

45th Street Medical  
& Dental Clinic

45th Street Homeless  
Youth Clinic

Ballard Homeless Clinic

Greenwood Medical Clinic

High Point Medical  
& Dental Clinic

Lake City Medical Clinic

McDermott Place  
Medical Clinic

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

Highland Park School-Based  
Health Center

Madison School-Based  
Health Center

Mercer School-Based  
Health Center

Roosevelt School-Based  
Health Center

Roxhill School-Based Health  
Center

West Seattle School-Based  
Health Center

## REMEMBERING A PIONEER

If you had any affiliation with the Pike Medical Clinic in the late 1970's, chances are you knew Dr. Rocky Frederickson – or “Rock Man” as he was affectionately known by friends, family, and colleagues. Rocky was the first staff physician at the Pike Market Clinic, from its first years in what was once the old Motherload Tavern. Current and former staff, volunteers, and friends of Neighborcare were heartbroken upon hearing the news that Rocky lost his battle with cancer on January 24, 2013. However saddened, those who knew Rocky can't help but smile as they remember his infectious spirit, and feel inspired as they look back at the mark he left on his community, health care, and Neighborcare Health.



Long before his work in community health care, Rocky had a desire to make a meaningful contribution. During his Peace Corps service in Senegal, Rocky's passion for helping those less fortunate evolved into a passion for improving lives through medicine. After returning from the Peace Corps, the Russian History major put his nose to the books and began doing the pre-med work he needed to be accepted into medical school at the University of Michigan.


After graduating medical school in the late 70's, his yearning to improve lives through medicine came to fruition: Rocky headed west and became the first staff physician at the Pike Market Medical Clinic. There, Rocky was able to have a tremendous impact

working with low-income seniors in Seattle's downtown core, often referred to as “ground zero” to the greatest health disparities in King County. He cared for patients with the great attention and talent he brought to everything he did.

Rocky went on to wear many hats in health care from provider, to management, to consulting. Rocky's wife, Lynda Woods Fredrickson said that although Rocky eventually crossed over into management, “his first love was always community medicine.”

His love for community medicine, and the Pike Market community, left a remarkable legacy. From the earliest days, the Pike Market Clinic has grown from a small, mostly volunteer-run operation in a tavern, to the clinic it is today with twelve exam rooms and 50 full and part-time staff. Last year the clinic was able to provide nearly 26,000 visits to over 4,800 patients.

After his passing, Rocky's invaluable contribution to the Pike Market Clinic continues to be felt. His family has asked that gifts in remembrance be made to the Pike Market Clinic. Gifts can be made via the Pike Market Foundation at 85 Pike Street, Room 500, Seattle, WA, 98101, or directly through Neighborcare Health at 1537 Western Avenue, Seattle WA 98101.

Thank you Rocky for your spirit, your leadership, and your great legacy. 



# Why Adult Dental Coverage Matters

After the Washington State legislature axed non-emergency dental benefits through Medicaid in 2011, nearly 450,000 adults were left without dental coverage. The only adults that continue to receive the benefit through Medicaid are those with developmental disabilities, long-term care patients, and pregnant women – or those that are considered to be the most vulnerable by the state.




Dentist, Dr. Gene Beck, and former dental assistant, Amanda Anderson performing a routine dental cleaning at Neighborcare's Rainier Beach Dental Clinic.

While the cut to the program may have resulted in immediate cost savings, in the long run it is an expensive option for Washington, the health care industry, and consumers. Many patients have nowhere to turn for care outside of costly emergency rooms. It has been estimated that in a recent 18 month period, there were over 54,000 dental related visits to Washington emergency rooms, costing over \$36 million. In King County alone the cost was \$7.6 million.

Many of the adults that formerly took advantage of dental care through Medicaid are foregoing preventative oral care altogether. As with other kinds of preventative health care, the effects of cutting preventative dental care out of one's regimen might not be immediately felt, but it could lead to some harsh realities down the road. According to the American Dental Association, untreated dental disease can lead to serious health problems such as infection, damage to bone or even nerve and tooth loss. Dental infections that are left untreated can even spread to other parts of the body and, in rare cases, can be life threatening.

“Since the cut in 2011 to the Medicaid program, we have provided much more emergency visits,” said Dr. Sarah Vander Beek, a dentist at our Rainier Beach Dental Clinic. “Unfortunately, we are treating dental disease when it's more advanced, complex and expensive. What could have been a filling is now an extraction.”

While Neighborcare continues to provide dental care regardless of insurance status, the constraints of not receiving a Medicaid reimbursement is certainly felt, both by the organization and unfortunately by our patients as well. Restoring non-emergent adult dental benefits to Medicaid would enable us to provide preventative dental care to all adults, without the current worry of how it is going to be paid for.

At Neighborcare Health we believe everyone deserves access to affordable health care –including dental. 

*Mark Your Calendars!*

neighborcare  health

*Spring Dinner*

*Save the Date!*

Thursday, May 23<sup>rd</sup>

5:30 pm Social Hour

7:00 pm Dinner & Program


Seattle Design Center - 5701 Sixth Ave. South, Seattle, WA 98108

Tickets available at:

<http://www.neighborcarespringdinner.kintera.org>


## GiveBIG is May 15 2013!

give  
**BIG**

 The Seattle Foundation

The Seattle Foundation's GiveBIG is a one-day, online charitable giving event to inspire people to give generously to nonprofits that make our region better place to live. Donations made to Neighborcare Health via the Seattle Foundation's website on May 15th will receive a partial match from GiveBIG sponsors!

To make your gift on May 15th, go to Neighborcare's profile page on the Seattle Foundation website ([www.seattlefoundation.org](http://www.seattlefoundation.org)) and click "donate now."

