

June 2020

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## Mission

To improve the health  
and wellness of the  
uninsured and medically  
underserved through the  
engagement of professionals,  
community partners, and  
dedicated volunteers.

## Join These Local Companies in Supporting the Underserved

Why do you support VIM? We bet you have a lot of reasons. Tell us just one and your donation will be doubled by the Tykeson Family Foundation!

We're thrilled to know that even through difficult times we have a strong base of support. **Not only have we received a handful of COVID-19 relief grants, but many of our donors have come forward to make additional contributions knowing that 2020 will bring challenges in raising funds to support the clinic.** And furthermore, local businesses have made extra efforts to get VIM items such as face masks and hand sanitizer that will help keep our patients and the larger community safe.

The outpouring of support has been incredibly encouraging, and **the board and staff at VIM are ever appreciative of the kindness and willingness to share resources that we are seeing in members of our community.** Thank you.

### BlackStrap

Blackstrap donated 500 face masks to VIM.



Oregon Office of Emergency  
Management donated 50  
gallons of hand sanitizer.



### Earthie Mama

Earthie Mama bottled the  
sanitizer in 500 of their donated  
bottles + donated a case of their  
hand sanitizer to VIM.



*We believe in the health of our community*

# A Reflection on Diversity & Justice

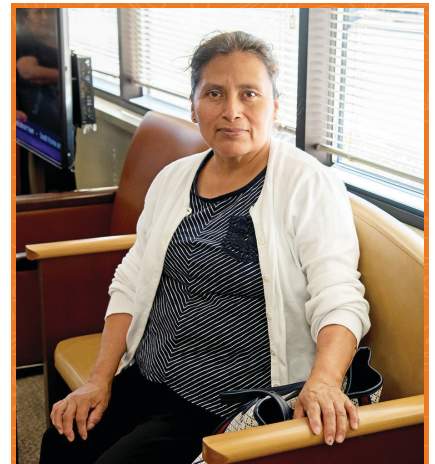


**Those of us who are in the white majority are in a place of privilege and have had the luxury to *choose* to think about race and to *choose* to act in support of equity and justice in our communities.** Over the last week, protests across the country have highlighted the long-standing disparate treatment and traumatic experience of BIPOC (Black, Indigenous, People of Color) communities in our nation, reminding us that in order to uphold justice in our system we must exchange the impression that equity is a personal experience and choice, for the conviction that it is a public responsibility.

I have heard more times than I can count that “there is no diversity in Bend”, but we know that is not true. At VIM alone, 85% of the patients we serve are Latino. There are an estimated 23,000 Latinos in Central Oregon, and nearly one in ten locals identifies as Latinx. About 5% or about 12,000 people in central Oregon are foreign born, and likely eligible to be patients of VIM because of their exclusion from ACA insurance programs.

Immigrants are essential to our urban and rural communities. In Central Oregon, they are largely employed by hotels, restaurants, construction companies, and landscaping companies. They are neighbors, customers, business owners, and friends. As we look to move from Phase 1 into the Phase 2 re-opening plan, we need to be aware of the impact this will have on front-line workers, whose health and safety impacts us all.

As The Bulletin recently reported, there is profound and disproportionate impact on Latinos ranging from low graduation rates to high COVID -19 infection rates due to many factors that include by-products of systemic racism. Certain jobs add to the risk of COVID exposure such as working conditions that do not allow for social distancing or for paid sick leave, so that those who are infected can stay home. Latinos across Oregon are testing positive at rates three-times greater than the general population. In addition, lack of inclusion in COVID stimulus relief payments means that thousands of families are unable to pay for basic necessities such as food, rent, and utilities. The absolute need to receive a paycheck means that they must return to work, regardless of whether they or those around them feel ill.



VIM Patient

A zip code analysis of the Central Oregon region shows disparities in COVID rates, with a higher rate in 97701 and 97702 where most of our patients live, compared to zip code 97703. We can and should pay attention to these disparities within our community, and I am proud to say that at Volunteers in Medicine, we are reporting on these anomalies and making efforts to improve the lives of the underserved.

Welcoming diversity means that we welcome new ideas, new businesses, and are open to change from the status quo that has narrowed opportunities and bound the lives of so many people of color. I hope you will join me in making your thoughts and actions to promote diversity, equity, and justice not a choice, but a practice.

Kat



VIM Patient



# VIM Welcomes Sarah Hall to the Board of Directors



Sarah Hall is a Bend native who has visited 18 countries, has two pups, one as old as her business, and has recently been welcomed as the newest addition to VIM's board of Directors. Throughout her time in college, Sarah worked in the finance industry for 7 years before opening The Vibe Dance Center. It started as a side-business, a passion project, but after 10 months she decided to go all-in, leave her job in the

finance industry, and take the full-time role as sole business owner. She was 26.

