

VIM Board
of Directors
2016-2017

John Teller, MD
Chair
Bend Memorial Clinic

Tanya Hayden
Vice-Chair
Bend Research

Kate Dunning, CPA
Treasurer
Humm Kombucha

Kurt Barker
Secretary
Karnopp Petersen, LLP

Michel Boileau, MD
St. Charles Health System

Roxana Ermisch
Bridges to Communication

Aaron Gordon
U. S. Bank

Ken House
Mosaic Medical

John MacMillan
Wells Fargo

Ann Rhoads, CPA
PricewaterhouseCoopers
(retired)

Dan Stevens
PacificSource Health Plans

Jenn Welander, CPA
St. Charles Health System

Kate Wells
PacificSource Health Plans

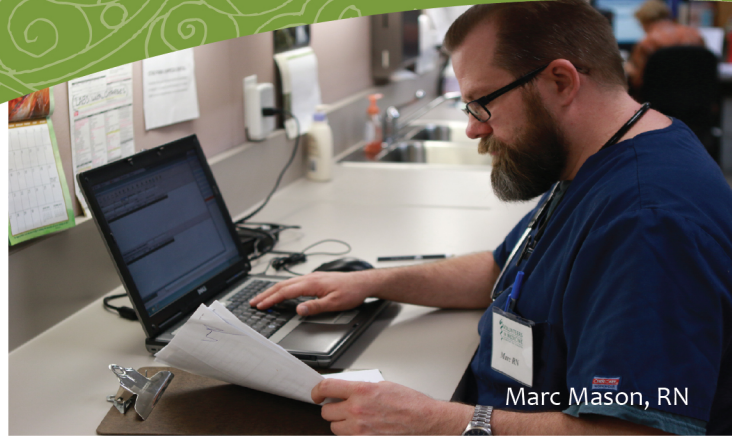
Bob Hakala, MD
Emeritus
Volunteers in Medicine

Jim Lussier
Emeritus
The Lussier Center

Jim Petersen
Emeritus
Karnopp Petersen, LLP

Rod Ray, PhD
Emeritus
Bend Research

Volunteers - The Heart and Soul of VIM



Marc Mason, RN

My time at VIM was the best of my career to date and I miss it very much.

Marc Mason knew he wanted to make a significant difference in the lives of the underserved. He loved people, loved to help others, and had a heart for those in need. In 2011 he became a VIM volunteer. The clinic seemed like a perfect place to test out his passion.

Initially, Marc helped to room patients, take vitals, note chief complaints, and provide clinical support when needed. Each day Marc was at VIM, he was learning about the people he wanted to serve. He began to fulfill this dream in 2012, when he enrolled in the nursing program at Central Oregon Community College. While volunteering at VIM he saw first-hand how his many classroom lessons translated into real-time care.

After graduating with a degree in nursing, Marc took a job at a skilled nursing facility. Out of school, and in his first "real" job as a nurse, something just didn't feel right. Marc began wondering if he had made a mistake.

Fortunately though, Marc continued to volunteer at VIM. As an RN, Marc was able to expand his role in patient care. He also trained new volunteers and took patient health histories in English and Spanish.

This volunteer work brought Marc comfort and a renewed confidence that becoming a nurse

was the right choice after all. During 2015 alone, Marc spent more than 200 hours at VIM, practicing his skills, giving back, and deepening his connection to the underserved.

"There's magic here," Marc said. "I've never worked with a team as positive and connected as this one. As a new nurse, the more experienced clinicians always made time for teaching moments. VIM was like a teaching clinic for me."

Marc recently accepted a position at Mosaic Medical Clinic in Prineville as a triage nurse where he is building on his experience in a variety of areas. He no longer volunteers at VIM but credits the knowledge he gained at the clinic for preparing him for this new role.

