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From Our Clinic Director, Rose Gibbs, RN, MHA/MPH, CNAA



Many ask, "Why do we need a free clinic—we have the Affordable Care Act"? True, Washington is a forward thinking state and has been more successful in enrolling residents than some states. However, in rural areas there is still a deficit of providers to accept new clients. Our experience is fairly similar to other Free Clinics in the State.

All of our clients are asked if they have applied for health care. Most have tried, some are fearful of giving out information and some have successfully completed the application and received coverage, but have been unsuccessful in obtaining a provider. For those who do not qualify or find they cannot afford the insurance premium or copay, we are their health safety net. Information on how to apply for health care is available for anyone who comes to be seen; telephone numbers, websites and personal contact information are given to the client for follow up.

Many ask, "Why do we need a free clinic—we have the Affordable

According to information collected by the Washington Healthcare Access Alliance (WHAA—the state free clinic association), urgent care has dropped in most clinics by 20 to 35 per cent. Some have experienced an increase in non-documented immigrants, especially Spanish and in Southwestern Washington, Russian. In some areas, those with Medicaid have

not been successful in obtaining a provider, so they still go to the Free Clinic rather than the Emergency Department. Many clinics reported that their community hospital emergency departments have become overwhelmed with urgent care traffic. Three of the clinics have qualified to be providers for Apple Health (Medicaid) which is a change of their mission, but necessary to support their communities.

Some areas are having problems retaining their
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Dungeness Valley Health & Wellness Clinic Joins United Way as a Partner Agency

It's official! Effective April 2014, the Board of Directors of United Way of Clallam County approved the DVHW Clinic as a new Partner Agency. We are proud to have the opportunity to take a more active role in this valuable community resource. Given our mission and the services we bring to the community, it is appropriate for us to be a member of United Way.

Announcing our addition to the UWCC Partner Agency team, Jo Johnston, United

Way Funds Distribution Chair, said "The United Way is excited to add Dungeness Valley Health and Wellness Clinic to our list of valued partner agencies. Their strong commitment to providing free health care access to Clallam County residents had them serving over 500 new clients in 2013 alone. Health care laws are changing, but not fast enough. There is still a large gap in affordable insurance and the ability to find local providers. The Dungeness Valley Health and Wellness Clinic is filling those gaps."

Clinic Director, cont'd

providers—they are too busy in their own practices due to the new growth of Medicaid. We have not had that issue. One clinic shortened its hours due to a 34% drop in clientele.

One clinic closed completely. Access to behavioral health and dental services remain challenges for most communities.

At DVHWC we have experienced about a 25% decrease in our basic urgent care visits. We are a first come, first served clinic, with no appointments for urgent care and no one turned away. Since January of

this year, approximately 50 clients have requested that their records be sent to other clinics. About three quarters of those have been able to obtain services within this community. Some are on waiting lists and will not be seen for several weeks.

Our Chronic Healthcare Clinic has continued to gain new clients to replace many of those obtaining new providers. Many are in transition. We remain a much needed safety net for those experiencing delays in being seen, trying to find a provider or unable to afford their portion of expenses.

We believe that there are people in our community who still have not been served medically. The clinic leadership is examining how it can provide better services for the uninsured, as well as, expanded preventative care opportunities, chronic care management and educational offerings for our community. As the year continues, we learn more and more about the impact ACA will have on our clinic. However, we will continue to be “a beacon of health and a beacon of hope” for the underserved, as well as all members of the Sequim community.

Dungeness Valley Health and Wellness Clinic Announced new Board Secretary



Dungeness Health & Wellness Clinic board president Dr. Audrey

Gift announced that Richard McMenam, JD, CPA has been appointed to the position of Secretary of the Board of Directors.

“We appreciate him assuming the role of secretary in the middle of the year when the vacancy became available”, Gift said. “Rich is a valuable member of the board and is skilled in appropriate record keeping” As Secretary of the Board, Rich joins Dr. Gift as well as the other officers, Rev. Bill Green as Vice President and Jerry Sinn as Treasurer, of the DVHW Clinic Board.

Hospital Guild Supports Clinic

At their annual luncheon and fashion show on May 29, 2014 the Sequim Dungeness Hospital Guild presented a check for \$15,000 to the Dungeness Valley Health and Wellness Clinic to support programs.

The Guild raises funds through their Thrift Shop on the corner of Bell and 2nd Ave in Sequim as well as an annual silent auction. The Clinic is only one of the organizations they support.



Guild President Jean Janis presenting the check to Dr. Audrey Gift, Clinic President

In memory of...

Vern Cooper by Michael & Gloria Anderson, Susan Pierce, Myrna & Christopher Juergens, Paul & Gwyn Wessel

Dr. C.D. Baird by Susan Pierce

Helen Wicklund by Myrna and Christopher Juergens

Fred Code by Jerry & Barb Enzenauer, Everett & Mary Longstaff, Fred Morrow, Susan Pierce, Alan & Helen Slind, Gordon & Betty Zander

Fred Code and Alberta Baker by Myrna and Christopher Juergens, Marian Ulseth

Don Spriggs by Myrna and Christopher Juergens

McMenamin holds a law degree from the University of Puget Sound Law School. He has a law practice with his wife, Shari McMenam, and Patrick McMenam with offices here in Sequim and in Port Angeles. He lives in Sequim with his wife and daughter.

