



*Farewell Dr. Letovsky,  
Thank You for Your Service!*

## *VIM Welcomes Longtime Volunteer, Heather Laird, as New Medical Director*

After five years as the clinical leader of Volunteers in Medicine, John Letovsky, MD, has announced his retirement as Medical Director. Executive Director, Kat, says, "John has done an outstanding job leading our clinical team through growth and has been a champion for clinical safety and quality improvement. We value his service and commitment to our patients. It has been an honor to work with him."

Says Dr. Letovsky, "I am pleased to announce Heather Laird, ANP will be replacing me as Medical Director. She brings many years of experience and has dedicated her career to serving the people in our community most in need, including through her work volunteering at VIM since 2013. She will be a fine addition to the VIM Team, and we look forward to her young, enthusiastic leadership for years to come."

"It has been a pleasure working with our amazing, skilled volunteers, board members, and staff", says Dr. Letovsky. "Without their commitment, we could not have provided for our patients. When I look at the work VIM has done over the years, I am humbled by the small role I have played compared to the contributions from the entire community who are so dedicated to serving the most vulnerable in Central Oregon. I am proud to tell our generous donors that we truly stretched every dollar to provide quality, caring healthcare to our patients. Working at VIM has been an experience like no other, and a path I will continue as a volunteer provider. From my heart, I thank all of you who care about VIM and made my last five years such a joy."

The VIM community welcomes Heather Laird ANP, MS as VIM's new Medical Director. Heather has been involved with community medical care since first moving to Bend in 2013. She began volunteering as a nurse practitioner at Volunteers in Medicine that same year, while working her full-time job in telemedicine. Heather's desire to work with patients in person led her to Mosaic Medical, first at the Madras clinic, and more recently at their East Bend location.

Heather is a graduate of Whitman College and was a Peace Corps volunteer in Nicaragua, where she became fluent in Spanish. Through her Peace Corps experience, she developed a desire to learn technical skills to help her community, inspiring her to attend the University of Washington for a Masters of Science in Environmental and Occupational Health Sciences, after which she obtained her Adult Nurse Practitioner degree from University of California at San Francisco. Heather says, "I am looking forward to harnessing my experience and education to help the underserved in Central Oregon through my role at Volunteers in Medicine."

In her free time, Heather enjoys the company of her husband, two young children, and their pit-mix, Olive. They favor using bikes and skis to explore, and call themselves amateur gardeners, growing as many fruits and vegetables as the short Central Oregon growing season allows.

*May 2022*

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We believe in  
the health of  
our community.



## Letter from the Executive Director

Spring is my favorite time at VIM. The sun is setting later. The flowers are coming up, but we can see snow, and the goslings are still cute. April started our new fiscal year, giving us the chance to set new targets for patient care, volunteer recruitment, and fundraising. After two years of COVID, we are glad to be back to our new normal, and setting our sights on the future once again.

The clinical team has undergone some significant additions and changes in the past year. Kim Rojas, RN and Ana Mesina, QMHP have joined VIM to create a dedicated care and mental health team for our diabetic patients. **VIM received funding to expand our diabetes care over five years**, and Kim and Ana are central to this effort. Did you know that about 200 patients are diabetic or pre-diabetic? If you include their families, over 600 people are impacted by their ability to manage their disease. With VIM's comprehensive approach, including mental health counseling, lifestyle and nutrition coaching, medication coverage and testing, we are confident that we will see meaningful and lasting results for our patients, and their families.

On April 18<sup>th</sup>, Heather Laird, NP began her position as the incoming Medical Director for VIM. Dr. John Letovsky will still stay involved, both training Heather and filling in for her from time to time. Heather will be our 9<sup>th</sup> medical director and is the first to be fluent in Spanish. She has been a volunteer at the clinic for over 10 years and is excited about this new opportunity to serve the community.

Last month we celebrated National Volunteer Appreciation week. The State of Oregon has one of the highest volunteer participation rates in the entire country. We Oregonians love to help others and to give back. Our clinic is a shining example of volunteerism at its best, both in the clinic, and with our community medical partners who care for our patients pro bono. If you know of someone who might like to join us, have them reach out to Kim Hughes at 541-585-9008.