The Vibe started with 40 students, and 15 years later (before they moved to online classes in lieu of the coronavirus outbreak), she's hosting 500 students and 18 staff at her studio. In the past weeks, The Vibe has encountered the same obstacles that many local businesses are facing. She says, "We were at a loss for the first two weeks. I asked myself, 'What's going to happen to our clients, and customers, and staff in this moment?' Dance is a passion business. The staff love dance and they love their students, closing the doors and putting everyone on unemployment seemed like a harsh choice emotionally. We closed our studio the same week the schools closed, but within 36 hours we had developed a digital-based platform. We were able to continue classes, and I knew I could sustain my staff through March."

When the studio moved to online classes, The Vibe lost nearly 40% of their clientele. Sarah is understanding, saying that many of their clients are dealing with job loss and the many changes recent weeks have brought, and she's offered scholarships to some of her students facing hardship. However, she's hopeful. The Vibe was awarded a PPP loan, sustaining her business through June, and she's optimistic that her classes will resume again in summer or fall.

**When asked what drew her to the VIM board, Sarah spoke about her experience with malignant melanoma, and how that episode in her life moved her to take action to support healthcare services for the underserved.** She had heard about Volunteers in Medicine for many years through VIM's Executive Director, Kat, whose daughter attended classes at The Vibe, and she approached her about joining VIM.

Sarah has recently moved back into the finance industry, joining her family's business at Morgan Stanley. She's slowly transitioning herself out of the day to day running of the dance studio and looks forward to using her skills in business and finance to move VIM's mission forward.

## Board of Directors 2019-2020

**John Teller, MD - Chair**  
(retired)

**Kate Wells - Vice Chair**  
PacificSource Health Plans

**Kurt Barker - Secretary**  
Karnopp Petersen, LLP

**Jenn Welander, CPA, MBA**  
**Treasurer**  
St. Charles Health System

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

**Rev. Dr. Barry Heath**  
(retired)

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

**Erika McCalpine**  
OSU Cascades

**Roxana Ocaraza**  
Bridges to Communication  
Elixir Wine Group

**Karina Smith**  
The High Desert  
Education Service District

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## Emeritus

**Bob Hakala, MD**  
Volunteers in Medicine

**Jim Lussier**  
The Lussier Center

**Jim Petersen**  
Karnopp Petersen, LLP

**Rod Ray, PhD**  
Bend Research



## A Statement from the VIM Board & Staff

We would like to take a moment to recognize the grief and suffering permeating our communities from the unjust killing of Michael Brown, Tamir Rice, Philando Castile, Breonna Taylor, George Floyd, and all the Black men and women before, in-between and after.

### Black lives matter.

If you are reading this letter it is likely you are involved with VIM, or other organizations around Oregon, as a philanthropist. Philanthropy is the desire to promote the welfare of others. In this moment we may learn something new about what it means to make active efforts to promote human welfare: most of us are well-intentioned and desire to bring diversity, equity, and inclusion (DEI) into our communities. But what does it mean for those around us when our good intentions become a passive ideal? Dr. Martin Luther King wrote that he had “almost reached the regrettable conclusion that the Negro’s great stumbling block in his stride toward freedom is not the White Citizen’s Council or the Ku Klux Klanner, but the white moderate, who is more devoted to ‘order’ than to justice; who prefers a negative peace which is the absence of tension to a positive peace which is the presence of justice.”

The word *humanity* is inclusive, but the actions of the authorities have not been. We see in those actions institutionalized oppression and deeply ingrained structural racism that has allowed racial profiling, callous policing, the privation of adequate education, and a criminal justice system that targets the Black man, to become the status quo for people of color. Black people know everything about what it means to live in a white world. They understand the dynamics of white spaces because they are required to for their own safety. We now find ourselves in a crucial moment (that took far too long to get to), where White people can no longer ignore what it means to be Black in America.

There is an idea called Standpoint Theory which proposes that the most marginalized groups, or those at the bottom of the social hierarchy, are able to more accurately see and understand the workings of the world from those who are benefiting from the system. As we are hearing stories of profiling, watching videos of violence, and digesting the knowledge that this has been the ongoing reality for 47.8 million Black Americans and all those who came before, this idea feels less like a theory. There are over 1,500 Black individuals living in Central Oregon, and we as a community must recognize historical patterns of selective empathy and a blind spot towards their experience. In this we are reminded that we must listen to the most marginalized individuals in order to bring about change that will result in a more just society. We must listen to Black people, and more so, we must listen to Black women.

For those of us who have not been victims of racial discrimination, we must acknowledge that we are the ones with privilege. White privilege does not mean that a White person hasn’t faced hardship in their life. Every one of us has faced unique obstacles and adversity. Rather, it means one has not faced hardship, missed opportunities, discrimination, and direct violence, due to the color of their skin. Now is a time when those of us with privilege must determine how to use it to bring equity to our communities.

