

Clinic Director's Report

By Rose Gibbs, RN, MHA/MPA, CNAA

The gift that keeps on giving. . . .

The founders of this agency started with a vision of care for the underserved and a desire to support wellness in the community. In October 2001, through their skills, passion and dedication they made their dream into a reality. The Sequim free clinic opened in 2001 and in its first full year provided 420 visits. Over its ten years of operation there have been in excess of 10,500 visits, with over 2000 last year. Demand for care continues to grow. By the end of 2011 we will have provided services for over 2,200 client visits.

The Chronic Healthcare Clinic program was started in May of 2008 and continues to be our greatest area of growth. About 35-40% of total visits are realized through the chronic care program. By having scheduled appointments for those with chronic conditions such as diabetes, high blood pressure, high cholesterol, high triglycerides and asthma, greater openings are made available to those seeking episodic care at the evening clinic. The clinic provides a primary care health home for about 350 individuals.

Seventy per cent of our clients are under the age of 50 and greater than 40% are employed. There are slightly more women than men using our services. Recent demand comes from the newly uninsured. Many lost their medical and prescription coverage and provider access. Others found that their essential prescriptions had become financially prohibitive. The Prescription Assistance Program available through the clinic allows access

to these needed medications directly from the manufacturers.

In 2009 I became the Clinic Director for Dungeness Valley Health and Wellness Clinic. Coming from large urban medical centers, I had little exposure to free clinics and many misconceptions about those who use them. I found that our clients are ordinary folks, mostly young adults, appreciative of having access to care. They are students, store workers, laborers, caregivers, neighbors and friends. Most had limited resources to support health issues and daily living. Many had postponed care resulting in worsening health, making them too sick to work or hold a job.

Over 70 clinical volunteers donate their skills and expertise, including medical providers, professional, clerical and general support staff. Most have joined the clinic after completing their own careers and have brought their vast experience and life wisdoms to support others in their community. They are the foundation of our clinic and a priceless resource to our community.

Numerous specialty providers, many associated with the Olympic Medical Center, have generously provided consultation when referrals are needed for the expertise of their specialties. Exams for optometry are also made available through the generosity of three community providers. In addition, arrangements with local dentists have enabled us to support area clients in need of emergency dental care.

DVWHC could not be successful without the tremendous support of and partnering with the Olympic Medical Center. Low-cost facility use and a generous in-kind contribution for basic diagnostic lab tests and imaging services for clinic patients,

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**IN 2011 Dungeness Valley Health and Wellness Clinic
had 2134 patient visits.**

The value of health services to the community was \$598,770.

\$163,077 cash revenue and \$160,530 cash expense.

For each dollar raised, \$3.67 worth of service was provided.

has allowed us to provide required treatment and care.

Great strides in addressing our mission of Wellness through the “Working on Wellness” (WOW) program have been made. The free monthly WOW forums, presented by community professionals, continue to attract increasingly large audiences from our community of those who want to take a more proactive approach to learning more about ways to better manage their personal wellness. We continue to focus on educational needs of our clients, especially those with diabetes. The clinic also participated in an interactive training program called the Stanford Chronic Disease Self-management Program (CDSMP) which is a six part series that teaches people practical skills to better cope with a chronic disease. Also presented was “It’s Time for Healthy Eating” designed to teach healthy habits for nutrition and potential weight loss over a two month series of interactive meetings. The educational and self-management activities include one-on-one diabetes coaching, group classes and establishment of support groups.