**April 1<sup>st</sup> also marked 14 years that I have served VIM as Executive Director.** I never imagined I would be embarking on my 15<sup>th</sup> year in any one place. But VIM is truly a special clinic, with wonderful people who give of themselves, their time and their skills for the benefit of others. I look forward to the next 15 years with hopefulness and gratitude. Being able to serve others is a privilege that we all enjoy through our work at VIM.

*Kat Mastangelo*

## Tykeson Family Foundation Medical Match Met!

Thanks to the commitment of the Central Oregon medical community, VIM has met the Tykeson Family Foundation's \$125,000 medical match. **This year, and for the next two years, the annual \$125,000 Tykeson matching grant will sponsor one year of medical care, medications, and targeted patient health education for 117 low-income working adults who are not eligible for insurance through the ACA.** The Tykeson family understands that patient care for the critically underserved is a community issue and VIM takes the reins with community-lead solutions. Amy Tykeson says, "VIM keeps families healthy and able to contribute to our growing region. The Tykeson Family is pleased to join with VIM's many fans and friends to help our neighbors."

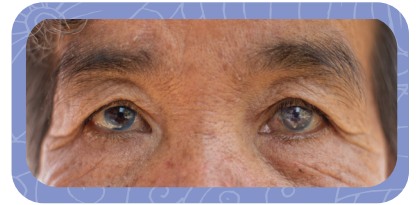
## Patient Story: Grateful For Her Sight

Alitza grew up in El Salvador and eventually moved to Central Oregon and started a family. After her daughter died, she spent her time working and raising her two grandchildren. Now that they're grown, she continues to help by caring for her great grandchildren.

Alitza has been a patient with VIM since 2019, but because of her good health and obstacles finding transportation to the clinic, does not make appointments very often. However, her eye issues got so bad that her vision became permanently blurry, and she could only see shadows with her left eye. By January her eyes had been in pain for three days, and Alitza made an appointment to see Dr. Robert Mathews, VIM's volunteer ophthalmologist.

Dr. Mathews discovered that she had acute-closure glaucoma (high pressure in the eye due to a large cataract). **Dr. Mathews and VIM's Care Coordinator, Salome, were able to get a same-day appointment with Dr. Banta at Bend Ophthalmology. Dr. Banta performed a procedure to decrease Alitza's eye pressure, saving her sight. Within the next week, Dr. Banta performed cataract surgery, relieving pressure off the optic nerve.**

One month post vision-saving surgery and Alitza said she was already able to see better: "I can see the big letters on signs now, but I still can't read little letters." Her eyes are still in recovery but there is hope that they will continue to improve. She is grateful for the attention she has received both at VIM and by Dr. Banta, saying, **"I don't work anymore, and my sons-in-law help me buy the drops I need for my eye, and help me to get to my appointments. I don't think they could have afforded to pay for the surgery I had done. I am very grateful to everyone who has helped me."**



## Morgan Schmidt: Community Pastor and Advocate

In February, VIM welcomed Morgan Schmidt as the newest member of the board of directors. "Morgan is bringing her skills, passion, and creativity to our board and I'm excited to work with her to help provide care for the uninsured in Central Oregon," said Erika McCalpine, VIM's Board Chair.

Morgan brings a wealth of experience to the VIM board and has dedicated her career to community building and collaboration. She's a co-founder of the Clergy for Justice of Central Oregon, founded Pandemic Partners, Chairs the Presbytery of the Cascades Wildfire Response Committee, Chairs the Homeless Leadership Coalition's Community Engagement Committee, and is a member of the Larkspur Neighborhood Association Board, and appointed representative for the City of Bend's Neighborhood Leadership Alliance.

Morgan is a true believer in the power of board leadership as a means to transform an organization and looks forward to growing the legacy of her predecessors at VIM. As an advocate for justice and peace, she has made it a priority to strengthen her community and provide a welcoming environment where everyone can thrive. By joining the VIM board Morgan will be able to advocate for the underserved in Central Oregon and further strengthen the community through her service. Welcome Morgan!





## *Rita Bacho: Committed to The Health of Vulnerable Populations*



In January, VIM welcomed Rita Bacho onto the board of directors. Rita earned a Doctor of Medicine from the University for Development Studies in her native country of Ghana. After graduating medical school, she worked at Tamale Teaching Hospital in Ghana as a general practitioner with a focus on public health. She has worked internationally on various prevention programs including hypertension, TB, obesity, STDs, malaria, and guinea worm eradication.

