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OUR SERVICE SITES

La Clinica health centers:
Central Point Health Center
Downtown Medford Health Center
East Medford Dental Clinic
La Clinica Mobile Health Center
Phoenix Health Center
West Medford Health Center
Women's Health Center

School-based centers:

Crater High School
Jackson Elementary School
Jewett Elementary School
Oak Grove Elementary School
Phoenix Elementary School
Scenic Middle School
Washington Elementary School



LA CLINICA

AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL

**"What we want to do is help our patients take control of their lives.
We want them to be able to live better lives for the future."**

—La Clinica Medical Director Ken Rhee

LA CLINICA
3617 S. Pacific Hwy.
Medford, OR 97501

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*Joyous
season's
greetings
from all
of us
at La
Clinica!*



La Clinica patient Eva Beacham has found that a whole-body approach to care is helping her deal with depression. (Photo by Jim Craven)

La Clinica incorporates 'wellness' as a regular part of care

Three years ago Eva Beacham slid into a depression she couldn't have imagined. She wasn't able to concentrate. She didn't have the energy to walk across a room, much less exercise. "I really felt like I was at the end of my rope," she remembers. Her sister suggested that she see a doctor at La Clinica and Beacham agreed, expecting a traditional medical approach.

She got that and more from Dr. Mark Phelps, who ordered tests to explore her symptoms but also suggested services not often part of a physician's toolkit: counseling, a support group, and lots of movement. "I'm so grateful," she says. "A person needs the whole body to feel healthy."

That's why she's excited about the buzz around La Clinica about the organization's new "wellness" approach to care. The idea is to combine traditional primary medical care with complementary services including physical therapy and nutrition services while also offering classes and group support for patients.

Patients such as Beacham have been taking advantage of those kinds of offerings for awhile, but more will become available in 2015 when La Clinica opens a health center designed with a wellness approach in mind (see box below). Patients likely will begin noticing prevention-oriented approaches popping up around the organization early in the year.

"Complementary medicine and groups and classes that support healthy living simply aren't accessible to people living on low incomes," said CEO Brenda Johnson. "We want to change that."

INSIDE

Mobile center follows the need

Downtown health center moves soon

Sponsors helped fundraiser shine

La Clinica Wellness Center, designed to mix primary care and complementary health services such as physical therapy and nutrition services, is under construction at 730 Biddle Road in Medford. La Clinica is gutting and renovating the 16,000-square-foot former post office distribution center with the help of R.A. Murphy Construction of Medford. When it opens late next summer, the building will include 27 patient care rooms plus a demonstration kitchen and space for classes and group meetings.

Learn more at lacinica-health.org/wellness. Read about our wellness philosophy and learn about the capital campaign coming in 2015 to raise money for the wellness center.

Happy holidays! And thank you for your generous support of La Clinica.

Your gifts have enabled La Clinica to grow to meet our community's need for affordable health care services. In 2014, we served nearly 7,000 new patients!

In total, we are now the medical and dental home for more than 27,000 mostly low-income patients who struggle to afford care. This growth is unprecedented, and we need your help to continue our services.

By supporting our vision to provide affordable health care to all, regardless of income or insurance status, you're not only caring for our community but your investment helps reduce overall health care costs. Your contribution to La Clinica is a lasting and beneficial gift to our community.

There are many ways to give. You may use the enclosed giving envelope, donate via Pay Pal at www.lacinicahealth.org, or call our development office, 541-512-3152, for other options.

La Clinica is a 501c3 private nonprofit organization, and your gift is tax deductible.

You can make a difference

La Clinica is always collecting small items to give to homeless people who make up most patients on the mobile health center. Donations of new socks, hats, or gloves in adult sizes are welcome and can be dropped at La Clinica's Phoenix Health Center, 3617 S. Pacific Highway, Medford.

Above right, family nurse practitioner Leah Schindler examines patient Bill Meyer during a stop in October. Below, the center awaits patients near Patrick Elementary in Gold Hill.