"The supportive group at VIM helped to get me through some hard times," Marc shared. "I call it VIM magic." With that, Marc sent this note:

To everyone at VIM, Thank you for the support, teaching and encouragement I received from all of you. My time at VIM was the best of my career to date and I miss it very much. Without VIM, I am convinced I would not have been given this opportunity. Thank you for providing such a firm platform to launch my nursing career from, I am forever grateful.

Summer 2016

• • •

INSIDE

Patients Receive Glasses through Partnership

A Message from Kat Mastrangelo, Executive Director

Former Volunteer is Thankful for VIM

• • •

VIM Mission Statement

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

VIM Changed My Life

When Magnolia Rojo first came to Volunteers in Medicine Clinic of the Cascades (VIM) in January 2014, she had a number of medical concerns. Allergies, a cough, menstrual issues and hypertension were a constant challenge. After receiving diagnostic care and necessary prescription medications from VIM, Magnolia was on the upswing.

I am grateful for Volunteers in Medicine. They take care of me and are always there for me.

A month later, she was back with new challenges – hair falling out, feelings of depression and an increase in weight. After more tests, Magnolia received another diagnosis: hypothyroidism.

A prescription from VIM's charitable pharmacy made all the difference. Soon, Magnolia's energy began to increase, her moods were more positive, and her weight leveled out.

Over the next year Magnolia's blood pressure was stabilized, her hypothyroidism was controlled and menstrual issues managed. Life was good again.

Then, in June 2015, Magnolia faced another hurdle. She noticed a tender spot on her neck and scheduled an appointment at VIM to have it checked out. Magnolia was then referred to one of VIM's community medical partners for an ultrasound and a biopsy.



The fear was cancer. Magnolia's mother was diagnosed with Lymphoma in 2010 and is now in remission, and her sister passed away earlier this year from multiple Myeloma. With that kind of family history, it wasn't a complete surprise to Magnolia when she, too, was diagnosed with cancer – thyroid cancer.

While waiting for treatment to begin, Magnolia struggled again with menstrual problems. Once again, one of VIM's community medical partners stepped in to help. Magnolia underwent surgery to remove the polyps in her uterus that were causing the problems.

In October, Magnolia received the

(Continued on page 2)



2300 NE Neff Road Bend, Oregon 97701
(541) 330-9001 phone (541) 585-9002 fax
info@vim-cascades.org www.vim-cascades.org



We Believe in the Health of our Community

You Changed My Life Continued

surgery to remove her thyroid cancer. After the surgery, Magnolia was prescribed two Radioiodine pills, a form of radiation therapy, to treat any cancer cells that remained.

“Salome at VIM worked with the St. Charles Foundation to get me the radiation therapy I needed,” Magnolia said. “It was so hard, no one could be around me for a week,” she remembers. “I missed my daughter so much.”

As Magnolia recovered from her treatment, fate struck yet again. While driving, she was struck by a vehicle that hit a patch of ice. Magnolia and her daughter were both injured. After six days in the hospital, Magnolia was allowed to go home, but she was

completely dependent upon the support of others. “I couldn’t feed myself, bathe myself, I couldn’t do anything. I felt so helpless,” she said. Family and friends from Magnolia’s church came together to take care of her and her daughter while they recovered. “I didn’t know how many people cared for us until this,” Magnolia shared.

It has been a long road to recovery for Magnolia. After weeks of physical therapy, she has made significant progress. Although Magnolia is able to do many things on her own again, she has not been able to return to her job as a housekeeper. Magnolia is still dependent on a cane to walk, and does not have full use of her left hand.

These relentless challenges would undo many of us. Yet, Magnolia has remained positive. She says, “I am grateful for Volunteers in Medicine. They take care of me and are always there for me. They have changed my life.”

VIM is a safety net for patients like Magnolia. The synergy created by VIM’s volunteers, community medical partners and donors surrounds our patients with love and care that truly changes lives. It’s not a one-time event – it’s ongoing and it’s consistent. Our patients appreciate it, and count on it, just as we appreciate and count on your support and partnership. Thank you!