Sequim Free Clinic Appoints New Executive Director



Dungeness Health & Wellness Clinic board president Dr. Audrey Gift announced in April that Pamela Leonard-Ray had been appointed Executive Director of the Sequim clinic. Her appointment was effective March 24, 2014.

"Pamela was chosen from a number of qualified applicants", Gift said. "She brings extensive management experience, most of it in an educational setting, to the Sequim Free Clinic and will help us grow our resources to keep pace with the ever changing patient needs." As Executive Director, Leonard-Ray works together with Clinic Director Rose Gibbs, RN, MHA/MPA, CNAA and Medical Director Kip Tulin, MD.

Leonard-Ray holds a Bachelor of Arts in Education from Washington State University and a Master of Education in Clinical Counseling from The Citadel in Charleston, South Carolina. She served as Dean of the

Learning Center at Trident Technical College in Charleston, South Carolina for many years. Her community service includes that of a Volunteer Crisis Counselor. She moved to Sequim with her husband in June of 2013. Some of you may know her in her volunteer role for the City of Sequim as the volunteer coordinator.

Our WOW Lady is Wild about Wellness



"Good afternoon. My name is Pennie Robinson, and I am the Wellness Program Coordinator for the DVH&WC. Welcome to today's Wellness Forum." For almost four years now, I have stood up in front of the WOW! Working on Wellness Forum audience and introduced myself. These free lectures are given by volunteers in our area who are experts in their fields. They share their knowledge in the hope that it will help attendees to improve their health and the quality of their lives.

I have watched Forum attendance grow from 350 people in 2010 to almost

750 people last year. During this time I have had so many different folks approach me after attending a Forum, many times coming up to me on the street or in the market and saying, "Aren't you the WOW lady? I just want to tell you how much the Forums have meant to me and how they have truly changed my life."

People have shared with me that when they came and listened to Dr. Mc Donald, the new sleep specialist with the OMC, they felt so inspired that they phoned his office the next day to make an appointment. After he taught them some very simple things to change, they found they were able to sleep as they had never before.

After a visit from Dr. Ure, an orthopedic surgeon with OMC, many from the audience set up appointments to talk with him about their hip and knee problems, and he was able to help them find solutions for what had been troubling them.

So many have thanked me for having Dr. Tulin speak about the importance of taking enough Vitamin D to improve different things about their health. And they thanked me for bringing Grace Lambert, NASM CPT/CES, who, with the help of her husband and brother-in-

law, taught the whole audience very simple methods to improve the way they walked and even sat down.

One of our most powerful presentations was recently given by Debbie Smith, RN, about the need for self care for those who are caregivers. After listening to her speak, a young woman and her father came up to Debbie and me in tears and told us how they had finally "heard" that they were truly hurting themselves by how they were trying to care for her mother and his wife of over sixty years. They have since gotten back to me about how they have introduced many of the concepts that Debbie talked about into their daily routines and have seen so much improvement in how they are each feeling, both physically and emotionally.

I say to each and every one of the speakers, "I know that with your presentation today, you will change someone's life for the better," and I have heard over and over again that this truly has happened.

Knowledge gives us power, and power gives us choices. No wonder these free community lectures are called WOW! And I am so proud to be known as the WOW lady.

Forum attendance numbers:

2010 – 353, 2011 – 381, 2012 – 482, 2013 – 747

Exercise, Have Fun and Support the Clinic at the 2014 Clinic Fun Walk

The Clinic's only major fundraiser, the Clinic Fun Walk, will be held this year on Saturday, September 13. Registration for the event begins at 8:30 a.m. at the Walk's starting point, Trinity United Methodist Church, and the Walk begins at 9:00 a.m. The registration fee for adults is \$10. Children 18 and younger may walk free.

Preparation for the 2014 Clinic Fun Walk began almost as soon as last year's event ended. It takes a tremendous amount of planning to organize the walk, including enlisting the over 90 volunteers without whose help the walk could not take place. There are volunteers involved in every aspect of the walk, including planning, soliciting sponsorships and door prizes, organizing walk teams, providing entertainment, staffing booths at the health fair, registering participants, setting up and monitoring the course, and so much more.

Walk teams are forming now, and we are in the solicitation phase for sponsorships. Both are a great way to promote your business and strengthen your community at the same time. Contact me for more information about sponsorships and/or teams at (360) 582-2976 or execdir@dvhwc.org.

***Pam Leonard-Ray,
Executive Director***

The Walk is non-competitive and is meant to promote exercise as part of a healthy lifestyle. While many people participate as part of formal teams, individuals are welcome to join in the fun. Walkers follow either a 1-mile or a 5-mile trail. Although the Walk is non-competitive, teams compete in two categories: *team with the most walkers* and *team raising the most money*. Last year there were a record 279 walkers. Team Akaloo, led by Gwyn Wessel from Dungeness Valley Lutheran Church, raised the most dollars of any team: \$1,717. And the team with the most walkers was a team participating for the first time, the Jamestown Family Health Clinic with 60 walkers.