Encourage your friends and family to follow us on Facebook and Twitter, and to GiveBIG! 

## Grace Weighs in on her AmeriCorps Experience at Neighborcare

Neighborcare Health has been fortunate to have AmeriCorps placements for several years through the Washington Service Corps. Our growing AmeriCorps program is focused on connecting low-income and uninsured families with health care services in our clinics, and with other programs for which they are eligible.

One of the 2012-2013 AmeriCorps team members, Sarah (Grace) Amend, shares some highlights from her AmeriCorps volunteer service at Neighborcare:

### **Can you describe the projects you have worked on at Neighborcare?**

The past couple of months have been a blur of dental screenings at Elementary Schools. The Dental Team at 45th has been working hard to get into nine schools to improve the oral health of the students, catch families, who do not have dental care homes, and give a dental education presentation in every classroom. I feel lucky to have a hand in this project and will continue working on it throughout the year.

In between screenings I have been focusing on recruiting and training 10 new volunteers for the 45th Street Medical and Dental Clinic. These volunteers are working hard on a variety of projects but mainly focus on phone call outreach to potential patients and phone call in-reach as one of the main tactics for medical and dental integration. Working with them and getting to know them has been a true joy.

I have also been working closely with other AmeriCorps members and the 45th Dental Team in regards to medical and dental integration. We have brainstormed, developed and executed an assortment of strategies including 45th's most recent Dental Month Raffle which worked as an incentive for medical patients to make dental appointments.

These three tasks have been absorbing most of my time but I have also been focusing on direct community outreach at food banks and ESL centers, eligibility work at McDermott, dental education outreach at local events, providing support for a Student Council group at Roosevelt High and other odds and ends.



*From left to right, AmeriCorps members Christine, Anisa, and Grace at a community outreach event.*

### **What has been your favorite part of volunteering?**

Hands down, the people I have met. Whether in the clinic, out during outreach, the volunteers or when collaborating with other community organizations. I am so lucky to have such supportive and helpful people during my term here.

### **What has been the most challenging?**

My initial challenge was navigating the Seattle Public Transit system. I may or may not have gotten lost in Fremont for close to an hour on my way to Wallingford for my first day. Now my smart phone takes care of me!

But more seriously, encouraging patients to visit both our medical AND dental clinics has been a challenge. It seems, unfortunately, that preventative medical and particularly dental care is easily disregarded if money is tight. Making the case for regular checkups to avoid emergencies is challenging but hopefully won't be for much longer. In this challenge I find a lot of motivation to support, in any possible way, the mission of community health centers like Neighborcare Health and to pursue Public Health.

### **What will you take away from your experience at Neighborcare?**

I have already gained an entirely different insight on health clinic providers and the power of the staff. I have never worked in a healthcare specific environment and I am constantly amazed with the care and compassion that goes into the work. From the moment the patient checks-in, through the appointment and after check-out, I can see that they are cared for. I think this is one of the bigger reasons why patients come back more regularly and care for themselves more readily. 🌿

## REACHING for Health

When Martin made his way into the REACH office, it was with a walker, one of his legs dragging behind him. Homeless for years, Martin fell down a ravine while living outdoors, resulting in a lumbar radiculopathy. In constant pain, Martin was unable to get anywhere without a walker or crutches. That was where Martin met Neighborcare nurse Devon Healy, working in the REACH program established to help people like Martin, chronically homeless and addicted.

Martin was enrolled into REACH case management, and established care with Dr. Beda at Neighborcare's Pike Market Clinic. Clinic staff coordinated his care with a neurologist, who treated his lumbar condition. Through this process he was homeless and struggling with his alcoholism, but his case manager was able to secure a space for him in a Seattle housing program, which helped him prepare to undergo surgery as he finally had a place to recover.

Since his surgery Martin has been pain free, walking without any problems and is living happily indoors. His health has improved greatly and he has cut back on his drinking. He is much more independent and rarely meets with his REACH nurse since he is more effectively able to care for himself. He recently got a set of dentures, which he proudly displays as he smiles and talks about how grateful he is for REACH, the Pike Market Medical Clinic, and Neighborcare Health, "I couldn't do it without them".

\*The patient's name has been changed to ensure his anonymity 🌿

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.

## Help Us Conserve Resources and Provide More Direct Patient Care

***Won't you help us reduce costs and provide more direct patient care by providing us with your email address?*** We will remove your name from our print mailing list and only communicate with you electronically. Visit our website at [www.neighborcare.org](http://www.neighborcare.org) and click on the "e-news sign up" link in the upper right hand corner of the homepage.

## Neighbors | Spring 2013

Mark Secord, MPH, Executive Director

### BOARD OF DIRECTORS:

Dr. Fariba Alamdari

Dick Barbieri

Tony Bozzutti - Treasurer

Ally Brown

Andrea Dahl - Secretary

Bob Greenlee

Joyce Lammert, MD - Chair

Rom Lee

Tamiko Miyano

Nancy Nipples

George Parker

Evelyn Picketts

Jennifer Ryan

Rick Rubin - Vice Chair

Barbara Snickich



## Our patients need your support!

This spring there are multiple ways to give to Neighborcare Health. How will you choose to support?

- ✧ Make a gift today. After government grants and reimbursements, we need to raise just \$20 to cover 1 visit.
- ✧ GiveBIG on May 15th. Remember, all gifts made to Neighborcare through the Seattle Foundations website on this day will be matched by corporate sponsors!
- ✧ Buy tickets to Spring Dinner on May 23rd. Tickets available on our website.
- ✧ Follow Neighborcare on Facebook and Twitter – encourage your friends and family to follow us too!

Every gift makes a difference. Help make our community a healthier place to live, one neighbor at a time!

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 206.548.3260, or donate online at [www.neighborcare.org](http://www.neighborcare.org).