

The Chippewa Valley Free Clinic's mission is to provide quality health care to and advocacy for individuals of the Chippewa Valley area who have no reasonable health care alternative.

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Help us.... Meet the Challenge!

"From the Community, For the Community" is not just a slogan, it is how the Clinic operates. Volunteers from medical providers to meal providers provide the services, while individuals, organizations, and businesses provide the financial support. The Clinic makes efficient use of the dollars donated by providing services valued far beyond each dollar donated. A study completed in 2009 by UW-Eau Claire Economics Department found the Impact Multiplier of the Clinic is significant at 5.5. That means every dollar you contribute is equal to an investment in the community of \$5.50.

Invest in the Clinic, invest in your community. Your donation is needed now.

Your donation today will help someone tomorrow!

Detach and mail-in

Name

Street Address

City, State, Postal Code

Yes! Sign me up for e-newsletter.

E-Mail Address

I am enclosing _____ to help meet the challenge of providing ongoing services!



Fall 2011 Newsletter

CHECK UP

Relocating! Meeting the Next Challenge

We are very excited about our upcoming move and are committed to finding a space which is easily accessible to our patients through public and other means of transportation, and to continue serving all patients during the relocation process. Chippewa Valley Free Clinic provides the much needed healthcare to the community by filling the gap for the uninsured, the unemployed, and the underemployed. All of our patients are at the forefront of our minds as Board members explore a variety of properties, and we are hopeful that the right location will soon be identified.



"For this relocation process, the Chippewa Valley Free Clinic needs the community's support more than ever before," said Maribeth Woodford, Executive Director. We know that any location will need major remodeling to provide a clinic setting, such as plumbing, office space, exam rooms, lab, and storage but we are excited and hopeful about what the new location can offer in expanding services. Presently the four exam rooms limit the number of patients each clinic can see. We would like to expand the number of exam rooms and provide dental services with the donated equipment we presently have in storage. Relocating is a challenge, but also an opportunity!

We would like to say a very big **THANK YOU** to Valleybrook for their 14 years of generously donated space and ongoing support. As they expand, we wish to do the same. Look for upcoming news releases concerning our relocation challenge and support us now!

Welcome to our Fall newsletter! When I started here a mere 6 months ago, my purposeful mission was to ask our community to wrap its collective arms around our community clinic to keep us thriving. Valleybrook Church has been a constant blessing with their generous donation of space. However, they are growing in membership and we are growing in patient needs, so it's time to search for and move on to our second home.

Your support has allowed us to keep the doors open and the lights on. This is increasingly important as our nation is now seeing the largest number of people living in poverty since record-keeping began 52 years ago. The number of those living without insurance is also at an all-time high with 49.9 million people being

uninsured (Lee, 2011 Chicago Tribune). We've asked you to help us help others, to be the difference to someone's health, and to firmly believe with us that access to basic health care is a fundamental right to all and not an entitlement to some.

Without your support, the Chippewa Valley Free Clinic would not be the safety net for those who have nowhere else to turn for basic health care. Our medication costs are increasing drastically, and we are seeing more people in our clinic every week. Please continue with your support, we'll continue our care, and together we will meet the new challenge.

Wishing you good health and well-being.

Maribeth Woodford
Executive Director

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Sacred Heart Hospital

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Chippewa Valley Door Company

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Drew Seveland
Infinitea Teahouse

Sheila Smith, PhD, RNCS, ANP
UW-Eau Claire

Steve Weiss, M.D.,
Mayo Health System

Max Winkels
Marshfield Clinic

Thanks to our volunteers!!

Volunteers give over 180 hours each week—

Globe University students have provided over 150 hours in the last two months as they have completed project "Clean Sweep" for the Clinic. Thanks and we look forward to their ongoing support!

A heartfelt thanks to all UW-Health Family Practice Residents for serving their rotation through the Clinic.

Meal providers: First Lutheran, PEO, Acoustic Cafe, Grace Lutheran, Jim's Pizza, Sanofi, Toppers, Burrachos, Smiling Moose, Gordy's, and Playmakers. The food is so appreciated!

As always, ongoing thanks to the Medical Providers, Physician Assistants, Nurses, Lab Technicians, and Pharmacists who provide the medical expertise; and the writers, data entry, bookkeepers, and administrative assistants who provide the much needed office expertise to organize the operation of the clinic.

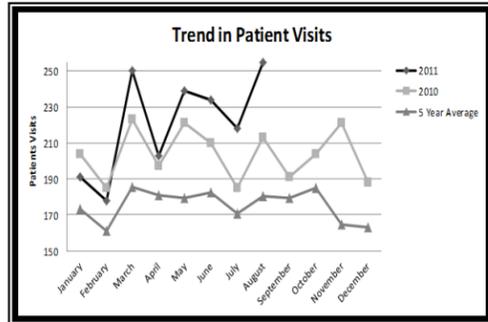
You are essential!