Upon moving to the USA, Rita decided to pursue a Master of Public Health at the University of New England, Portland ME, and received board certification in Infection Prevention & Control (CIC) and became a certified Health Education Specialist.

She has since worked as a public health specialist and undertaken projects in various organizations including a tobacco control project among immigrant, underserved Tennessee communities; health promotion and chronic disease prevention at Providence Health & Services; Water and Sanitation at Grace Cares Inc; Injury and Violence Prevention at the American Public Health Association; health equity at the Association of State Public Health Nutritionists; and as a Infection Control Specialist at Providence Hospital.

Rita is currently the Public Health Communicable Diseases/STD/Adolescent Health Program Manager at Deschutes County Health Services. She works as a board member at Grace Cares Inc, and is excited to begin helping VIM progress and expand as an organization. Rita is very passionate about helping poor, vulnerable and marginalized communities access health resources to improve their overall quality of life.

## *Two Longtime Member's Terms Come to an End*



VIM is also saying goodbye to two longtime board members, Reverend Dr. Barry Heath and Kurt Barker.

Reverend Dr. Barry Heath served as the board's vice-chair last fiscal year and has brought a wealth of experience and insight during his term. Before serving on the board Barry served 15 years as Director of Pastoral Care at Salem Hospital and focused on Medical Ethics and Oncology and ICU patients. After "retirement" and moving to Central Oregon in 2008, Barry served as Administrator and taught courses for the Sacred Art of Living Center in Bend. He now enjoys serving in volunteer capacities with patient care and teaching and facilitating support groups.



Barry says of his tenure, "Serving on the VIM board has enabled me to work with outstanding folks and be in service to an important part of our Central Oregon community. I am grateful to the staff and board members I have worked with over the years who have provided outstanding time, skills, and energy. I hope that what I have been able to contribute has served our patients and community, and the hardworking staff and board continue to do the good work!"

Kurt Barker, with Best, Best & Krieger Attorneys at Law (formerly Karnopp Petersen), served as secretary and governance committee chair while on the board. He's



practiced labor and employment law for two decades and says, "It's hard not to be inspired by the providers I've met who love their work at VIM, and by the stories of success that can be found there." Kurt is involved with numerous other organizations, including the Human Resources Association of Central Oregon (HRACO), the Deschutes County Bar Association, and the Society of Human Resources Management.

Kat, VIM's Executive Director, had this to say, "Both Barry and Kurt have been wonderful to work with and they will be truly missed. They have left VIM stronger because of their service."

## *Addie: A Volunteer Living a Life of Purpose*

**At a very tender age, Addie learned the most important lesson about the purpose and meaning of life: to use your gifts, skills and abilities in service that helps other people in some way.** This lesson was learned at the knee of her mother, a pediatrician who founded a hospital in Tijuana, Mexico serving women and children living in poverty. Her mother, Dr. Patricia Dunklee, worked in the hospital teaching medical students, interns and residents from the U.S. and Mexico for over 25 years, inspiring those around her with her wisdom, clinical skills, and devotion to the well-being of children. For many years, Addie joined her mother in clinic, learning pediatrics and Spanish, which she also studied in school.



Addie grew up in San Diego and earned her B.A. in child psychology with minors in classics and Latin. She then moved to Colorado to study pediatrics at the University of CO Health Sciences Center, the same university where her mother, uncle, and grandfather had earned their M.D.s. Addie earned her M.S. degree as a Pediatric Physician Assistant. She met her husband, a hand surgeon named Fred Finseth, on a volunteer medical trip with her mother and anesthesiologist sister. After receiving her graduate degree, Addie moved to Northern California to be with him. She worked in pediatrics for a few years, and later took over the management of her husband's hand surgery practice, work which continued until he died in 2007.

During her years in San Francisco, Addie volunteered in several local schools, working with children with reading challenges. She and her tripod dog, Bella, volunteered with a special reading program called Puppy Dog Tales, where reading-challenged children read to Bella. The children loved it and were considered to be very lucky by their peers!

