

45th Street Medical
& Dental Clinic

45th Street Homeless
Youth Clinic

Ballard Homeless
Medical 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

Bailey Gatzert School-
Based Health Center

Chief Sealth International
School-Based Health Center

Dearborn Park 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

Van Asselt School-Based
Health Center

West Seattle School-Based
Health Center

West Seattle Elementary
School-Based Health Center

Small Steps to Better Health



Diana Bratt shopping for produce at Pike Place Market

After being hospitalized for a serious heart condition, Diana Bratt was referred to her neighborhood clinic for follow-up care. Although she has lived in the Market neighborhood for years, she had not yet visited Neighborcare Health's Pike Market Medical Clinic. "When I first came to Dr. Adams, I came with heart failure. I hadn't seen a doctor in 25 years."

Leading up to her first visit with Dr. Maggie Adams, Diana had a lot of anxiety. "To have the day before been perfectly healthy, going about your life and now suddenly you are told that you have a chronic health condition and that all these things in your life have to change, it's terrifying," says Dr. Adams. "I knew we had some health things we had to attend to, but none of it was going to happen until Diana was on board. So it was just trying to figure out where she was and what she was ready for, and step by step we got there."

Diana told Dr. Adams that one of her dreams was to visit Mexico, but she had never been healthy enough to take the trip.

Determined to empower Diana to turn her health around, Dr. Adams used this to motivate Diana to modify her diet and begin an exercise routine. She began walking with a group of peers from the Pike Market Senior Center and the Clinic, and she met with a nutritionist who counseled her on what kinds of foods she should eat and what she needed cut out.

"I'm walking easy. I can easily do my shopping. Before, if I went grocery shopping and I forgot something, too bad. I couldn't go back and get it." Diana built up her stamina enough so that everyday errands weren't a big deal. Eventually, she worked up enough strength for longer trips—she even made it to Mexico.

"It has made an absolute difference in my life," says Diana. "It's returned my life back to me. Now I can live every day independently and not worry about getting to the store, getting back and forth. I just move better. I feel better, period...everybody wants their body healed from injury or illness, everybody wants that."

"Everybody wants their body healed from injury or illness. Everybody wants that."

See inside for a recipe using one of Diana's favorite seasonal vegetables, asparagus!

It's Almost Summer Asparagus

This asparagus recipe makes a great side dish as the weather starts to turn. Market Fresh coupons provided by the Pike Market PDA make it an affordable treat for Diana.

1 Tbsp extra virgin olive oil
1 clove garlic, minced
¼ cup chopped pistachios
1 lb asparagus, trimmed

1 Tbsp fresh lemon juice
Freshly ground black pepper
1/8 tsp salt



Diana Bratt selecting the perfect pear at Pike Place Market

Bring a large pot of water to boil. Add the asparagus to the boiling water; cook 1 minute. Transfer to a bowl of ice water. In another pan, heat oil over medium heat until just hot. Sauté the garlic until it starts to color, about 1 minute. Add the pistachios and remove from heat. Stir in the lemon juice. Transfer asparagus to the serving plate and pour lemon pistachio mixture over. Add 1/8 tsp salt and season with black pepper to taste.



Drew Femling and Dr. Chris Dodd at High Point Medical and Dental Clinic

Getting Back on Track at High Point

Drew Femling had been in the United States Army for eight years when he tore his knee during air assault school and was forced to retire on military disability. Drew had extensive knee surgery and recovered physically, but found himself struggling with PTSD and depression. “I stopped caring about my health,” he says. “I didn’t feel like I deserved to be healthy.”

“I have good insurance through the military and I was going to this fancy, well-funded clinic, but I wasn’t happy with the medical care there. I looked online for something closer to home and found High Point Medical & Dental Clinic. At the other clinic I felt like I was just a number. Here you make me feel like I matter.”

In November 2013, Drew started seeing Christopher Dodd, MD. “Dr. Dodd has an energy that’s infectious,” Drew says. “He’s positive, but realistic. I realized how unhealthy I was and I could make small changes little by little.” Today, Drew reports that he’s dropped more than 50 pounds and is “getting on the right track” with his health.

“I haven’t been stronger, mentally or physically, in years. It comes down to knowing that not only am I going to get good medical care, but that they know me. The people at the front desk, the nurses... They remember me, they respond to me, they treat me like an old friend – not just a ‘one and done’.”

“I can never say thank you enough.”

Volunteer Granted Governor's Service Award!

Neighbors | Spring 2014



Linda Yang

Linda Yang, 45th Street Clinic volunteer, was selected as recipient of the Governor's Volunteer Service Award! Farrah Khan, AmeriCorps member, nominated Linda. "Linda has been our most dedicated and engaged volunteer at Neighborcare Health's 45th Street Clinic for the past three years," said Farrah.

Linda was recognized for taking the lead on several projects, including conducting outreach for chronic disease management and outreach for dental care. Linda is a student at the University of Washington and will be invited to the Governor's Mansion to receive the award.

Are you our next volunteer superstar?

We are recruiting registered nurses and community health educators to work with patients in the Diabetic Education and Empowerment Program (DEEP), which provides supportive coaching to high-risk diabetic patients at our Rainier Park and Rainier Beach Medical Clinics.

If you are interested in learning more about this and other volunteer opportunities, please contact Rosemary D'Agrosa, Volunteer Coordinator, at rosemaryd@neighborcare.org.



Spring Dinner

Making history together

May 7th at the Museum of History & Industry (MOHAI)

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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.

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If you are attending Spring Dinner on May 7th, please hold your donation for the event.

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.