The Walk is a fun and productive way to support the Clinic's mission of providing continued health care access to those in need in our community. In 2002, our first full year of operation, we had approximately 400 total patient visits. Clinic records for 2013 show 1163 visits for Basic Urgent Care and 854 visits for Chronic Healthcare Clinic services. For every \$1 donated to the Clinic, we can provide more than \$3.67 worth of medical care. This is made possible through the generosity and dedication of our volunteer providers and staff. These eighty plus individuals are the fuel that powers this marvelous community service.

Health Fair

When you come to the Fun Walk this year, take a few moments to visit our small "Health Fair". At the Health Fair you will learn about 3D Mammograms, vascular ultrasound, bone density studies and services through specialties including the Cancer Center, Pulmonology and Neurology. There will be

screening for blood pressure, blood sugar and oxygen saturation. A variety of health and wellness information will be available. Do you know your numbers? Take a few minutes with us and find out."

***Rose Gibbs, RN,
Clinic Director***

MY NUMBER ONE HEALTH TIP: GET MOVING!



***Kip Tulin, M.D.
Medical Director***

If I am asked what my number one suggestion is to get healthy and stay healthy I will always answer, exercise. Move. Work up a sweat. Get your heart pumping. We evolved over millions of years to face a harsh life. It has only been in the last 60 years or so that we've been living such an inactive lifestyle. Our bodies are designed to stand, bend, lift, carry, walk, and run....not sit for hours on a chair in front of a TV or computer screen.

The good news is that amazing things happen when you push yourself a bit. Some studies have shown that if you go out for just a ten minute walk and pick up the pace during the last minute so you are breathing hard, there will be

good changes in your metabolism that last for several hours.

And more good news is that you don't have to exercise for hours on end to be healthier. Just 20 minutes of any good, sweaty activity of your choice will make a huge difference over time. Do what you can.

Be kind to yourself and others, have fun, watch what you eat, get enough sleep, but above all, get moving! (And don't forget to join us at our Fun Walk on September 13.)



The List of Fun Walk Sponsors Continues to Grow

There is still time for you to join with others in the community to support the Clinic as a 2014 Clinic Fun Walk sponsor. Please consider participating in this high visibility opportunity to serve the community. **Contact Pam Leonard-Ray** (execdir@dvhwc.org or 582-2976) for more information on sponsorships.

Sponsor Levels

Each sponsorship level includes the benefits listed in lower categories.

Sustaining - \$5000

- Your name & logo featured **prominently** on all advertising & promotional materials
- Mention in special features and radio announcements
- Your banner **prominently** displayed at the event
- An opportunity to make remarks at the closing ceremony

Presenting - \$2500

- Your name & logo on all advertising & promotional materials
- Your sign or banner displayed at the event

Platinum -\$1000

- An opportunity to set up and staff your own advertising table the day of the walk

Gold - \$500

- Your name on Clinic Fun Walk advertising and promotional materials
- Space on our general advertising table to display your promotional materials on the day of the walk

Silver -\$300

- Your name in newspaper advertising and on sponsor sign displayed at the event
- No additional fee to field a team of walkers

Bronze -\$150

- Special thanks and recognition at the closing ceremony

Brass -\$50

- Your name featured in the event program

Helping DVHWC Serve the Community through the 2014 Clinic Fun Walk

2014 Business Sponsors

(as of 6/18/2014)

Avamere Olympic Rehab
Blake Tile and Stone
Beal Carpet and Drapery
Brokers Group
Estes Builders
First Federal Savings and
Loan Association
Fred's Guns and Hobby
Insurance Services Group
Jon Jack, State Farm
Karen's Quilt Shop
Les Schwab Tire
Moon Palace Restaurant
Olympic Ambulance
Omega Business Center
Pane d'Amore
Sequim Sewing Center
Sequim Tax Service
Sherwood Manor
Team McAleer

2014 Individual Sponsors

Amanda & John Beitzel
Anonymous
Vicky Blakesley
Jim & Cherie Pickett
Dave Salmon

2014 Memorials

In Memory of Reva Bates
In Memory of George Osugi



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Pages/Dungeness
Valley Health and
Wellness Clinic



Working on Wellness

COME TO OUR MONTHLY FORUMS

Second Wednesday of each month at 2:30 pm; held at
Trinity United Methodist Church, 100 Blake Avenue, Sequim 98382

2014 Schedule:

July 9
Eye Health
Speaker:
Dr. Davina Kuhnline, OD

August 13
Cooking for One
Speaker:
Dr. Janelle Doolittle, ND

September 10
**Yoga & Meditation –
It's not what you think!**
Speaker: Cheryl Bell, ACE/CPT
Lapis Sky Studio

October 8
**Health Insurance &
Other Fun Things**
Speaker: Phil Castell
Castell Insurance

November 12
**Preparing for the
Unforeseen Disaster**
Speaker: William Bahrt
Retired County Emergency Speaker

December 10
Improve Your Health: Volunteer
Speaker: Sue Meyers
OlyCap RSVP Program
