

OUR SERVICE SITES

La Clinica health centers:
Birch Grove Health Center
Central Point Health Center
East Medford Dental Clinic
Family and Women's Health Center
Mobile Health Center
Phoenix Health Center
Wellness Center
West Medford Health Center

School-based centers:

Central Point, Jackson, Jewett,
Oak Grove, Mae Richardson,
Phoenix, and Washington
elementary schools; Scenic Middle
School; Crater High School

REACH US

Phone: 541-535-6239

Mail: 3617 S.
Pacific Hwy., Medford

Website:
www.laclinicahealth.org

Facebook:
facebook.com/laclinicahealth



3617 S. Pacific Hwy.
Medford, OR 97501

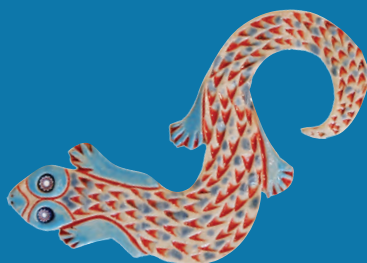
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JULY 2017
LA CLINICA
AFFORDABLE HEALTH CARE EXCELLENCE FOR ALL

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Planned giving

Turn your generosity into lasting support

Many people choose to leave a charity in their will because they want to support causes that have been important in their lives. There are plenty of advantages to making a gift to La Clinica in your will, trust, or another gift plan. Tax savings are one benefit, but more than that, you can help support a cause that is close to your heart. La Clinica accepts two types of planned gifts:

- Gifts through your will: Remembering La Clinica in your will can help you reduce estate taxes and ensure that the work you care about will always continue.
- Gifts outside your will: Support our mission faster by making a gift that avoids probate. Name La Clinica as the beneficiary on appreciate securities, retirement plans, insurance policies, or real estate.

Next steps? Seek the advice or your financial or legal advisor, then contact us for additional information at: Maria Underwood, 541-512-3152 or munderwood@laclinica-health.org. More details are available on our website at <http://laclinicahealth.org/donate>.



For the children

Campaign aims to boost health services for kids

Susana Cortes, 13, bounces to the beat of a throbbing rhythm in the Zumba room at La Clinica Wellness Center. Thanks to her mom, a Zumba fan, she's found a way to stay active and healthy that's a lot of fun, too.

Today, kids can tag along to some adult wellness classes at La Clinica, and the organization has offered a cooking class especially for children and parents. A fundraising initiative under way this year would broaden those offerings substantially and will help La Clinica cover the costs of expanding in-school services as well.

The organization hopes to raise \$250,000 over the coming year to expand wellness services for children, school-based health centers, and in-school dental health programs.

"We know that more than half of Jackson County children live in low-income households and have less access to health care, especially services that help prevent illness," said Maria Ramos Underwood, La Clinica's chief development officer. "Providing services like school-based health centers and Zumba classes will help improve the health of the most



vulnerable members of our community."

Susana has been in Zumba class for several months now and sees the pluses first hand. Her healthcare provider advised her to find a way to move more, and Zumba makes that fun.

"It gives me motivation to exercise," she says.

Susana Cortes, left, comes to Zumba with her mother Maria. La Clinica is raising money to create wellness classes especially for kids and more in-school services. (Photo by Jim Craven)

How La Clinica's annual fundraiser will help: Page 2 Schools will benefit from new services : Page 3



'Hasta luego,' Angelica

Chief Financial Officer Angelica Ruppe, in red, is embraced by CEO Brenda Johnson, left, and poses with co-workers during a going-away party in June. Ruppe, who has been with La Clinica for 23 years, will leave this month for a humanitarian mission in Africa. Her replacement, Jill Borovansky, a former Harry & David executive, has been training alongside Ruppe since April. (Photos by Anasazi Underwood)

Our annual fundraiser
Raise Your Heart for Health
 has new digs



La Clinica's annual fundraising event moves to a new location this year that has plenty of space for all our party games and entertainment.

This year's event, a fundraiser for children's programs, will feature entertainment by the Oregon Shakespeare Festival, lots of party games,

great wine, and a tasty meal.

With your support, we plan to open new school-based centers, expand our in-school dental program, and increase wellness services for children.

Raise Your Heart for Health

When: Sunday, Oct. 1, 3:30 to 7:30 p.m.

Where: Ashland Hills Hotel & Suites, 2525 Ashland St., Ashland

Tickets: \$100. Learn more or buy tickets now at laclinicahealth.org/raiseyourheart.



2016 Raise Your Heart for Health



Keela Sutton, dental outreach clinical lead, works on a patient at Project Community Connect, an event providing community services in June at the Medford Armory. Among the patients who visited, most had not seen a dentist for many years, if ever.

