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## Our Five Year Anniversary – A Tribute to Volunteer Dedication and Commitment

A busy night at the Free Clinic did not stop its five year celebration and the honoring of its dedicated volunteers. While the clinic was seeing its first patients, Chere Weiss and Becky Hines dedicated their time to organizing and decorating for the festivities. Balloons and flowers were arranged around the large congratulatory cake and small pumpkins and gourds decorated the tables.



The clinic was filled to the max with patients, and still some volunteers were able to take a break to join in the festivities. Other volunteers, not scheduled to work, showed up to enjoy the special cake and beverage, giving them a chance to converse and catch up with each other.

In its five years of operations, the Free Clinic has treated 5,285 patients, and

more than 300 volunteers, logging more than 16,200 volunteer hours, have participated in staffing clinic sessions. (Additional service statistics appear in Table 1.) “I thought that when I began to volunteer at the Free Clinic I would find a lot of repeat patients who may not be that ill. I was wrong. People who come here are really sick and need the help,” remarked, Terry Skrentny, quality improvement director at Community Home Health and Hospice and CFMC volunteer. “They may be working without health insurance or have recently lost a job. All are appreciative of our help.”

All volunteers working at the clinic this evening and present at the celebration received Free Clinic pins in appreciation, and names were drawn to give away three special gift baskets.



### Message from Ken Terhaar CHP Board Chair

2010 has provided us with a number of reasons to celebrate. Our clinic session on November 3 marked five years of successful clinic operations. For this, we say thank you to our dedicated volunteers and generous community partners.

This issue of Vital Signs is dedicated to the hard work and commitment of our Free Clinic volunteers. Your dedicated spirit is a delight to work with as together we continue to improve the lives of the medically uninsured in our community. Thank you for your compassion and caring.

We also continue to appreciate the generous in-kind and monetary support we have received from our community partners and private donors throughout this year. Thank you for your thoughtful generosity and goodwill.

Another exciting development: We are nearing the completion of our clinic expansion planning. We look forward to implementing a second weekly Free Clinic session in 2011, which will be dedicated to chronic health conditions.

Happy Holidays to You and Yours!

*Ken Terhaar*

Table 1. Cowlitz Free Medical Clinic Statistics

Free Clinic Service	Last Six Months May 1, 2010 - October 31, 2010	5 - Year Total November 2005 - October 2010
Basic Health Application Assistance <sup>1</sup>	26	570
Prescription Assistance	75	559
Referral to Primary Care Provider	217	1947
Referral to Specialty Care	99	562
Referral to Imaging	72	394
Referral to Dental Care	43	441
Referral to Vision Care	7	68
Referral to Bridge Assistance	91	288
Referral to Other Resources <sup>2</sup>	111	1260

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.

## CELEBRATING 5 YEARS OF SERVING OUR COMMUNITY

As we celebrate our five year anniversary, we want to say thank you to our dedicated volunteers. The Cowlitz Free Medical Clinic would not exist without you!

Shawn Aaron  
Tori Aase  
Ann Abbruzzese  
Lisa Ahlgren  
Judy Alholm  
Jane Amata  
Karen Amoroso  
Michalle Anderson  
Shelley Anderson  
Debbie Andrews  
Stacey Andrist  
Jorge Arredondo  
Toby Aubol  
Cristy Auckland  
Torry Austreng  
Gina Aylard  
Kathleen Babcock  
Sholeh Bagheri  
Noriko Bahneman  
Rick Baker  
Carol Bakko  
Jennifer Bard  
Mindy Barney  
Michael Bartlett  
Pat Bartley  
Monique Bauman  
Cheryl Baumgartner  
Edith Bautista  
Lindsey Belden  
Betty Bierman  
Lorille Bird  
Todd Bishop  
Cordon Bittner  
Marc Bollinger  
Lesley Bombardier  
Merry Bond  
Diana Booth  
Gina Bouchard  
James Boyle  
Jessica Bradley  
Katrina Brett  
Teresa Brewer  
Carla Brim  
Tim Brim  
Peggy Brindle  
Pamela Broderius  
Todd Broderius  
Jane Brooks  
Abigail Brown  
Darcie Brown

Michael Brown  
Jeanne Brummit  
Amalia Camacho  
Tiffany Campbell  
Bridgette Carlson  
Mary Carpenter  
Sherry Carpenter  
Carlos Carreon  
Fabian Carrera  
Teresa Chambers  
Gail Chase  
Shelbi Church  
Teena Clark  
Jeanette Cole  
Chris Collins  
Cheryl Connell  
Sheldon Conrad  
Brent Cooper  
Dian Cooper  
Misty Cothren  
Patti Coughlin  
Linda Courtney  
Traci Cowdy  
Rebecca Cox  
Nancy Craig  
Kyle Crawford  
Mary Crow  
Karen Dahlquist  
Nancy Davenport  
Joseph Davis  
Marilyn Davis  
Angel Davison  
Kirsten Dean  
Matt Deats  
Amber DeLong  
Peter Dennis  
Phil Dennis  
Rebecca Derrickson  
Courtney DeStefano  
Evalyn Dietz  
Jan Dimmitt  
Kathy Dodson  
Brian Dolan  
Evan Draper  
Jessica Draper  
Teresa Dubke  
Phyllis Dunckel  
Susan Elbert  
Dave Engebo  
Lisa Evans

