



neighbors

Winter 2006 - 2007

Puget Sound Neighborhood Health Centers

engaging,
educating and
empowering
our community

“I wanted a more personal experience,” said Betsy, as she nursed four-week-old Amos in the comfortable waiting room of PSNHC’s Midwifery & Women’s Health. “For my last delivery I used a busy OB at a busy hospital and never saw her, not even when I delivered.”

In search of a more personal experience, Betsy chose to work with PSNHC’s Midwifery & Women’s Health for her second delivery. It’s a choice a growing number of women are making, and just one of the many choices PSNHC provides for our patients, to ensure the care we provide is tailored to the needs of the many communities we serve.



As they have throughout our history, family practice physicians help their patients through pregnancy and delivery, and continue to care for their growing children. But for some, midwifery is a better fit with cultural heritage. For others, the midwifery model is better aligned with their own vision of birth.

Midwife means “with woman.” PSNHC’s Certified Nurse-Midwives are Nurse Practitioners who work very closely with pregnant women to design a birth plan that is in accordance with the patient’s wants and needs, and is within the parameters of safety for both mother and baby. They specialize in prenatal care, childbirth, and the postpartum, and strive to reduce c-section rates, traumatic deliveries, and unneeded medical intervention. Our midwives also ensure that women have access to the community resources they require, often functioning as virtual case managers, nutritionists, counselors, advocates, and translators of the often-confusing medical world.



“Patients are really a team effort,” says Judy Lazarus, Certified Nurse-Midwife and 17-year veteran of Midwifery and Women’s Health. Our team of midwives takes the time to learn about each other’s patients in addition to their own caseload, so they can work interchangeably as needed. “We are all each other’s clones so that clients have no surprises,” says Ann Darlington, who has been with Midwifery and Women’s Health for 25 years. “We ensure that a patient’s birth plan is completely acceptable and doable by all the partners.”



That approach is strategic, but it’s also the benefit of a team that has worked closely for nearly two decades. Four of PSNHC’s Certified Nurse-Midwives have worked together for over 17 years, and all of them know each other so well they even finish each other’s sentences. “We work well together. We’re very tight-knit and we adore what we do,” says Lazarus.

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“I wanted a more personal experience.”

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Q & A: Joe Martin

Social Worker at Pike Market Medical Clinic

In November, Operation Nightwatch honored Pike's Joe Martin with its annual "Hero of the Homeless" Award. The award is the brainchild of local philanthropist Ken Alhadeff, and honors a citizen who strives to improve the lives of the homeless in Seattle. Previous winners include King County Executive Ron Sims; Dick & Ina Lou Spady of Dick's Drive Ins; Deacon Joe Curtis of St. James Cathedral, and Seattle City Councilmember Peter Steinbrueck.

In his 28-year tenure at Pike Market Medical Clinic, Martin has been a tireless advocate for the homeless and underserved, both in his role as Social Worker at Pike, as well as on a broader community level, working with organizations like the Seattle Displacement Coalition.

We recently asked Martin for his thoughts on the work he does with Seattle's homeless and disenfranchised:

How did you get involved in working with the homeless?

I was very heavily influenced by the activism and promise of the 60s. The thought that society could be modified in some fashion to accommodate an improved social order resonated with me. In 1976, I was a VISTA volunteer in Utah, then a Mennonite volunteer at the First Avenue Service Center in downtown Seattle. I discovered Pike Market Medical Clinic in 1978 and have been here ever since.

I do this work because I'm interested in the welfare of individuals and want to bring about a more just situation in our municipality. Homelessness has never enhanced a person's physical or mental health. When a person is poor, whatever health problems they have are exacerbated, and if you're homeless, all of those problems are compounded even further. What we do, and what we've been doing for the past 30 years, has made it possible for people to handle their health problems, which helps them get into housing. There's no need for [a patient's] process of recovery to be compounded by the problems of homelessness.

What's the most rewarding part of your job?

When I am able to actually get resolutions for people. I enjoy listening—sometimes people just need someone to talk to. But mostly, poor people need solutions as much as they need someone to listen. It's always satisfying when a person brings me a problem, large or small, and I'm able to help them solve it, be it getting their teeth fixed, find housing, or navigate the veterans [health care] system.

And your biggest frustration?

[The United States] has a very incomprehensible health system. We need a fully funded, comprehensive, and easily accessible health care system that includes mental health. We are the only industrialized country that doesn't have some sort of socialized medical system, and there's no reason for that.

What does our community most need to understand about the homeless?

None of those folks you see on the street woke up one day and said "I'm going to be a homeless person." Circumstances of health, economic misfortune, sometimes personal choices or behaviors that maybe weren't the most healthy, resulted in other problems that then snowballed into a condition that is extremely difficult and unhealthy. But none of them woke up and decided that their life was going to be a disaster. Nobody does that.



In a heartfelt letter, Pike Market Medical Clinic patient Dale Johnson (above right)

credits its doctors and staff, including Joe Martin (above left), with saving his life through their treatment of his medical problems and Post-Traumatic Stress Disorder.

"Life is short," Dale writes, "and would be a lot shorter for low-income people without the caring staff at the Clinic."

fall fundraising success!

The 23rd Annual Feast at the Market was a great success, bringing 475 guests into the Pike Place Market to sample the neighborhood's culinary delights while supporting a very worthy cause. The event raised \$29,000 to benefit patients at Pike Market Medical Clinic.



