pauly McClelland 102 hrs.



Mary Crow 87 hrs.



Monica Monteon 84 hrs.



Bri Rivet 81 hrs.



Linda Schneider 70 hrs.

A Special Gift From The Health Care Foundation

CFMC has been fortunate to receive a commitment from The Health Care Foundation for a \$100,000 grant to continue clinic operations and expansion plans. We want to say thank you and express our appreciation. This support means so much to the patients we serve!

Karen Carter, CHP Board Member and CFMC Advocate

“Healthcare is a right all community members deserve and CFMC is an important safety net.”



Visit Kaiser Permanente – Longview’s administration area and you’ll find a busy hub of activity. It’s a positive and friendly atmosphere and in the middle of it all you’ll find, Karen Carter, primary care service area director, leading by example.

Karen has been serving as a CHP board member since 2008. “Being a board member has given me a better understanding of the challenges our community faces and has allowed KP to build relationships with other

community health providers,” says Karen.

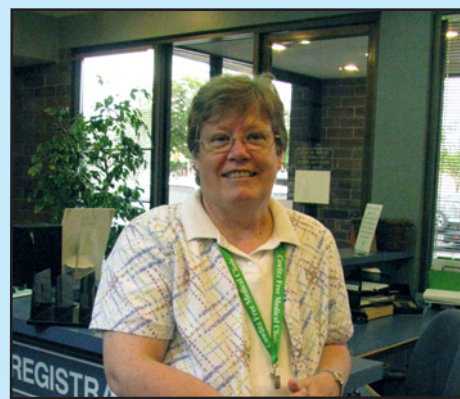
Karen was instrumental in securing the opportunity for CFMC to find dedicated space. “I asked the question and it tugged at the heartstrings of the right people,” she replies modestly. “It has been wonderful to see such support from our corporate offices. Healthcare is a right all community members deserve and CFMC is an important safety net.”

Karen has recently accepted a new position within Kaiser-Permanente, where she will lead a medical home primary care pilot project and serve as the primary care service director for the Portland-Vancouver metro area. Although she will be removed from directly participating in CFMC activities and events, we know she’ll be with us in heart as we continue our mission to medically serve the uninsured of Cowlitz County. Thanks Karen!

New Staff at CFMC



CFMC recently added new part-time staff to assist with clinic expansion: Wayne Van Hamme, charge nurse and Anne O’Connor, resource development manager.



Early Treatment of Chronic Diseases Important

Some common sense from the CDC to help avoid illness.

A large percentage of the patients who visit CFMC are suffering from a chronic health disease. Without regular medical care, pain, suffering and the possibility of shortened life span can become all too familiar.

CFMC co-medical directors and staff are working towards opening a second clinic session to address the most prevalent presenting chronic conditions. We will focus on treating hypertension, diabetes, and asthma/COPD. We know that preventing complications from these diseases through early treatment and lifestyle changes can increase not only the quality of life but the length of life as well.

The goal of the second clinic session will be to serve as a bridge for patients. We will strive to help them keep their disease under control for a few months while a permanent medical home is found. We are excited about these new plans and look forward to making a bigger difference through the collaboration and help of many generous people in our community.

Linda Taylor

Clinical Manager

Thanks for Your Support!

The following donations and grants were received for Cowlitz Free Medical Clinic operations during the period from November 1, 2010 through April 30, 2011. 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

Catherine Applegate

Donald E. Armeni

Gretchen Armstrong

Biggs Insurance Services

Jo A. Bland

Florence Bloom

Lesley Bombardier

Daniel & Mary Carter

Evelyn Colton

Robert & Margaret Elliot

Emmanuel Lutheran Church

Estelle Finkelman

Russell & Dawn Fowler

Dr. Mark & Pilar Kleinman

Eugenia Kvinsland

Brian G. Laroy

Longview United Methodist Church

Lower Columbia Chapter of Thrivent Financial for Lutherans

James & Linda Meskew

Mary E. Miller

Willis & Betty Nixon

Anne O'Connor

Ted & Ruby Palin

William Paul

Chuck Polacek

Regence Employees

Douglas & Mildred Scotberg

Carrie & Damian Skerbeck

Don & Irma Tacke

Ken & Dottie Terhaar

The American Legion

The Health Care Foundation

Donald & Linda Uhri

WELCA of Gloria Dei Lutheran Church

Jack & Jacquie Wicker

Annie Yoshimoto

When our volunteers show up to work at the Free Clinic, they typically have come directly from a long work day. Refreshments are provided to keep them going another three or four hours. We want to thank the following establishments for providing great tasting food at no charge during clinic sessions:

Azteca

Fred Meyer

Parkers Steakhouse

Look Who's Volunteering!

New volunteers since our last publication date, November 2010:

Bette Baker

Patti Botten

Mario Castro

Cindy Choate

Christina Dietrich

Rebecca Gann

Mollie Harlin

Teena Jones

Anna Lein

Catherine Lord

Kristi Maple

Dianne Olsen

Melissa O'Neil

Carolina Robles

Sandra Stanley

Judy Weigand

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 (Peace-Health 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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