William Ezell  
Kimberly Falter  
LouAnn Field  
Kathe Finch  
Victoria Fisher  
Bob Fletcher  
Valarie Fletcher  
Dennis Ford  
Dominic Forte  
George Fortner  
Tonya Fowler  
RaeAnn Francis  
Pat Fulton  
Susan Gann  
Travis Gaskill  
LeeAnn Gekas  
Marsha Gerry  
George Go  
Chris Golden  
Bill Goodwin  
Ruth Gorley  
Traci Gowdy  
Helen Gray  
Alisa Greer  
Lastenia Gregg  
Stacey Gregory  
Tana Grose  
Michael Grubbs  
John Hamill  
Kelli Hanks-Jones  
Byron Hanson  
Deborah Happy  
Sarah Harding  
Lori Harer  
Sheryl Harris  
Anne Hayes  
Laura Headley  
Thomas Hickey  
Amy Hicks  
Ruth Higley  
Kyle Hill  
Cindy Hillam  
Melissa Hilts  
Pam Hilts  
Rosa Hinojosa  
Heidi Hodge  
Michelle Honey  
Julie Hooper  
Jodi Hoover  
Tina Houck

Brian Hoyt  
Chris Hughes  
Tania Jansen  
Gretchen Jennings  
Stacy Jensen  
Timothy Jessick  
S. Marie Job  
Sherrie Johnson  
Kristie Kandoll  
Heather Karnoski  
Christine Katterhagen  
Terri Kester  
Paul Knaus  
Chris Lange  
Laura LaRouche  
Larry Larson  
Angela Alvarado Leal  
Janet Li  
Paula Lombard  
Nick Long  
Albert Luh  
Dina Lundemo  
Lisa Macjel  
Linda MacMillan  
Maria Magnuson  
Kim Mahnke  
Sydney Mallory  
Lynne Malone  
Peggy Malone  
Tanya Martin  
Traci May  
Paula McClelland  
Anne Marie McCoy  
Shirley McCracken  
Marilyn McGhee  
Michelle McKinley  
Billy Meyer  
Jamie Meyer  
Dennis Meyers  
Marlene Meyers  
Rhonda Meyers  
Jennifer Mickelson  
Peter Miller  
Julie Miralles  
Kathleen Mitchell  
Laura Moen  
Monica Monteon  
Joyce Moore  
MaryKay Morelli  
Laurie Morrison

Tasha Muzhik  
Diane Nelson  
Irina Nesterkina  
Cat Nhan Hoan Do  
Debbie Niemi  
Ray Noel  
Tamara Norton  
Karii Noteboom  
Burt Orcutt  
James Ordino  
Ruby Ordino  
Katherine Parr  
Temple Parsons  
Thomas Pence  
Jaime Plemmons  
Chuck Polacek  
Jovita Potter  
Theresa Pringle  
Geraldine Puckett  
Dave Pulliam  
Kyle Rahn  
Connie Ramos  
Ramtin Ramsey  
Timothy Randall  
Julie Rather  
Suzette Raya  
Julie Reardon  
Dawn Reed  
Karalee Renner  
Christy Richardson  
Patty Rinard  
Bri Rivet  
Kathryn Robbins  
Angela Roberts  
Jackie Roberts  
Carmen Robinson  
Rosa Romero  
Sandi Rosenzweig  
Amber Rosewood  
Eric Ryf  
Barbara Sartorio  
Carol Sayles  
Don Schaefer  
Paul Schneider  
Linda Schneider  
Heather Schoonover  
Melissa Selzer  
Jesse Shaffer  
Quincey Shinnick

Chris Siedow  
Gloria Sims  
Todd Skenandore  
Theresa Skrentny  
Kristen Slater  
Tina Slunaker  
Jamie Smart  
Tim Sparks  
Doni Stanton  
Tami Starr  
Lydia Stennick  
Sherry Stewart  
Daniel Stoneking  
Jennifer Stoneking  
Kim Stoneking  
Lillian Stoneking  
Jessica Street  
Brenda Suomi  
Rosa Surface  
Vickie Synoground  
Reza Tabibi  
Terence Tack  
Alicia Taylor  
Linda Taylor  
Marlene Taylor  
Ken Terhaar  
Diana Thomas  
Alicia Thompson  
Vu Tinh  
Fran Torres  
Daniel Trimberger  
Melissa Vaquero  
Stormy Velasco  
Elizabeth Verbrugge  
Janna Vigoren  
Jennifer Vines  
Reta Vining  
Steven Ware  
Chere Weiss  
Nathan Weiss  
David Westrup  
Leon Wheeldon  
Tamara Wheeldon  
Jason Whitney  
Diana Wilbanks  
Carrie Williams  
Tanya Wisner  
Heather Woodbridge  
Katherine Wright  
Michael Wright  
Gena Wynn



Volunteers celebrated at the Free Clinic, taking time to say hello to friends and co-workers as they enjoyed cake and a beverage. Here some pose for a photo around the 5 year anniversary poster which lists all volunteers over the past five years. Two framed posters were made to hang, one at Kaiser Permanente and one at PeaceHealth.