Many thanks to the restaurants who gave so generously of their time, their talents and their meals: 94 Stewart, Café Campagne, Can Can, Chez Shea, Cutters Bayhouse, Emmett Watson's Oyster Bar, Etta's, Il Bistro, The Islander, Japanese Gourmet, Kells Irish Restaurant & Pub, Matt's in the Market, The Pike Brewing Company & Pub, Pike Place Bar & Grill, The Pink Door, Place Pigalle Restaurant & Bar, The Seattle Athletic Club/Downtown, Starbucks Coffee, The Tasting Room - Wines of Washington, and The Virginia Inn.



100% of the ticket proceeds went directly to support health care for the uninsured, thanks to Feast sponsors Pike Place Market, Mutual of America, Community Health Plan, Pike Place Market Creamery, Group Health Cooperative, Kaye - Smith, Davis Wright Tremaine LLP, and Service Linen.

The Feast is a wildly popular event and often sells out early, so we encourage fans to save the date and buy tickets early for the 2007 Feast, tentatively scheduled for Tuesday October 2, 2007.

Fall events continued with the 11th Annual Pumpkin Push 5K & Family Walk...

A record 1,300 runners and walkers raised \$38,000 to benefit homeless youth and families at 45th St. Clinic. 2006 Seattle Marathon winner Trisha Steidl of Seattle came in first place in the Pumpkin Push women's division, while Nevada's Rob Vancleve came in first in the men's division. Pumpkin Push founder Linda Johnson, DDS was our top fundraiser for the event, raising nearly \$3,000 in pledges!

After the race, Emcee John Curley of KING-TV's "Evening Magazine" delighted runners and walkers with prizes for best costumes, and the School of Acrobatics and New Circus Arts entertained guests with their impressive acrobatic feats.

Many thanks to Pumpkin Push sponsors Swedish Medical Center, Wells Fargo, Community Health Plan, Washington Health Foundation, MedStaff, Triangle Telecommunications, Miller Hayashi Architects, AM1090, Linda Johnson DDS, TalkingRain, Noah's, Stretch Island Fruit Leather, Starbucks, Naked Juice, Avtech Corporation, Poldental Laboratories, Metropolitan Building Maintenance, and Watson Furniture Group.

We look forward to an even bigger Pumpkin Push next year, tentatively scheduled for October 27th, 2007 at Seward Park. Look for registration forms in an upcoming newsletter.



Remember that you can always find information and buy tickets for PSNHC events online at www.psnhc.org/events

The mission of Puget Sound
 Neighborhood Health Centers
 is to provide comprehensive
 healthcare 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.

That loyalty extends to the patients as well. Ann Darlington has had three "second generation" patients, and remarks that she's now counseling some of her earlier birthing patients on menopause, truly following them through all stages of their lives.

Mothers who use PSNHC midwives give birth at Family Beginnings, Group Health's state-of-the-art birthing center. That in itself is often a draw for patients. Birthing at Family Beginnings provides access to specialists, fetal monitors, and surgical units, in case of unforeseen difficulties surrounding the pregnancy. "It's the best of both worlds," adds Betsy. "In case something were to go wrong, you'd have specialists at the ready. But you also get to be with the [midwives] who have been following your pregnancy the whole time."

The Midwifery and Women's Clinic has had a 24% increase in births this year alone, and it's no wonder they're so popular. The clinic is proud of its low cesarean section rate, has a postpartum follow-up rate of nearly 90%, and is well known for its willingness to accommodate Vaginal Birth After Cesarean patients. With 373 babies born this year through our Midwifery and Women's Health Clinic alone, and another 180 through other PSNHC Clinics, the variety of options at Puget Sound Neighborhood Health Centers make us an increasingly popular resource for pregnant women and their families in the Seattle area.

"Midwives have a passionate sense of calling to work with birthing," says Lazarus. "Being able provide the experience [mothers] hoped for and wanted for themselves, knowing that they felt listened to and respected, empowered and positive...that's success."

INDEX	Number of deliveries through PSNHC in 2006:	552
	Percent through PSNHC's midwifery program:	68%
	Percent of midwifery births to women over age 35:	22%
	Midwifery program VBAC success rate:	51%
	PSNHC's overall cesarean section rate:	16%
	PSNHC's overall rate of newborns completing a Well Child visit within 4 weeks:	56%
	Predominant ethnicities receiving birthing services:	
		Hispanic 31%, White 20%, African/African-American 19%



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patient wish list

In-kind contributions make a real difference in the daily lives of low-income and homeless patients. PSNHC staff list the following as the most helpful:

- gift cards to QFC, Safeway, and Bartell Drugs
- movie passes
- undergarmets, male/female, young/adult, various sizes
- wheeled luggage
- phone cards
- diabetic testing strips
- yoga/t'ai chi mats
- picnic table
- framed art for clinic waiting rooms
- matching waiting room chairs in contemporary colors
- personal hygiene kits, including toothpaste, deodorant, lip balm, and lotion
- blankets & sleeping bags
- bus passes
- magazine subscriptions for clinic waiting rooms

To make an in-kind contribution, contact Lisa Sholley at 206.461.6935 x128. Please help us maintain high standards for our patients by only donating items that are clean and in good condition. All donated medications must be brand-new and at least one year away from their expiration date.