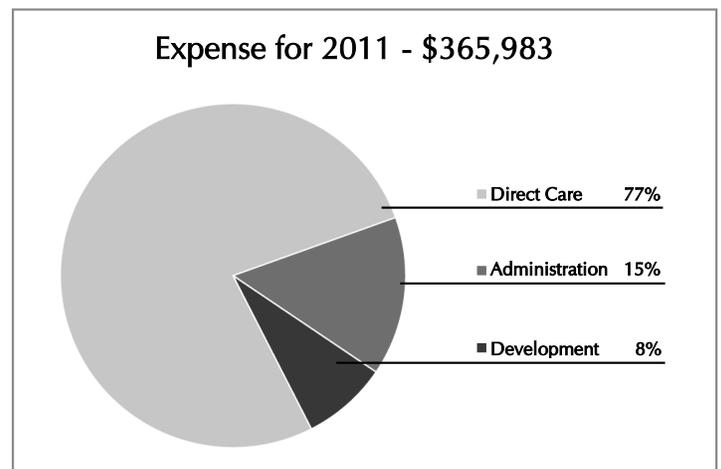
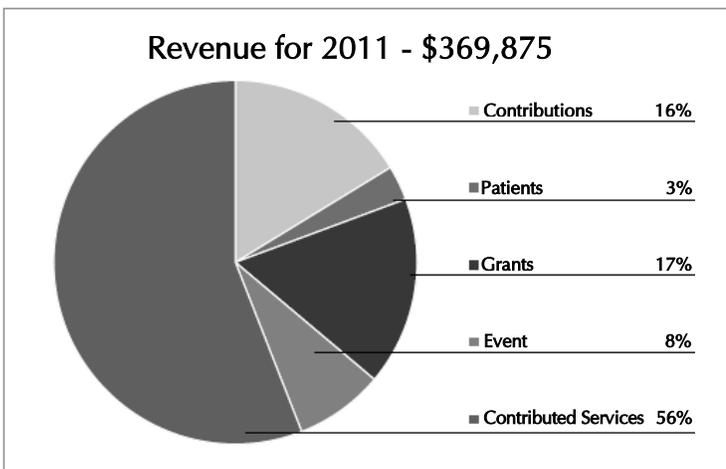
The breadth of services provided by this community clinic is outstanding. The caliber of individuals on all levels who support our clients with skill, commitment to the mission and a personal willingness to volunteer their services to assist those in need continue to make a tremendous

difference in the lives of the people they serve. As Clinic Director, I am privileged to be part of such a worthy endeavor and believe the community should take great pride in the ongoing work and accomplishments of this clinic. For ten years it has provided a welcoming, helping hand to those in need. Perhaps one day, Sequim will no longer require a free clinic, but now it is a beacon of hope for many in our community.

One of our clients summed up her experience:

*... I was told I was eligible and welcome and to come in any Monday or Thursday night. I did so, and found a warm, friendly, kind and qualified group of volunteers and professionals who helped me with advice, new prescriptions, referrals for free lab work and radiology services and discounted specialist visits. I was amazed, very grateful and humbled by the help they so generously rendered to me, as well as to the many other people with whom I sat in the waiting room, from all economic and social segments of our community. Each patient is treated with kindness and respect, whether they can contribute a donation or not. ... God bless these people, and may the medical community, as well as the community at large, continue to support this worthy cause, and recognize the vital role it plays in making Sequim the outstanding place to live that it is.
Regards, C.S>*

Financial Report



2011 Clinic Volunteers in recognition of the service of our 2011 volunteers

Providers

Kim DePrati, PA-C
Larry Germain, ARNP
Ed Hopfner, MD
Larri Ann Mishko, MD
Kari Olsen, MD
Charles D. Sullivan, MD
Mike Swesey, PA-C
Jack Ronald Tacker, MD
Kip Tulin, MD
Marianne Ude, MD
Carl Weber, MD

Nurse Managers (RNs)

Margaret Bailey
Denise Bergeron
Shari Byers
Nancy Dolansky
Ardis Erickson
Brooke Fitzsimmons
Lyell Fox
Jamie Goodwin
Patricia Gordon
Callie Higgs
Renee Jones
Kelly McKillip
Donna Pairadee
Betty Pollard
Linda Priest
Wendy Shultz
Shelley Stratton
Linda Tacker

Assessment

Sandra Boudrou
Amy DeQuoy
Sandy Goldstien
Louise Holmes
Elisabeth Holmgaard
Bobbi Kilmer
Barbara Parse
Claudia Pruitt
Jared Romberg
Elizabeth Tomisato

Chronic Health Care Clinic

Diane Clementi, RN
Eileen Cox, RN (PAP)
Arlene Cox, RN (PAP)
Karen Epler, RN (PAP)
Jamie Goodwin, RN
Beth Pallai, RN
Penny Pfeffer, RN (PAP)
Dian Woodle, (PAP) Assistant
Marilyn Freeman, Clerical
Connie Jean, Clerical

Dermatology

Claire Haycox, MD
Dan Walkowski, PA-C
Gretchen Wambach, PA-C

Vision Specialists

Alan Copeland
William Wickline
Diana Thompson-Young

Client Host

Maria Hall

Reception

Betty Barnard
Joy Beaver
Sue Brock
Randi Cooper
Irene Greene
Joyce Greene
Bev Horan
Carrie Kalina
Sonia Killian
Alice McDonald
Sue Pierce
Pam Priest
Desiree Scalia-Jourdan
Arlene Weed
Jolie Will