Stories from the road: Mobile center follows the need

La Clinica employees help people in significant ways every day, but some of the most poignant examples of our work take place on La Clinica Mobile Health Center, whose staff serves people in need at community and school sites. Read our staff's stories about three recent patients—Ralph, Jeff, and Jack (not their real names)—to get a flavor:

- Ralph came on board for lab screenings. As he left, he asked if staff had socks to give away that day—sometimes they hand out such goodies to connect with homeless patients. Employees gave him a pair, and he immediately sat down to put them on under his boots, which he'd been wearing without socks. As it turned out, Ralph is a diabetic, making good foot care critical to his health.
- Jeff visited the mobile center at the Medford Gospel Mission, complaining of back pain. He initially said he hadn't been to the doctor because he didn't have transportation but later acknowledged he was fearful of being accused of looking for drugs, and so he'd resigned himself to living with pain. La Clinica gave Jeff a referral for an MRI, and the test showed that he had a ruptured disc and was in need of surgery. Jeff is now preparing for surgery and looking forward to a pain-free future.
- Jack approached staff providing health screenings at St. Vincent de Paul to talk about problems he was having, and they suggested he get a checkup on the mobile center. That led to a consult with a specialist, and eventually to the news that Jack has cancer. He is weighing treatment options now.



La Clinica, partners create regular care through Birch Grove project

Melissa is 22, the mother of a 2-year-old, and a heroin addict who is working hard to leave behind a decade of drug abuse. She's getting extra help in that through a new partnership between La Clinica and several others in the community.

The Birch Grove partnership creates access to medical and dental care for men and women recovering from addiction or living with mental illness, populations that traditionally lack consistent care and frequent hospital emergency rooms when they have an urgent need. Partners with La Clinica are Jackson County Mental Health and Addictions Recovery Center and OnTrack, which operates the HOME Program, a residential program that serves addicted parents and their kids. Funding from La Clinica's federal partners and the Portland-based Cambia Health Foundation help make the project possible.

Patients referred from all three get medical care at La Clinica's Downtown Medford Health Center, served by staff experienced in handling both mental health and addictions issues. La Clinica also has begun to take the mobile health center to visit women who are in OnTrack's residential recovery program. Family physician Kerri Hecox, who has a background in helping people overcome addiction, sees patients including Melissa, whose name has been changed for this story, and provides weekly educational sessions on topics such as family planning and how to avoid illness.

The program works because it creates an opportunity for women to easily establish care, an important step in recovery, and because Hecox understands addiction and treats patients without judging them, says Amanda Krug, an OnTrack residential program director. For patients like Melissa, it's that last point that hits home.

"With a lot of doctors, it's uncomfortable," she says. "Dr. Hecox, she's just awesome. She's got a good heart toward addicts."

What's in a name?

Partnership organizers chose the **Birch Grove** name because birch trees, which rapidly fill open ground after a fire or other disturbance, are often seen as a symbol of new beginnings and a cleansing of the past.



Mobile by the numbers

Between August and October of this year, the mobile center served medical patients in 332 visits and dental patients in 149 visits at community and school sites. Hear weekly updates on where the mobile center will be at 541-512-3922.

Generous sponsorships helped our annual fundraiser shine

Many, many thanks to all who made La Clinica's 2014 Raise Your Heart for Health the most successful to date. Event proceeds of \$110,000 will help us open our newest clinic, La Clinica Wellness Center, in 2015. La Clinica is especially grateful for our sponsors. We applaud your dedication to our community and your support of our mission. Thank you!

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Downtown center will move to county building

La Clinica's Downtown Medford Health Center will be on the move come January.

The center is moving from temporary offices to space inside Jackson County's new Health & Human Services building at 140 S. Holly St. when the building opens next month. Parts of the building will open to the public Wednesday, Jan. 14. La Clinica expects its first day of service there to be Wednesday, Jan. 21.

A public ribbon-cutting ceremony and open house are planned at the building this month, from 11 a.m. to 1 p.m. on Thursday, Dec. 18.

Services in the new building will be provided by the county with a variety of partners: La Clinica, the Healthcare Coalition of Southern Oregon, Families for Community, HIV Alliance, Living Opportunities Semita Program, and Genoa Pharmacy. Assistance with housing, finances, and health insurance also will be available in the building.



La Clinica's Downtown Medford Health Center will move into Jackson County's new Health & Human Services building downtown in January. Brightly colored walls throughout the building are designed to help people easily find their way through the 97,000-square-foot space. (Photo courtesy of Jackson County)