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OUR VISION

We believe that every citizen of Deschutes County is entitled to receive basic health care. Therefore, with love and compassion, we seek to reach out to those less fortunate in our community to provide healing health care, and at the same time, enhance the spirits of those who serve.



The VIM Team

Christine Winters, MPH
Executive Director

Charlie Ayers, MD
Assistant Medical Director

Kristi Jacobs
Volunteer Program Coordinator

Doug Ritchie, Ph.D.
IT Director

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Fran Chang, RN
Nursing Administrator

Kristi Lynn Hoch
Office Manager

Cristina Marie Foss
Americorps*VISTA Volunteer

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> WEBSITE: WWW.VIM-CASCADES.ORG

Volunteers in Medicine would like to extend its thanks to Lifewise Health Plan for sponsoring the design, printing and distribution of this newsletter.

THE VOLUNTEERS IN MEDICINE CLINIC OF THE CASCADES IS A NOT-FOR-PROFIT, 501(c)3 CORPORATION AND IS GOVERNED BY A BOARD OF DIRECTORS COMPOSED OF PHYSICIANS, NURSES, BUSINESS AND COMMUNITY LEADERS. HEALTHCARE PROFESSIONALS DONATE THEIR TIME AND EXPERTISE TO PROVIDE MEDICAL CARE TO THE UNINSURED OF DESCHUTES COUNTY.



2300 NE NEFF ROAD, BEND, OREGON 97701

OUR MISSION—To understand and serve, on an outpatient basis, the health and wellness needs of the medically underserved in Deschutes County, Oregon.

VISIT OUR WEBSITE TO LEARN WHO'S ELIGIBLE FOR CARE, HOW TO VOLUNTEER AND TO SEE WHO IS SUPPORTING THE VIM CLINIC!
www.vim-cascades.org

VIM CLINIC OF THE CASCADES
Quarterly

SUMMER 2005 PROVIDING HEALTHCARE TO THE MEDICALLY UNDERSERVED IN DESCHUTES COUNTY

In The Nick of Time

When Aja sought care at the VIM Clinic...

...she had been experiencing unexplained weight loss, sleep disturbance, excessive thirst and extreme fatigue. At first a thyroid condition was suspected. VIM ran tests for a thyroid condition but also during that visit tested her blood sugar and it was extremely high. She was taken to the hospital emergency room to get stabilized. Hospital staff confirmed VIM's diagnosis and told her that if she had delayed seeking care, she could have fallen into coma.

With the assistance of VIM nurse volunteers and diabetes educators, she has learned about diabetes including what causes it, how to give herself insulin, manage her diet, take and record her blood sugars, and how to deal with illness and stress as it relates to her condition.

Aja credits the doctors and nurses at VIM for saving her life. "I've told my friends and family that it is a great place to go. All of the clinical staff are friendly and go well out of their way to do whatever they can to help. I've seen several different doctors and nurses here at the clinic and I like them all. They help as much as they can. And the front desk volunteers are always pleasant and helpful."

When asked what she would like to say to the supporters of the VIM Clinic, she simply replied "Thank you, if it weren't for you, I probably wouldn't be alive".

Did You Know?

Risk of death is two times higher for diabetics than the rest of the population.

—CENTER FOR DISEASE CONTROL, 2005

From 1997–2003, the number of newly diagnosed diabetes cases increased by 52%. —CDC, 2005

By 2030, it is estimated that 23 million Americans will have Type 2 diabetes and 100 million will have pre-diabetes. The cost of treating them will be \$250 billion annually—this is enough to bankrupt the health care system.

—AMERICAN DIABETES ASSOCIATION, 2005

Diabetes is one of the top 5 diagnoses at the VIM Clinic. When diagnosed early and managed well, diabetics can live a long and healthy life. VIM is applying for foundation support to implement a comprehensive Diabetes Wellness Program.



AJA NEAR BLACK BUTTE RANCH WHERE SHE WORKS.

NONPROFIT ORGANIZATION
US POSTAGE PAID
BEND OR
PERMIT NO. 473

VIM's accomplishments & community activities

The Peter Feldman family learned of VIM's efforts to develop a diabetes management program from their daughter Leigh, a summer volunteer at VIM. Peter, a diabetic with a long family history of the disease, has joined with his family to sponsor diabetes medication and services for VIM patients for a month. They invite others to join them in supporting the creation of this new program. ↘

VIM Patient Profiles

- 60% ARE UNDER THE AGE OF 40
- 20% ARE HISPANIC
- 65% HAVE BEEN TO THE VIM CLINIC 3 TIMES OR LESS
- DEPRESSION, ANXIETY, HYPERTENSION, ORTHOPEDIC PROBLEMS, PULMONARY DISEASE AND DIABETES ARE THE MOST COMMON DIAGNOSES



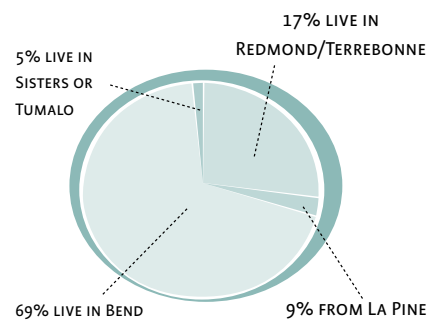
THEY ARE EMPLOYED BY OVER 500 DIFFERENT BUSINESSES IN DESCHUTES COUNTY

PATIENTS DONATED NEARLY \$7,500 IN THE PAST 3 MONTHS TO SUPPORT CLINIC SERVICES

Since clinic opening, VIM caregivers have:

