

From Hopeless to Fighter

“By the end of the day we weren’t hungry, we had resources in hand and we had been medically stabilized with the promise of ongoing care. Sixteen years later that ongoing care is still here,” says Sara Magyar, patient at Neighborcare Health 45th Street Clinic. “It was the first step to not being homeless.”

It was a life-changing meeting when Sara approached the manager of the 45th Street Clinic while panhandling in Pioneer Square. “She gave me a bus ticket and a card and said, *Come here tomorrow and we’ll help you.*”

“By the end of that first day,” Sara explains, “we’d spoken to a social worker, had resources in hand of places to go to and ways to help ourselves if we chose to, without the pressure of making those changes immediate or withholding resources. There was no question of that. It’s like *you’re entitled to healthcare* and to feel better and these are the things you can do for yourself if you choose to.”

“It was comforting and grounding to be able to have that so immediate with a promise of a future, you know, *come back next week and we’ll take care of this and then we’ll deal with that.* Having a plan, which implied a future... wasn’t something I was even considering at that point.”

Sara’s provider of 16 years, Dr. Putter Scott, has a much longer history providing exactly this level of care. He can harken back to the time before 45th St Clinic was even part of Neighborcare Health, but says “I don’t feel like I’m in a big conglomerate or, you know, a universal medical care situation that doesn’t have any place for people. I was kind of surprised

to find out how many Neighborcare clinics there are because each one probably represents...its community and its setting and its demographic.”

Sara is proud to share how her life has continued to change from that first visit. “It became the first step to not being homeless,” she says, “because suddenly I was involved in caring about myself and for myself and there were people -- I like to -- I’ve made this likeness in my head of Dr. Scott and I are a team of horses pulling the same wagon. You take turns being strong but you’re in the harness together pulling the same load and I knew that there was somebody in the harness with me ready to pull.”



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care and create more opportunities, you know, who wouldn’t want that in their job?”

Sara sums it up with a warm laugh, saying “Never would I think that I’d love going to the doctor.”

Feast Follow-up



The 31st Feast at the Market was a wonderful success. Thank you to everyone who came out and enjoyed the best the Market has to offer. In addition to enjoying some of the best dishes in town, participants came together in support of patient care at Neighborcare Health at Pike Place Market, providing access to health care for 5,000 patients each year.

- ✦ **We raised \$53,000**
- ✦ **456 people Feasted**
- ✦ **20 participating Feast restaurants served a total of 2,883 servings**
- ✦ **Save the date for next year – October 6, 2015**

We would also like to thank our event sponsors. Their commitment to providing quality patient care to our most vulnerable neighbors is key to this wonderful event. Thank you for supporting Feast at the Market and we look forward to seeing you next year.

Amerigroup
The Boeing Company
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Look For Our New Names

In 2008 we changed our name from Puget Sound Neighborhood Health Centers to Neighborcare Health. In the coming months we'll be rolling out the next phase of that change, as we adjust the naming convention for our clinic sites. Our new standard will be Neighborcare Health at [neighborhood location].

For example, Neighborcare Health Pike Market Medical Clinic will be Neighborcare Health at Pike Place Market.



This standardized naming convention is part of our effort to be sure our patients understand the connectedness of all our clinics, so they can make the best possible use of our whole system of care. We want parents to know the school based clinic their 6th grader uses is part of the same system as the clinic down the street from home, and even the same system their parents in another neighborhood use.

One change of particular note is that our Rainier Park clinic will now be Neighborcare Health at Columbia City. This change reflects our intent to clearly identify the location of our clinics, to better serve our patients, and the integration of the Columbia Public Health Center (see story later in this newsletter).

And of course we want you to know the as well! The clinics and programs you've supported are the same, with just a little adjustment to their names.

Neighborcare Health at:

45th Street
Ballard Homeless Clinic at Nyer
 Urness House
Central District
Columbia City
Georgetown
Greenwood
High Point
Lake City
McDermott Place
Meridian
Pike Place Market
Rainier Beach
St. Vincent De Paul – Aurora

Bailey Gatzert Elementary
Dearborn Park
 International School
Highland Park Elementary
Roxhill Elementary
Van Asselt Elementary
West Seattle Elementary
Denny International
 Middle School
Madison Middle School
Mercer Middle School
Chief Sealth International High School
Roosevelt High School
West Seattle High School



Neighborcare Health at St. Vincent de Paul – Aurora

Our newest site is part of an exciting partnership with the St. Vincent de Paul thrift shops. At this location on Aurora Ave N, we'll have a small clinic inside the shop, providing a range of primary care health services for men, women and children. We are looking forward to expanding our service to Seattle's north end, which is home to the largest population of low-income residents not yet served by a community health center.



Neighborcare Health at Columbia City and Meridian

Earlier this year Public Health – Seattle & King County announced that due to budget shortfalls it would transfer operation of two of its primary care clinics, the Columbia Public Health Center and the North Public Health Center, to Neighborcare Health.

The former Columbia Public Health Center will be integrated into our long co-located Rainier Park Clinic, as Neighborcare Health at Columbia City. Public Health will continue to operate dental and other services at this site, which will be known as the Columbia City Center for Health.

The former North Public Health Center will continue services as Neighborcare Health at Meridian. Next fall it will move just a few feet into the Meridian Center for Health, which will provide an array of integrated care services under one roof. There's much more about the Meridian Center on our webpage, www.neighborcare.org.

Both transfers take place this December and we'll kick off 2015 with expanded presence in the north and south ends of our city. Thanks to our staff and partners for making this possible!



Pacific Tower – Teaching Dental Center

Neighborcare Health is partnering with South Seattle College and Seattle Vocational Institute to provide a unique source of dental care and education. In the fall of 2015 the Teaching Dental Center will open in the remodeled Pacific Tower. This new clinic will increase access with 20 dental chairs to serve low-income and uninsured patients. Neighborcare Health will run the clinic and oversee patient care, providing a remarkable educational experience for dental hygiene students with South Seattle College and dental assistant students with the Seattle Vocational Institute. This innovative teaching model will go a long way to meet the need for dental care in the Seattle area, as well as provide hands-on training for students.

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 and click on the "e-news sign up" link in the upper right hand corner of the homepage.

Neighbors | Winter 2014

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We hope you'll consider making a year-end donation in support of Neighborcare Health and keeping Seattle healthy. It's not too late! Contributions can be made online at www.neighborcare.org!

In addition to financial support, the Neighborcare Health Homeless Youth Clinic at 45th Street is in need of some new or like-new personal items and clothing. The Homeless Youth Clinic offers integrated primary health care for homeless and at-risk street youth between the ages of 12 and 23. Please call **(206)633-7650** to make arrangements with the Youth Clinic to drop off your donations.

For more information about our Homeless Youth Clinic and a complete list of wish list items, please see our website, <http://www.neighborcare.org/news>.

Needed items include:

FOOD ITEMS (unopened and unused only)
Apple Cider (packets), Granola bars, Healthy snacks/
trail mix (individually wrapped)

CLOTHING ITEMS (new or like-new)
Jackets/Hoodies (L, XL, 2XL, 3XL),
Coats (L, XL, 2XL, 3XL)

TOILETRY ITEMS (unopened and unused only)
Deodorant, Combs/Brushes/ Picks, Hair Styling
Product, Razors, Shaving cream, Nail clippers, body wash

OTHER ITEMS (new or like-new)
Blankets, Sleeping Bags, Backpacks, Umbrellas,
Rain Ponchos, Gift Cards

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.