Cleanings on the go: care where patients are

Hygienist Keela Sutton sits half in the shade and half in the sun, scraping plaque from one of four teeth remaining in the mouth of the man in her chair. She won't do a full cleaning today, but she could with the organization's new mobile hygiene station.

The station—two simple dental chairs and a handful of gadgets set up outside on this day under a 10-by-10 canopy—is allowing La Clinica to expand its dental outreach in the community as the organization stretches toward a goal of improving the region's

access to dental services by 2018.

Hygienists like Sutton have expanded-practice permits that allow them to perform many procedures without a dentist's supervision. This summer, they will begin visiting community sites with full cleanings for children and denture cleanings and removal of dense plaque deposits for adults, who tend to be more complicated.

With both children and adults, staff will arrange for follow-up care at one of La Clinica's dental sites.

The outreach station is intended to serve patients otherwise unable to connect with services. La Clinica estimates more than 100,000 Jackson County residents remain without dental insurance, many choosing to put off care for years.

What's next? Our strategic plan maps the way

What will La Clinica be up to in the coming three years? You can read all about our plans in a new La Clinica 2017-2020 Strategic Plan.

La Clinica expects only minor new facility growth during the period while it builds systems and structures that ensure quality.

"We continue to work diligently toward improving our services, outreach, and care for our patients," said CEO Brenda Johnson. "We are, however, focusing a great deal of our effort in the coming three years on internal systems as we ensure exceptional patient care and support our staff."

Read our full 2017-2020 strategic plan at <http://laclinicahealth.org/strategicplan>.



OUR PEOPLE
 OUR PARTNERS
 OUR PERFORMANCE

LA CLINICA 2017-2020
 STRATEGIC PLAN



Programs grow to meet need
 Fall will bring expansion of health care in schools

A lot more area students will have access to health care right where they're learning in the coming school year.

La Clinica is expanding its in-school dental education and prevention program so it reaches every Medford elementary and middle school; it also will launch school-based care at Hanby Middle School in Gold Hill and Kids Unlimited Academy in Medford.

"These projects really have come at us all at once," said Ed Smith-Burns, outreach director. "We are grateful to have been able to pull together plans to get the projects moving quickly."

The expansion of the in-school dental program adds eight schools:

Abraham Lincoln, Griffin Creek, Hoover, Jacksonville, Lone Pine, and Ruch elementary schools, plus Hedrick and McLoughlin middle schools. La Clinica already visits 18 schools two to three times annually with dental education and screenings, fluoride treatments, and sealant applications. The program is aimed at schools where at least 40 percent of students are low income, and that designation now includes all Medford elementary and middle schools.

At Hanby and Kids Unlimited, La Clinica will open an in-school health centers staffed by a nurse and a mental health therapist; they will be open to all children 2-19 who live in the district.



A broader definition of care
 Teams help patients find path to health

Marie Becker is no stranger to doctor's offices. For years, she'd been told to manage her diabetes, get her cholesterol levels down, watch her weight. Instead of improving, her health issues were growing. Then, last year, something changed—and today Becker is 35 pounds lighter, using less medication, eating a healthy diet, and moving regularly.

What happened? Her La Clinica Wellness Center healthcare provider, Matt Hogge, suggested a twist on traditional medicine. The program, developed by Hogge and La Clinica Wellness Coach Chavala Bates, puts a team of employees on the job of working with patients to identify how they want to change their lifestyles—what they eat, how often they move, how they approach life's stresses—and then helping them get there.

Becker is one of about 20 involved in the pilot effort, and this summer Hogge, a family nurse practitioner who holds a doctorate in nursing practice, will take his team's work to a whole new audience when he presents the approach at the annual IM4US Conference in Chicago. The gathering draws a national audience to focus on whole-person care for underserved populations.

At La Clinica Wellness Center, Hogge's team identifies patients who want to make lifestyle changes and spends time with them to make sure staff has a full picture of each. The team meets regularly to discuss whether interventions are working. "It takes time to separate the cause from the symptom," said Hogge. "We ask ourselves, 'What else can we do to reach this person?'"

For Becker, the attention and tailored suggestions have made all the difference.

"I used to go to a regular doctor, and it was such a cold feeling. You go in, you sit, you go back and talk for 20 minutes, you're out, and you're thinking, 'What did I go there for?'"

At the Wellness Center, it's like "I'm walking into my house and my friends are telling me. I just feel like they care about each person."

Who's on the team?

The approach to care being piloted at La Clinica Wellness Center is based on principles of functional medicine, which considers how a patient lives and experiences life as well as traditional medical issues. At La Clinica, patients can take advantage of classes or group visits and receive care from a team that includes:

-  **A nutritionist** who works with diet
-  **A nurse** who works on sleep and exercise
-  **A provider** who gives care and pulls the team together
-  **A behavioral health specialist** who focuses on mind-body connections