Yours in Peace and Solidarity,

Volunteers in Medicine Clinic of the Cascades Board & Staff



# Diversity, Equity, Inclusion Statement

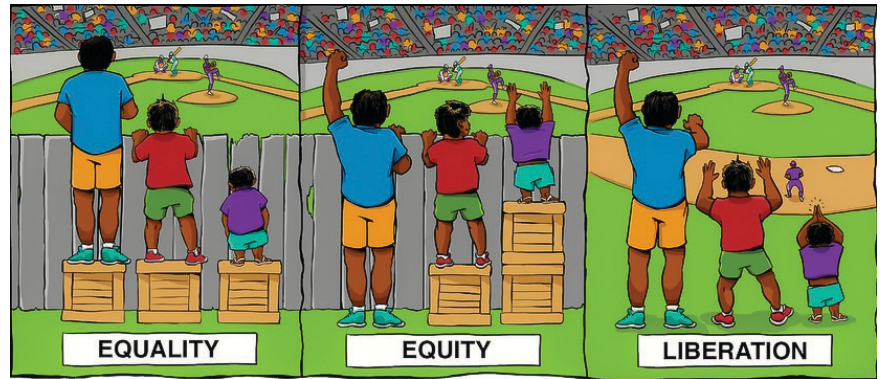
At VIM, the terms equity and inclusion apply to all individuals, regardless of race, color, age, national origin, socio-economic status, sex (including transgender status, gender identity, sexual orientation and pregnancy), religion, disability, genetic information, marital status, political affiliation, or any other label that divides or segments individuals. (Definition from U. S. Department of Education)

## Vision Statement

We envision a Central Oregon where disparities are eliminated, so that the health and well-being of all people can be optimized.

## Commitment

- » We acknowledge that Central Oregon faces inequities in healthcare. These are perpetuated by deep roots in racism and oppression, along with historical and current trauma.
- » We commit to working against these inequities.
- » We commit to being a place for health and transformational healing. Our equity work will have a direct and positive influence on the health outcomes of our patients.
- » We will thoughtfully examine our policies, programs and procedures to transform the structural, institutional and individual biases that negatively impact our patients.
- » We will create policies, programs, and procedures to reverse any disparities, using the practices of trauma informed care, compassion, common sense, and research-based structural and procedural changes that lead to equity.



## Resources to Learn More

- » Facebook page: Central Oregon Black Leaders Assembly
- » The Bulletin: *Guest Column: I'm Black in Bend. Read this before asking "What can I do?"*
- » Podcasts
  - MLK Blvd
  - Code Switch
  - Karen Hunter Podcast
  - Scene on Radio: Season 2, *Seeing White*; Season 3, *MEN*; Season 4, *The Land That Never Has Been Yet*
- » VIM's DEI Committee Book Recommendations:
  - *Black Faces in White Places* by Randel Pinkett
  - *The New Jim Crow* by Michelle Alexander
  - *White Fragility* by Robin DiAngelo
  - *Brainwashed* by Tom Burrell
- » Documentaries
  - Black
  - White & Us
  - I'm Not Your Negro
  - Black Panther Remix

## Community Partner: Dr. Monchamp

Since 2011 NW Endocrinology has partnered with VIM to offer pro bono visits to our patients. Salome, VIM's Referral Coordinator and Spanish Interpreter, often attends appointments to interpret for patients. Her experience is always positive, and she says, "All the providers are very kind and show genuine concern and respect when working with VIM patients. We are so grateful for their generosity and care that is invaluable to our patients wellbeing." NW Endocrinology provider, Dr. Monchamp speaks about his experience coming into medicine and working with VIM patients:



"I grew up in a small town in Northern California and became interested in medicine after participating in an internship with a local doctor. I found endocrinology to be very interesting in medical school, it was a good fit for me. My wife and I moved here after I completed my fellowship at UCLA. I had an uncle that had a farm in Culver so I spent many summers here while growing up and always loved the area.

I've seen many VIM patients over the years, and always enjoyed it. Seeing patients pro bono is a good reminder of why I went into medicine in the first place. **A visit that comes to mind is a patient I've been seeing with type 1 diabetes, pregnancy and COVID-19.** She has been both challenging and rewarding, as most of the patients are. So far things are going well with her and her pregnancy."

VIM has a referral network that includes 309 off-site medical providers. We are fortunate to be in a community with caring individuals willing to offer their services and expertise to treat and educate the underserved in Central Oregon. Even as we all face the many adversities surrounding our current situation, we have so much to be grateful for. We extend our gratitude to the local providers who are fighting to keep us all safe and to the everyday heroes such as you, who give what you can, whether it be time, skills, good, services, or funds, to promote healthcare for all and uphold values of diversity, equity, and inclusion.

## Fiscal Year 2019-2020 Facts!

### COMMUNITY PARTNER REFERRALS

**648**

Patient visit referrals  
with off-site specialists

**309**

Off-site medical  
providers

### SERVICE HOURS

**15,252**  
hours of service donated  
by in-clinic volunteers



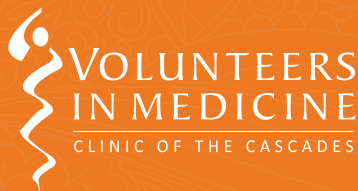
### PRESCRIPTIONS

**2,075**  
Prescriptions were  
filled by VIM's  
charitable pharmacy



Through the  
combined efforts of our  
volunteers and donors, VIM  
was able to leverage every \$1  
raised into \$8.01 in services  
and community benefits!

**TOTAL VALUE  
OF IN-KIND DONATIONS**  
**\$229,218.76**



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