

Caring for the
Health of Our
Community

neighbors

Honoring Commitment

Kathy Holmgren's career as a nurse has taken her as far as the Democratic Republic of Congo, where she has provided direct patient care and medical training in one of the most impoverished areas of the world; and as close as downtown Seattle, serving some of our city's most vulnerable neighbors.



Bonneville Seattle's Stefanie Furer and Christen Connors, Seattle Seahawks head coach Mike Holmgren, Kathy Holmgren, Neighborcare Health's Joseph Sparacio, Seattle Seahawks CEO Todd Leiweke

For the past two years, Kathy has worked as a diabetes nurse at Pike Market Medical Clinic, attending to diabetic patients who have difficulty accessing care. A day's work often involves one-on-one diabetes education, foot care, and home visits to keep homebound patients linked with their primary care provider.

Kathy's patients aren't her only fans. Her dedication to community health care has attracted the notice of a group close to her heart, the Seattle Seahawks, whose head coach is her husband, Mike Holmgren.

To honor Kathy's work and our mission of providing access to health care, the Seattle Seahawks, in partnership with Bonneville Seattle and Snoqualmie Entertainment, chose Neighborcare Health's Pike Market Medical Clinic as their December 2008 Charity of the Month. Throughout December, radio stations KIRO 710 AM, KIRO 97.3 FM and KTTH 770 AM featured Neighborcare Health, raising awareness about our role in providing an accessible health care home for our community.

On December 9, representatives from Bonneville Seattle, Snoqualmie Entertainment and the Seattle Seahawks presented the Pike Market Medical Clinic with a \$2,000 contribution to support care for the nearly 4,000 patients seen at the clinic each year. As an added surprise, Seattle Seahawks CEO Todd Leiweke announced a personal match of \$2,000. Seahawks head coach Mike Holmgren and Kathy also presented the clinic with a "12th MAN®" flag signed by Seahawks players, much to the delight of clinic staff and patients.

- 45th St. Medical and Dental Clinic
- Central Area Dental Clinic
- Denny Wellness Center
- Georgetown Family Dental Clinic
- Greenwood Medical Clinic
- High Point Medical and Dental Clinic
- Homeless Youth Clinic
- Madison Wellness Center
- Pike Market Medical Clinic
- Rainier Beach Medical Clinic
- RainierPark Medical Clinic
- Roosevelt Teen Health Center
- Sealth Teen Health Center
- Southeast Family Dental Clinic
- West Seattle Teen Health Center

A Letter From The Executive Director

Dear friends,

What an amazing chapter in our American history we are witnessing.

The election of Barack Obama fills us with a sense of hope and possibility, yet simultaneously we are trying to absorb and understand the impact of bad economic news that surrounds us every day.

More and more often these days I'm asked how both of these events are affecting Neighborcare Health. The short answer is that while we are optimistic that the actions of our new administration will positively impact care for the uninsured, we know that that we will need to work even harder over the next year to be *the most effective healthcare home we can be to our patients*.

Each year 44,000 patients depend on us for their healthcare. That's a population larger than our state capital, Olympia. And in an economic crisis, we can only expect to see even more patients who lack insurance. **Our clinic managers are already reporting an increase in the number of new, uninsured patients.** Budget constraints at the local, state and federal levels may negatively impact our grant funding streams, while the cost of providing health care continues to rise.

But we remain cautiously optimistic. *Here is why:*

Despite the turn in the economy, we saw a significant increase in charitable contributions last year. Our generous supporters are reaching deeper into their pockets to help us provide care for our community's most vulnerable members, and for that we are truly grateful.

We are lucky to have a talented, dedicated staff, who hail from backgrounds as diverse as our patients. Many have made this

their life's work, and over the decades have developed unique competencies in caring for the most vulnerable among us. Our staff have become exceptionally adept at addressing *multiple* barriers to care in order to treat each patient and their family holistically.

We know that community-based healthcare has proven to be an effective and cost-efficient way to care for vulnerable populations. Health centers such as ours are an undeniable force in the nation's healthcare system. We have led the way, out of necessity and mission, in minimizing costs through strong primary care and prevention, as well as reducing health disparities that exist along income, racial/ethnic, and geographic lines in our society.

Finally, we have strong bipartisan support. We are proud of community healthcare's uncommon status as a beneficiary of both Republican and Democratic support at the federal and state level. Our continued political support will depend on our ability to offer great health outcomes and a great customer experience for our patients, as well as our ability to get a handle on costs—both at the primary care level and doing our part to control excess cost elsewhere in the healthcare system.

Much like the days of our founding in 1968, we are living in turbulent, but transformative times. Now, like then, we are poised to make a great contribution to changes that many of us have been hoping for many years. On behalf of the patients, staff, and board of directors of Neighborcare Health, I thank you for your support.

Sincerely,



Mark Secord, Executive Director/CEO
Neighborcare Health

Walking for Neighborcare Health

When Seattle resident and video game engineer Mike Dussault first read *Gandhi's Health Guide*, he was so inspired by Gandhi's ability to routinely walk 40+ miles, he decided to try it for himself. His first attempt resulted in a 30 mile walk. Mike decided to do it again, but with an added twist: this time, his walk would be a fundraiser for Neighborcare Health. "I like that it's a local organization," said Mike.

Recruiting two friends to walk with him, Mike asked other friends and family to donate what they could and offered to match donations by 25%. The first walk-a-thon took place in the fall of 2007, beginning at Ollalie State Park near North Bend and following the Snoqualmie Valley Trail into Duvall, for a total of 36 miles.

