

CALL TO ACTION!

Get ready to eat away at health disparities and push for health care for homeless patients!

Did you know that this year alone Neighborcare Health will provide more than 200,000 visits to low-income and uninsured people in our community?

We are proud to deliver high quality care to neighbors in need and to do it in a cost-effective way. To help raise the funds we need to cover the cost of care, we offer two ways to joyfully support our clinics:

45th Street Medical
& Dental Clinic

45th Street Homeless
Youth Clinic

Greenwood Medical Clinic

High Point Medical
& Dental Clinic

Lake City Medical Clinic
(McDermott Place)

Pike Market Medical Clinic

Rainier Beach Medical
& Dental Clinic

Rainier Park Medical Clinic

Central Area Dental Clinic

Georgetown Dental Clinic

Chief Sealth International
School-Based Health Center

Denny International
School-Based Health Center

Madison School-Based
Health Center

Roosevelt School-Based
Health Center

West Seattle School-Based
Health Center



27th Annual Feast at the Market

Tuesday, October 5, 2010, marks the 27th Annual **Feast at the Market**. Enjoy a one-of-a-kind progressive dinner through the Pike Place Market, setting your own pace and dining at as many of the 20 participating restaurants you like in the order you choose. Each restaurant will seat you and serve small plates of delicious specially-prepared dishes.

To reserve your place at the Feast, visit www.neighborcare.org/feast or call 206-548-3259. Only 500 tickets are available so don't wait to buy yours. For menu up-dates and more, check out the Feast event page at www.facebook.com/neighborcare.



Saturday, October 30, 2010 is the date for the 15th Annual **Pumpkin Push 5K Run and 2 Mile Family Walk**, to support care for homeless families, adults and teens. The 5K Run will be timed using IPICO Sports Technology on a USATF certified course through the upper and lower loops of the park. The Family Walk travels the outer circle of the park, with beautiful views of Lake Washington and the Cascades.

Show off your Halloween finest in the costume contest, and after the race enjoy treats from sponsors such as Smith Brothers Farms, Talking Rain, Super Supplements, and Swedish Medical Centers. Stop by Whole Foods Markets' Kids Zone for a complimentary pumpkin courtesy of The Farm. And there will be a special performance by the **Seattle Zombies!**

Close the gap in the cost of care by registering at www.PumpkinPush.com or with the enclosed brochure. 

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CONNECTED

Get the latest on news, events and how you can get involved with Neighborcare Health on Facebook and Twitter!

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GET READY TO GET POLITICALLY ACTIVE!

Two initiatives pose a serious threat to funding health care for low-income and uninsured patients.



Although the economy is stubbornly rebounding from the “Great Recession,” Washington state still faces a \$3 million deficit. Two voter initiatives on the November ballot threaten to increase the deficit and pose a serious threat to funding for health care for low-income and uninsured Washingtonians, including our patients. On the flip side, a third initiative would provide additional revenue to fund health care and education.

The American Beverage Association’s Initiative 1107 would repeal small, temporary taxes on soda, candy, and bottled water, costing the state more than \$300 million in revenue over the next three years. Tim Eyman’s Initiative 1053 would reinstate minority rule in the state legislature, requiring a two-thirds vote to increase taxes. Should these initiatives pass, the deficit will increase while preventing the legislature from raising revenue to fund health care and other critical social services. On the other hand, Initiative 1098, sponsored by a coalition of business, labor and respected civic leaders, like Bill Gates, Sr., would implement an income tax on high wage earners to increase revenue to support health care and education in the state.

In advance of the election, the statewide network of community health centers, which includes Neighborcare Health, will be active in communicating the impact of these initiatives on health care that is vitally important to our vulnerable neighbors. We’ll need your help in ensuring that everyone has access to affordable, primary health care. For information on how you can get involved visit www.VoteNo1107.com and www.VoteNo1053.com. 🌱

TAKE CHARGE OF YOUR HEALTH

“I was devastated when I found out I was 100 pounds overweight,”

Pike Market Medical Clinic patient Tracey Brown recalls about her first visit to the clinic. Not prone to crying, Tracey broke down when she realized she had been terribly neglecting her health.

On her next visit to the Clinic, Tracey was diagnosed with diabetes, and her hemoglobin and cholesterol levels showed that her diabetes was not “well controlled.” Her doctor, Britt Anderson, connected her with registered nurse, Martha Moreno, health educator, Shannon Bailey, and registered dietician, Liann Sundquist, to develop a plan of action to better manage her health. “Tracey had a choice,” Martha remembers. “She could bury her head in the sand, or she could take control. Fortunately, there was a fire in Tracey to make changes in her life.”

And that’s what Tracey did. Collaborating with Martha and Shannon, she came to the clinic one to two times a week to get her levels checked; joined a weight management group organized by the Clinic’s staff; changed her eating habits; and began exercising.

And then Tracey saw a flyer that has changed her life. Motivated by the game plan developed with her provider team, Tracey called a number on the flyer and now is actively training to run in the Leukemia & Lymphoma Society’s upcoming 26.2 mile marathon. She supplements her weekly training clinics by walking wherever and whenever she can. Before her training, Tracey used to avoid walking up the steep hill to reach her home because she had to stop halfway up to catch her breath. “Now I can easily get to the top, no big deal.”

Throughout Neighborcare Health medical clinics, registered nurses and health educators work with providers and their patients to tailor plans to address chronic disease, with a focus on prevention and fitness to help every patient live at their best. And often, just as Tracey did, our patients find that with a little support it’s never too late.

Tracey’s newfound dedication to being proactive in her health has had other positive effects in her life. She’s happier, no longer in pain from bearing so much weight, and optimistic about the prospect of finding a job. “The downward spiral I was in has gone by and is now going upward.” She credits this to her Neighborcare Health provider team, as well as to the care and support she receives every time she walks in the Clinic’s doors. 🌱



The mission of Neighborcare Health is to provide comprehensive health care to families and individuals who have difficulty accessing care, respond with sensitivity to the needs of our culturally diverse patients, and advocate and work with others to improve the overall health status of the communities we serve.

Neighbors | Fall 2010

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UNITED WAY AND WORKPLACE GIVING CAMPAIGN TIME!



Fall is United Way and other workplace giving campaign time. If your employer sponsors a United Way or employee giving campaign, making a gift to Neighborcare Health has never been easier. Talk to your HR department about how you can give to Neighborcare Health via payroll deductions and increase the value of your gift through your employer's matching gift program. And please consider Neighborcare Health when requesting campaign presentations! 

To make a gift to provide health care to those who have difficulty accessing care, send your donation in the enclosed envelope, call us at 206.548.3259, or donate online at www.neighborcare.org.