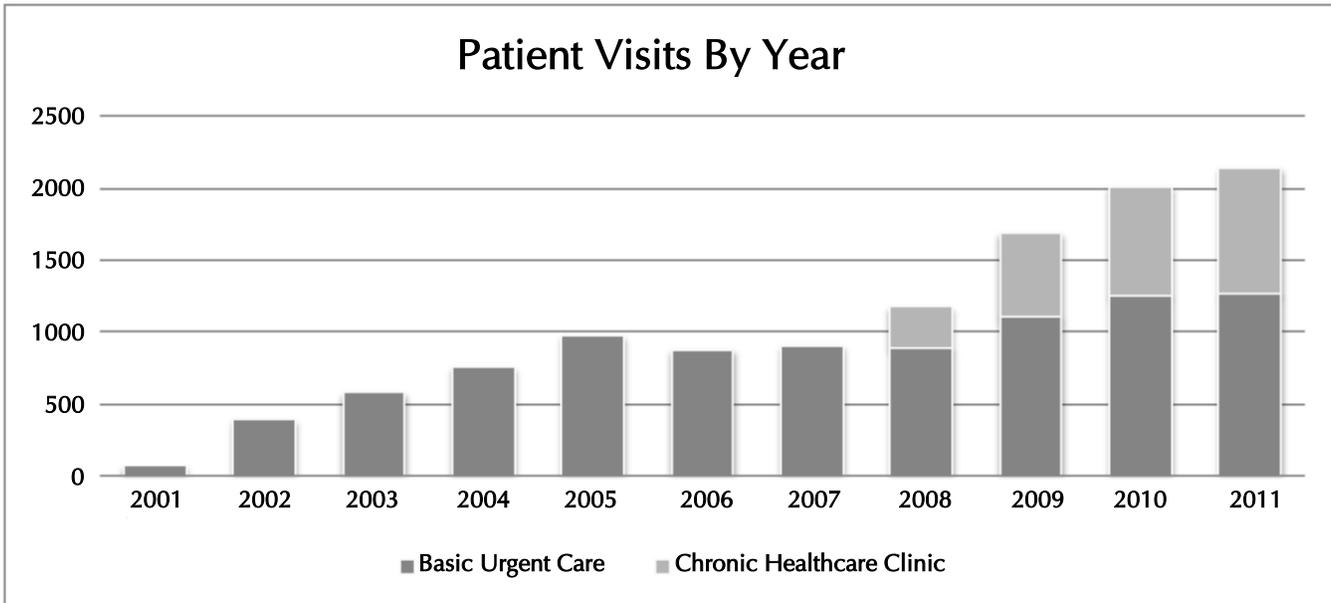
Interpreters

Pat Coate
Lilli Dodd
Maria Dryke
Michael Garcia
Carmen Pitkin
Maria Hall

Specialty/Technical

Shirley Cosentino, LMP
Agnes Bell, Clerical
Dana Ford, LMP
Karl Hatton, LMP
Sue Sorenson, RN (Diabetes Educator)
Diane Victor, RN (Diabetes Educator)
Jason Wilwert, Physical Therapy

Patient Visits By Year



Board of Directors

Dick Hughes, President
 Tom Montgomery, Vice-President
 Audrey Gift, PhD, RN, FAAN, Secretary
 Tracy Russell, Treasurer
 Monica A. Dixon, PhD, RD
 Janet (Jan) Gannett
 Cheryl Gray, AAMS
 Eric Lewis, CPA
 David Mattingley
 Margaret Preston, CAPT USPHS (Ret.)

Support Personnel

Jim Pickett, Executive Director
 Rose Gibbs, RN, MHA/MPA, CNAA, Clinic Director
 Kip Tulin, MD, Medical Director
 Sandy Ekelman, Volunteer Coordinator
 Marian Needham, Administrative Assistant
 Connie Jean, Data Manager
 Pennie Robinson, Wellness Coordinator
 Dan Stimbert, Information Technology Manager

A Patient's Story:

A mid-fifties gentleman woke up at OMC, after being taken in by ambulance. He was told he had diabetes and needed to start insulin. He had no doctor and was told to try the free clinic in Sequim. He also had no income to speak of. He arrived in our Chronic Healthcare Clinic in shock and very depressed, in need of insulin and a lot of

information. Through one-on-one diabetes classes, assistance through the prescription assistance program and a lot of intense early management, he now has regular medication, eats appropriately and has his diabetes in excellent control. He told me this week when he was in that "we saved his life". In many ways that is a true statement.

Reminders for 2012

- **Health Forums – 2nd Wednesday, 2:30-3:30 at Medical Services Building, 840 N. 5th Ave., Sequim**
- **2012 Clinic Fun Walk, Saturday, September 15th, 9-12:30 at Trinity United Methodist Church**