In the fall of 2008, Mike and friends did it again, this time topping the previous year's walk by 10 miles. Beginning at nine in the morning, the group started in the city of Snoqualmie and spent the next 14 hours walking towards Duvall. Mike finished out the last 25 miles of the walk by himself, for a personal record of 46 miles.



Photo Credit: Mike Dussault

Next year he hopes to add another ten miles to his walk, to match Gandhi's record of 55 miles.

Over the past two years, the walk-a-thon has raised almost \$3,600 to support services at Neighborcare Health, covering the unmet cost of nearly 150 healthcare visits for the uninsured. Mike invites you to join him on the 2009 walk-a-thon; to get involved, contact him at neighborcarewalk@gmail.com.

Fall Fundraising Success



Photo Credit: John Brecher

SAVE THE DATE for next year's Feast, scheduled for Tuesday October 6, 2009.



Photo Credit: John Brecher

25th Annual Feast at the Market

The 25th Annual Feast at the Market was a success, bringing 350 guests into the Pike Place Market to sample the neighborhood's culinary delights while raising \$30,000 to benefit patients at Pike Market Medical Clinic. With these funds, Pike Market Medical Clinic will provide 1,500 patient visits, or almost one month's worth of care at the Clinic.

Many thanks to participating restaurants 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, Steelhead Diner, The Seattle Athletic Club/Downtown, Starbucks Coffee, The Tasting Room – Wines of Washington, Typhoon! and The Virginia Inn.

100% of the ticket proceeds went directly to support health care for the uninsured, thanks to Feast sponsors: Premera Blue Cross, Pike Place Market, Turner Construction, Group Health Cooperative, Community Health Plan, The Pike Place Market Creamery, Kaye – Smith, Vulcan Inc., and AstraZeneca.

Pumpkin Push

13th Annual

Fall events continued with the 13th Annual Pumpkin Push 5K & Family Walk...

A record-breaking 1,700 runners and walkers raised over \$55,000 to benefit homeless youth, families, and veterans at Neighborcare Health. Congratulations to top finishers in the men's and women's divisions: Bryan Lindsay of Federal Way, WA whose finish time of 15:15 is a new course record, and Nancy Ellis of Tacoma, WA who finished in 18:18! A special thanks to Amtrak for awarding each of our top finishers with two roundtrip Amtrak Cascades tickets.

Many thanks to Pumpkin Push sponsors: Swedish Medical Center, Virginia Mason Medical Center, Miller Hayashi Architects, Amtrak, Community Health Plan, Sound Community Bank, Watson Furniture Group, Seattle – King County Dental Foundation, Seattle Children's, Izaak Walton Inn, TalkingRain Beverage Co., SOYJOY, Yamaha BODiBeats, Starbucks.

We look forward to an even bigger Pumpkin Push next year, scheduled for October 24th, 2009 at Seward Park. Look for registration forms in an upcoming newsletter.

Remember that you can always find information and buy tickets for Neighborcare Health events online at www.neighborcare.org.



Photo Credit: Scott Marthey



Photo Credit: Shaun McWhinney

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.



Mark Secord, MPH, Executive Director

Martin Lieberman, DDS, Dental Director

Marcus Rempel, MD, Interim Medical Director

Katie Bell, MBA, MHA, Chief Operating Officer

Karen Young, Chief Financial Officer

Joseph Sparacio, Development Director

Theresa Norris, Director of Human Resources

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OTHER WAYS TO GIVE



Another way to show your support for Neighborcare Health is through a bequest in your will or living trust. A bequest is a wonderful way to express your values and further an important cause, leaving a legacy for those who follow you. Bequests under your will or living trust provide estate tax relief to your estate and may enable you to provide larger benefits to your loved ones since charitable gifts are not taxable.

Your bequest may be unrestricted or you may designate a specific program, such as an individual clinic. Gifts may be made in your own name, or you may memorialize a loved one with your contribution. If you prefer to remain anonymous, your gift will be kept completely confidential.

Please consider all your options carefully to determine what is best for you and your family. As with any important financial decision, Neighborcare Health strongly encourages you to consult with your legal or financial advisor when considering a bequest.

If you have any questions or would like more information on how to designate Neighborcare Health in your will, please contact Lisa Sholley at (206) 548-3062 or lisas@neighborcare.org. Thank you for your continued support!



Representatives from GE Business Property, GE Capital Solutions, GE Healthcare and GE Aviation, along with Youth Clinic staff.

GE Helps Homeless Youth at 45th St. Clinic

Each year, more than 500 homeless and recently homeless youth seek primary healthcare services at Neighborcare Health's 45th St. Homeless Youth Clinic. Most of them are uninsured, those who are employed earn far less than a living wage, and all face numerous barriers that prevent them from transitioning out homelessness on their own. One significant barrier is the lack of access to basic living essentials such as clothing, toiletries, and food.

For their annual supply drive, GE staff in the Puget Sound area set out to help overcome that barrier. This fall, representatives from GE Business Property, GE Capital Solutions, GE Healthcare and GE Aviation collected dozens of boxes of clothing, toiletries, medical equipment, food, bedding and supplies for homeless youth, as well as \$400 in cash contributions to support clinic services.

Homeless Youth Clinic staff were thrilled by a surprise gift of \$700 worth of bus passes from a generous GE Healthcare employee. The passes will be distributed to homeless youth by the clinic's outreach workers, along with maps showing the location of the clinic and other youth social service agencies in Seattle.

We are grateful to the generous staff at GE for helping to create an accessible healthcare home for homeless youth in our community.