- SCREENED 2,930 FAMILIES FOR VIM SERVICES
- COMPLETED 6,775 PATIENT VISITS
- DISPENSED 7,100 PRESCRIPTION MEDICATIONS AT A VALUE OF \$940,000
- HELPED 264 PEOPLE OBTAIN DENTAL CARE
- GAVE OVER 2,300 HUGS

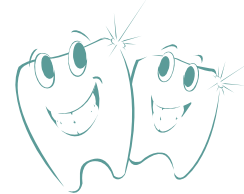
[DATA CURRENT AS OF 07/30/05]



Haulin' Aspen— Marathoning for Medical Care

On August 14th, VIM partnered with FreshAirSports to host Central Oregon's first ever trail marathon and half-marathon, a fundraiser for the VIM Clinic. Over 350 runners from 24 states participated in the Haulin' Aspen event, based out of Bend's Shevlin Park. The race was one of 120 across the United States and Canada that is sanctioned by Trail Runner Magazine as a trophy series run. The youngest participant was 17 and the oldest finisher 70.

Over a dozen businesses supported the event with The Robson Insurance Agency as the title sponsor. Gina Miller, FreshAirSports founder, said "the volunteers and sponsors have been amazing. We appreciate all the community support for this first year event." ↘



VIM Receives OCF Grant

In June, Oregon Community Foundation awarded VIM \$25,000 to expand our Dental Care Program.

The Dental Care Program includes:

- Coordination with Northwest Medical Teams to bring the dental van to the Clinic every 6 weeks;
- Coordination with Healthy Beginnings to educate families on how to care for their children's oral health, including proper nutrition and brushing;
- Partnership with area dentists who agree to see VIM patients at a discount in their own offices;
- A new collaboration with Central Oregon Community College in which dental assisting students would work with a volunteer dentist each Friday in COCC's dental suite to serve low income families.

Through these partnerships, we anticipate that we can serve over 1,200 patients and their families in the next year. ↘

U.S. Senators and Congressman Visit VIM Clinic

VIM Clinic of the Cascades is gaining national recognition for its use of volunteers and electronic medical records to deliver care to the uninsured.

In June, U.S. Senator Ron Wyden and Congressman Greg Walden each spent an hour discussing the healthcare crisis with VIM board members and volunteers. The VIM team sought their help on making it less costly and complicated for out-of-state physicians, in good standing, to secure an Oregon license to provide charitable care to the medically under-served.

On a federal level, both the U.S. Senator and Congressman Walden, who co-chairs the bipartisan House Rural Health Care Coalition, agreed to support regional partnerships which would implement health care strategies to improve health while containing costs.

U.S. Senator Gordon Smith, a national champion for mental health resources, visited VIM in July. During the visit he learned that depression and anxiety disorders are the most frequent diagnosis at the VIM Clinic. ↘

Planning your estate?

Please consider designating VIM as a beneficiary for your will, retirement and insurance policies.

We've shared a patient story, highlighted some of our accomplishments and reported about the national attention we're receiving. Now we invite you to help VIM as an advocate and supporter. Please consider supporting the work of our volunteers as they strive to provide care to more families.

INDIVIDUAL DONATIONS

- Join the Circle of Caring—donate \$10,000 per year for at least 3 years, to help fund the basic costs to run the Clinic.
- Honor a friend or loved one through a tribute or memorial gift.
- Support the Annual Campaign each year with monthly donations or with one gift.
- Invite family members and friends to match your contribution or join you in making a group gift.
- Designate VIM as a beneficiary for your will, retirement and insurance policies.

BUSINESS DONATIONS

- A healthy and productive workforce helps to create a thriving and prosperous community. What activity can businesses support to benefit our community?

PROGRAM SUPPORT

Dental Program, Diabetes Program, Volunteer Program for a week, month or year.

COMMUNITY OUTREACH

Help us reach out to potential patients and their employers, medical and service partners, business and community leaders, volunteers, advocates and donors with:

- Special Events • Newsletters • Website •
- Annual Report • Presentation Packets •
- Brochures • Posters/Flyers •

CLINIC SERVICES

Help us cover the costs to deliver medical care. Equipment and supplies, medications, facility maintenance and staff. In-kind donations of materials, supplies and services are frequently needed, and are much appreciated.

Become a Business Partner with a \$1000 gift.

Gifts of all levels welcome.

Contact Robyn Holdman, VIM Development Director at 541.330.9054.



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*DONORS PLEDGE TO CONTRIBUTE \$10,000 PER YEAR FOR AT LEAST THREE YEARS.

MEMORIALS

WE ARE HONORED TO RECEIVE DONATIONS IN MEMORY OF LOVED ONES.

- CARYL GUNSON
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- EDWARD TIMM, DDS
- FLORENCE WHITE
- LLOYD WRIGHT