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Dental clinic due to be complete in spring 2012

Plumbing is going in and walls are going up at our beautiful new dental clinic in Medford.

The 34-chair, 18,000-square-foot East Medford Dental Clinic is headed toward a spring 2012 opening at 1113 Progress Drive, off Biddle Road.

Grants and generous supporters have helped us raise \$3,632,000, 83 percent of our \$4.4 million goal for the project. The new center will address a critical shortage in dental care for uninsured and low-income people locally. La Clinica is the area's only provider of comprehensive sliding-scale dental services.

This will benefit our region by \$31.9 million over 20 years in job creation, avoided emergency department costs, and prevented lost productivity associated with dental pain. These were the findings of research conducted by Remi Northwest in July 2009 and clearly reflect that the ratio of benefits to cost is substantial.



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LA CLINICA

DECEMBER 2011

AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL

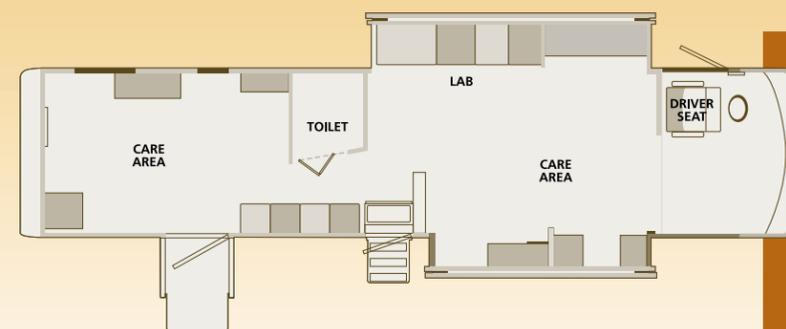
New mobile center will take care where it's needed

A pair of federal grants will allow La Clinica to buy and operate Jackson County's first mobile health center starting early next year and reach an estimated 3,500 new patients by the end of 2013.

The La Clinica Mobile Health Center will travel to area schools, homeless service providers, large employers, and other sites. Built on an RV chassis by Tualatin-based ADI Mobile Health, the 40-foot clinic on wheels will be equipped to provide care to medical, dental, and behavioral health patients.

Two grants from the federal Health Resources and Services Administration are making this project possible: a one-time \$456,890 capital-projects award and an annually renewable \$650,000 operating grant to expand outreach services.

La Clinica is extremely grateful to our federal partners for recognizing the need for such services in Jackson County, where high unemployment and lower-than-average wages make access to care especially difficult.



"Because of this funding we'll be able to serve 3,500 new patients who don't have the resources to come to our health centers and very likely depend on emergency room departments for care," said David Dismuke, La Clinica outreach coordinator. "This allows us to provide comprehensive care in areas we could never reach before."



A conga line led by La Clinica Chief Financial Officer Angelica Ruppe winds through Raise Your Heart for Health at the event's close. (Photo courtesy of CW Tringolo)

Raise Your Heart helps two programs

People lacking care for serious mental illness or basic vision needs will benefit from the \$65,000 raised this year through your generous donations at our annual Raise Your Heart for Health fundraiser.

Support from our September event will be split between La Clinica's new psychiatric nurse practitioner program and a partnership with Medical Eye Center that offers low-cost eye care for patients.

The psychiatric nurse practitioner program is allowing Jackson County residents with serious mental illness and few resources to receive care, a benefit that often extends beyond the patient to family members.

The mother of one young mentally ill man noted that she and her husband lost their home and most of their belongings as they attempted to find care for their son.

"He says all the time, 'I'm very blessed that I have my insurance ... and people who want to help me.' We're very grateful," his mother said.

In turn, we are very grateful to you, our supporters; together we are changing lives in our community.



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New in Oregon care: the integrated health home

Changes are afoot in how La Clinica provides medical care, and patients may begin to notice them as soon as next summer. Like healthcare organizations around the state, La Clinica is building the underpinnings for a new approach to serving patients.

The Oregon Legislature last year approved legislation to transform the state's healthcare delivery system, with the goal of improving Oregonians' care and health and lowering what we all pay for that care.