## A Special Gift from Kaiser Permanente



A highlight of the Free Clinic 5 year anniversary festivities involved the presentation of a \$25,000 check from Kaiser Permanente Northwest, Community Benefits. The grant will be used to staff a new 0.2FTE ARNP position for 2011. Karen Carter, Primary Care Operations Director for Kaiser Permanente, Longview, presented the check to Ken Terhaar, CHP Board Chair, Dr. Kim Stoneking, Free Clinic Co-Medical Director, and Lesley Bombardier, CHP Board Secretary.



The original group behind the Free Clinic concept who began with an idea and guided clinic planning and implementation to make it a reality. Standing left to right: Lesley Bombardier, Ken Terhaar, Sister Anne Hayes and Sister Rose Nigro. Not Present: Kathryn Robbins and Paul Youmans.

## Rosanne Ponzetti, CHP Board Member and Committed Community Leader

*“Free Clinic volunteers are the most committed and dedicated, and they have the biggest hearts. ..They are humble and their work often invisible. However, their contribution to the community is remarkable.”*



In addition to her executive management role at PeaceHealth, Lower Columbia Region, Rosanne is a very busy and committed community leader. Rosanne is Vice President of Mission Integration, Culture and People and she has been at PeaceHealth for nearly eight years. She also contributes her time and expertise in the community, serving as a board member for a number of vital non-profit organizations, including Community Health Partners, Pathways 2020, Emergency Support Shelter and Drug Abuse Prevention Center.

As new providers join PeaceHealth, they receive information on how to participate at the Free Clinic. Information, including the Vital Signs newsletter, is also shared at regional manager team meetings. “The Free Clinic ties to our mission to improve community health,” says Rosanne. “It’s a nice community partnership that creates a bridge among partners around a common purpose to serve underserved community members.”

A recent series of leadership discussions involving the employee recognition program at PeaceHealth created a Community Advocate Award in 2010. The first year award was presented to PeaceHealth employees who volunteer at the Free Clinic. In celebration of the award, all Free Clinic volunteers were invited to attend a BBQ in August where they enjoyed some good food while the PeaceHealth executive team washed volunteers’ cars.

“The Free Clinic would not happen without our dedicated volunteers,” remarked Rosanne. “Free Clinic volunteers are the most committed and dedicated, and they have the biggest hearts. They are an inspiration. Many have been consistently volunteering for the past five years and they do it because they have made a choice to be there and use their Wednesday night in this way. They are humble and their work often invisible. However, their contribution to the community is remarkable.”

## Health Tips to Stop the Spread of Germs that Can Make You and Others Sick!

*Here is some common sense from the CDC to help avoid illness.*

Influenza (flu) and other serious respiratory illnesses like respiratory syncytial virus (RSV), whooping cough, and severe acute respiratory syndrome (SARS) are spread by coughing, sneezing, or unclean hands. To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Put your used tissue in the waste basket.
- If you don’t have a tissue, cough or sneeze into your upper sleeve or elbow, not your hands.
- Wash your hands often with soap and warm water for 20 seconds.
- If soap and water are not available, use an alcohol-based hand rub.

*Linda Taylor*

Free Clinic Manager

# Thanks for Your Support!

The following donations and grants were received for Cowlitz Free Medical Clinic operations during the period from May 1, 2010 through October 31, 2010. 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

Bernard & Marcia Altman  
David & Mary Coons  
Bob & Margaret Elliot  
Jack Field Trust  
Marjorie Westman Field  
Kaiser Permanente Northwest, Community Benefits  
Dr. Wendell & Micky Kirkpatrick  
Lower Columbia Diabetes Fund  
Jim & Linda Meskew  
Dr. Stanley & Ann Norquist  
Olive Orr  
Regence Employees  
Regence Foundation  
George & Marjorie Schwartz  
Sisters of St. Joseph of Peace  
The Health Care Foundation

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    Denny's    Izzy's    Red Lion Inn  
Taco Time    The Brits

## Look Who's Volunteering!

*New volunteers since our last publication date, May 2010:*

Cristy Auckland	RaeAnn Francis	Peter Miller	Dr. Ramtin Ramsey
Jane Brooks	Bill Goodwin	Irina Nesterkina	Quincey Shinnick
Dr. Lisa Evans	Angela Alvarado Leal	Katherine Parr	Jamie Smart
Kathe Finch	Rhonda Meyers	Chuck Polacek	Jennifer Stoneking

## 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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