Patients Receive Glasses through Lions Partnership

Thirty-two VIM patients are now able to see clearer thanks to a recent partnership with the Bend-Sunrise Lions Club and the Oregon Lions Sight and Hearing Foundation’s Lions Eyeglass Assistance Program (LEAP) Lab in Portland.

Volunteer ophthalmologist Stan Shepardson, MD, performs an eye exam at VIM and patients are able to choose one of nine frames for their new glasses. The patient’s prescription and frame choice is then forwarded on to the LEAP Lab.

Once the order has been received, the lab prepares the patient’s glasses and mails them back to VIM with a hard case and cleaning cloth.

Depending on the type of lens (single-vision, bi-focal, etc.) the Lions Club pays the lab \$30 or more for the glasses, which also come with a 1-year warranty.

“I believe the Lions’ eye glass program restores the quality of life for our patients,” shared Jennifer Fuller, VIM Nurse Manager. “Many of us take for granted that we can simply slip on a pair of glasses to drive, watch a ball game or read in the evening.

Those who don’t have extra money in their budget to purchase eye glasses struggle with even this most basic of needs.”

In addition to the work VIM is accomplishing with the LEAP program, the clinic is also collecting used eye glasses for distribution through mission trips to less fortunate areas of the world.

If you have a pair of unused glasses that you would like to donate, please stop by the VIM clinic to drop them off.



A Message from the Executive Director

In March, VIM celebrated its 12-year anniversary. Our deepest appreciation goes out to those who have contributed to the clinic's success along the way. Thank you to all of the volunteers, donors, community partners and in-kind supporters who have been there for us over the years. We would not exist without you!

Since the clinic's inception, the health care landscape has changed, but our mission has remained the same. VIM continues to be a safety net for working adults who are uninsured in our community.

Did you know that there are still 383,000 Oregonians, or roughly 1 in 10, who lack health insurance, according to a recent report released by the Oregon Health Equity Alliance? That rate is about half of what it was three years ago. Yet, there is still a need for our work and your support.

VIM patients are hardworking individuals with limited resources. They are employed in low-wage positions without benefits. They often hold multiple part-time jobs just to make ends meet. Health insurance is unaffordable, but they still need access to healthcare. This is what VIM provides.

Why do we continue to care about helping the uninsured? Besides the gratitude we hear every day, it is because our patients are vital to the health of our economy and our community. The top five sectors employing VIM patients are construction, landscaping, housekeeping, restaurant kitchens and childcare programs. In a region like Central Oregon, these jobs play an important role in our community. Thriving businesses need healthy employees. Kids in our schools need healthy parents. By improving the health status of patients at VIM, we raise the quality of life for everyone.

At VIM, we believe in the health of our community. Thank you for believing in this mission along with us, and for your continued support. We are grateful.

Yours in good health,

Kat



Donate Your Unneeded Vehicle to VIM



Do you have an old or unneeded car, truck, boat or other vehicle sitting in your driveway or taking up space in your garage? Consider donating it to VIM! Your donation will directly impact the patients at VIM. Visit CenterforCarDonations.com for more information or contact Stacey Durden, Development Director, at (541) 585-9007.

Sister Catherine Challenge a Success

Thank you to everyone who supported us during our \$5,000 Sister Catherine Fund challenge grant. Your gift helped us to surpass our goal, thank you!

We Love our Community Partners!

There are many businesses in our community that support us with donated products or services that benefit the clinic, our volunteers and patients. We are grateful for all that they do for us, thank you!

We would like to recognize Strictly Organic Coffee for supplying us with an amazing variety of coffee each month for the last 12 years.



“We are proud to be caffeinating the VIM volunteers who care for our community!” - Rhonda

Monthly Giving Benefits Everyone

A recurring gift is an affordable way to make small monthly donations that add up to a BIG difference for VIM.

When you spread your generosity over a year, you help to provide a steady revenue stream that funds the prescriptions and medical care for more than 900 patients each year.

Together, we can make a difference in the health of our community, one patient at a time.