In 2017, Addie moved to Bend, sight unseen. She'd never heard of the city, although she'd visited her husband's native state many times over the years. She immediately began to search for volunteer opportunities in her most passionate areas: education and health care. Shortly after she arrived in Bend, she began volunteering with VIM as a front desk scheduler and with the SMART reading program. She stopped working with SMART when the pandemic hit, but she has now eclipsed 1,000 hours of service at VIM.

**Addie has delighted in her work at the clinic, which provided her an opportunity to use her medical background and Spanish. She says, "I am so grateful to be able to work alongside so many wonderful volunteers and staff members in furthering VIM's service to the community."**

When Addie is not volunteering at VIM she enjoys the companionship of her three rescue dogs, all chihuahua mixes. Sally, Ollie, and Nellie get Addie out and about on daily walks and keep her cozy at night - every night is a three dog night in her house! Addie also thrives on reading (especially WWII spy books), watching good movies at home (mysteries and Masterpiece Theatre are particular favorites!), and puttering around her succulent gardens.

## Board of Directors 2021 - 2022

**Erika McCalpine - Chair**  
OSU Cascades

**Tyler Fix, DMD, MA**  
**Vice Chair**  
PureCare Dental

**Sarah Hall - Treasurer**  
Morgan Stanley

**Rita Bacho**  
Deschutes County Public Health

**Stephen K. Hacker**  
Transformation Systems  
International, LLC

**Rod Marchiando, PharmD**  
St. Charles Health System

**Fran McCabe, MD**  
St. Charles Health System

**Cody Michael, CFP**  
US Bank

**Roxana Ocaraza**  
Bridges to Communication

**Morgan Schmidt**  
Community Pastor  
Pandemic Partners

**Kate Wells**  
PacificSource Health Plans

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*Emeritus*

**Bob Hakala, MD**  
Retired, Volunteers in Medicine

**Jim Lussier**  
Retired, The Lussier Center  
VIM Founder

**Jim Petersen**  
Retired, Karnopp Petersen, LLP  
VIM Founder

**Rod Ray, PhD**  
Retired, Bend Research  
VIM Founder

**John Teller, MD**  
Retired, Summit Health

## Legacy Giving: A Lasting Impact

Legacy gifts offer donors the opportunity to make a significant charitable contribution, while providing a stable funding source to VIM for years to come. By carefully planning legacy gifts, you may be able to substantially increase income from investment assets, while proving a meaningful, positive impact on community. There are many options, you and your advisors may consider the following:

**Bequests:** A gift made through your will that directs the estate's personal rep or trustee to make a gift from your assets to VIM after you pass. Bequests may be used to provide gifts of money, stocks, real estate, or other property such as art or jewelry.

**Endowment Legacies:** Named gifts that start at \$50,000 and are invested in perpetuity. The annual interest income from an endowment then supports specific programs and needs at VIM. Endowments are established through outright gifts, a will, insurance or retirement policies, trusts and other planned gifts.

**Charitable Remainder Trust:** Allows you to transfer assets into an irrevocable trust that will provide you and/or your beneficiaries with fixed percentage payments for life, or for a set period of time. Upon termination of the trust, the remaining assets are distributed to VIM and will be used for the purpose specified by the donor.

**Charitable Annuity Trust:** The donor transfers assets to VIM in exchange for a guaranteed, fixed annuity payment to them or one other beneficiary for life. Upon the passing of the donor, VIM receives the full amount of the initial gift to use as specified in the agreement.

**Retirement Assets:** The donor can name VIM as the beneficiary on the retirement account. By doing so, the donor may be able to avoid both income and estate taxes upon their passing.

**Life Insurance:** Can be a great way to combine charitable objectives with tax advantages to donors, since donors may receive an income tax deduction by naming VIM as a partial beneficiary or owner of a life insurance policy.

**Real Estate:** May be given outright, used to fund a charitable remainder trust, or given as a life estate.

**Life Estate Agreements:** The donor transfers the title of his or her real property to VIM. In return, the donor reserves the right to use the property throughout the donor's lifetime. Upon the passing of the donor, the property becomes an asset of VIM.

Our mission is to improve the health and wellness of the uninsured and medically underserved through the engagement of professionals, community partners, and dedicated volunteers.



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