Challenge of Adapting to Increasing Patient Needs

Times are changing and the Chippewa Valley Free Clinic needs to change to meet the health care needs. Currently the Clinic is operating at full capacity, serving more patients each month than this same time last year. With the increasing costs of health care in general and the current job situation, our services are needed more than ever in our fourteen year history.

Some pertinent facts that have an impact on our work:

- * The **number of patients** seen at the Clinic has increased 27% over the last five year average.
- * **Cost of medications** prescribed by the medical providers in July of this year increased 76% compared to medication costs for July of 2010. This is an ongoing trend.
- * **Chronic illnesses** such as diabetes, mental health, and hypertension continue to be on the rise.



* The majority (82%) of the patients seen at the Clinic are from Eau Claire County; however patients come from a **wide geographical area** because of the lack of resources available (see map).

* The cost for the clinic to run one week of clinics is \$4,600 (not including administrative cost). To operate the diabetic clinic twice a month is \$2,800.

Help us meet the challenge in helping others! Give Today

Raffle News!

Congratulations to: Joan Nicholas, Natalie Hanson, Karla Hoefgen, Troy Peiffer, and Amanda Olson who were the top five winners drawn September 19 for the 1st Chippewa Valley Free Clinic Summer Raffle! Through the efforts of Board member Denise Wirth, who organized the raffle, and all of those who purchased tickets or made additional donations the raffle was a great success in raising over \$9,200. The funds will come close to covering two weeks of clinic expenses. We would especially like to thank the businesses and individuals who donated prizes: the Green Bay Packers, Mona Lisa's, Obsession Chocolates, Kwik Trip, Gene Ryberg, Tom Wirth, Tim Adler, Bernie Hoefgen, May Her, Sharon Thoun, Chippewa Valley Door Co., Eau Claire City-County Health Staff, the Whitis Family, Xcel Energy, Eau Claire Bike & Sport, Refined Touch, Kurt Mattison, Eau Claire Express, Sandy's, Francie's Finds, Ship Shape, William Woodford, Lorraine Henning, Two Healing Hands, Sheila Smith, Just Local, Chilson Motors, Afton Alps, Embark, Christie Mountain. **Your generous donations are what keep CVFC afloat and our doors would not stay open without you.**

Medical Director Lori Whitis Shares Her Passion for Serving Patients with Diabetes

One of the most challenging things about having a chronic disease like diabetes is the relentless nature of it. Every single day, you have diabetes. You never get a vacation from it. You have to think about it every time you eat a snack, every time you get busy and skip a meal, and every time you want to make a change in your exercise level. Worse yet, you live with the knowledge that when your blood sugar is too high, there is damage being done to your body.

As if that weren't stressful enough, the medications are very expensive and most people need more than one medication to have adequate control. When money is tight, people sometimes try to make their medications last longer by using smaller doses, or by skipping doses altogether, even though they know that puts their health at risk.

While our clinic can't take away the relentless nature of diabetes, we can prevent our

patients from having to choose between buying food or buying medication. We make sure they have access to a glucose meter and test strips so they can take good care of themselves. We provide screening for the complications of diabetes, so we can catch problems early and address them. We provide foot care, eye screening, lab work, testing supplies, medication, and a good deal of hand-holding and encouragement when needed.

It is gratifying to see people walk out of the clinic with a new resolve to take better care of themselves, along with the supplies and medications they need to stay healthy. The opportunity to watch that change occur is what keeps me coming back to volunteer for every diabetes clinic. Our clinic is **making a difference** in people's lives. **Every day.**



The Clinic's Signature event **Eat for Free**, is coming in the **Spring of 2012**. This event is a great opportunity to spend an evening out on the town supporting the Clinic. Watch for more information about this upcoming event.

Help us.... go green!

The Chippewa Valley Free Clinic is preparing to switch from a paper newsletter to an e-newsletter. The benefits of this change will be multi-faceted: saving mailing costs for the Clinic, helping ensure a better quality environment by reducing resource use, and delivering communication in an efficient and convenient manner making it available wherever you are.

In order to ensure that you receive updates through the e-newsletter, please provide your email address in the form provided at the back of the newsletter. You can also contact us at info@cvfreeclinic.org. Just put "e-newsletter" in the subject line and we will sign you up! Printed newsletters will be available by request.

Thank you for your continued support of the Chippewa Valley Free Clinic.



Opportunities....

Be part of the rewarding work that is the Chippewa Valley Free Clinic.

Volunteers are the heart of our efforts and on behalf of our patients and the community we thank them all for their dedicated service. There is always a need for new volunteers and we welcome your interest in joining us. The areas of volunteering include:

- Medical**
- Nurses
 - Nurse Practitioners
 - Physicians
 - Physicians Assistants
 - Laboratory Technicians
 - Receptionists
 - Intake Patient Advocates

- Administration**
- Bookkeeping
 - Statistics and Analytics
 - Writing for grants or press releases
 - Fund Raising Events
 - Data Entry

AND WHEN WE MOVE---
we'll need trucks, trailers, painters, construction and plumbing helpers, and much more!

Call us at 715-839-8477 to find out how you can help.