Under the new approach, patients will be served by a team of healthcare professionals rather than by a single doctor or nurse practitioner. That team will serve as the patient's "health home" and will be responsible for coordinating care across all settings, including hospitalizations and specialty care. Clinics will be responsible for improvements in patients' health, and they will be paid based largely on outcomes rather than by visit.

Today, an estimated 80 percent of all healthcare dollars are used by 20 percent of patients, mostly for chronic care, the state has estimated. Spending on healthcare has skyrocketed, and yet improved health remains elusive. Oregon's new approach provides new challenges and opportunities for clinics and patients alike.



At La Clinica, a test case for the future

Stephen Calhoun had struggled for years to live well despite his diabetes and artery disease, but instead of improving his health got worse. A test in February revealed his blood sugar had soared to nearly twice normal levels.

Today that is changing, thanks in part to a pilot program providing a glimpse into what could be healthcare's future. A La Clinica employee trained in home visits began working with Calhoun, 58, and four others with chronic diseases several months ago, providing each with education and support. Calhoun's blood sugar measured nearly normal this fall.

Such an approach is outside the realm of traditional medicine but has the potential for great savings in care costs. In 2002 the nation's direct cost of treating diabetes amounted to \$92 billion; indirect costs were estimated at an additional \$40 billion, according to a 2006 Harvard Business School report.

"It really helps when someone is trying to get better to talk to someone," he said, recalling that the La Clinica employee would ask, "How do you want to kind of step this up?" Thanks to the pilot program, he recently decided he's ready to manage his disease, and his future, on his own.



PHOTO BY JULIE WURTH

La Clinica's Anne Woods speaks with Stephen Calhoun during a visit to his home.



With Walker Fund's help, child dental health grows

A partnership between La Clinica and the Oregon Community Foundation's Walker Fund is improving the dental health of our community's most vulnerable children.

Since 2004, the Happy Smiles in-school dental health program has helped reduce the cavities rate by 28 percent in children in first through third grades and by 19 percent in children in fourth through sixth grades. During this time, Oregon's cavity rate has increased 49 percent among children in first through third grades (Oregon Smile Survey 2007).

According to the Centers for Disease Control, tooth decay affects more children in our country than any other chronic infectious disease and is now the most common among children, five times more common than asthma and seven times more common than hay fever.

The need for dental health prevention services in Jackson County is unquestionable. Oregon has the third lowest rate of community fluoridated water and one of our nation's worst cavity rates in children.

Happy Smiles is not only improving the dental health of our most vulnerable children, but it is saving millions of dollars in future health care costs. In analyzing just our sealant component—where we have successfully protected 13,858 teeth—we have averted \$16,491,400 in restorative dental costs over a 20-year period for a return on investment of 1,313 percent.

This service would not be possible without the help of the Walker Fund, which has supported it from the beginning.

Happy Smiles has provided nearly **35,000 encounters with children at 20 schools since 2004, including:**

- 11,628 children received dental health screenings.
- 11,628 children received fluoride varnish application.
- 4,379 children received sealant applications (we protected 13,858 teeth).
- 2,906 children received case management services.



Visit us at <http://laclinicahealth.org>, and connect with us on Facebook at <http://facebook.com/laclinicahealth>.

Your generosity is vital to our work

A young mother came into one of our school-based health centers to ask if her child could become a patient. He was home sick with a high fever.

The mother cried as she told us that her husband had been laid off after ten years of service and that their health insurance benefits would soon end. She feared that her only option was taking her son to the emergency department for care.

Our staff secured an appointment for the child that day at our West Medford Health Center, and he will receive follow-up care at our Jewett Elementary school-based health center. The other family members have become patients of our Central Point site.

While we can't solve all of this young family's problems, they no longer have to worry about affording health care. These are difficult times for many in our community. In the last two years we have brought into care about 5,000 new patients. This is only possible through the generous support of our community. Your donations are absolutely vital to our mission.

There are many ways to give. You may use the enclosed envelope or call our development office, 541-512-3152, for other options. La Clinica is a 501c3 nonprofit organization. Your gift is tax deductible.

Thank you!



Thank you to our Raise Your Heart for Health sponsors!

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