



Combating Diabetes — Rosa Sanchez, Patient at La Clínica

I have always been a very healthy person; I would rarely get sick and when I did, it was always minor health problems. However, I started to notice changes in my health last year. I experienced excessive thirst, frequent urination, weakness and fatigue. I knew there was something serious with my health when I started to have blurry vision and began to feel numbness in my hands. I was coping with personal problems at the time, and my health was not a priority. Soon enough, all of these symptoms took a toll on my daily activities.

In August of 2008, I came to La Clínica for a check-up and was diagnosed with diabetes. I was alarmed because I did not know anything about diabetes or what it meant to have diabetes. “When Mrs. Sanchez came to the clinic, her blood sugar levels were really high. I met with her and immediately saw her motivation and eagerness to learn about diabetes in order to improve her health. At La Clínica, we focus on four main areas: blood sugar monitoring, physical activity, meal planning and taking medication properly. Within four months, Mrs. Sanchez managed to lower her blood sugar levels by more than half. She is truly an exceptional patient,” Jess Strange, Clinical Health Educator at La Clínica.

Coming to this type of clinic helped me learn the right way to eat. Before, I was eating a lot of red meat. Now, I am eating more vegetables and fruits. It’s hard to give up tortillas and tamales, they are staples in my culture, but I also feel it is my responsibility to take care of myself. La Clínica has helped me improve the way I eat and ultimately change the way I live in order to live a longer and healthier life. La Clínica has given me more than a list of prescribed medications; the staff has been a family to me.



“La Clínica has helped me improve the way I eat and ultimately change the way I live in order to live a longer and healthier life.”

— Rosa Sanchez

The lifestyle changes that I made would not have been possible without the help of my nephew who has supported me along the way. He walks with me every day and comes to all of my doctor visits and group classes. “My aunt has really put forward an extraordinary effort. The family has been a part of it but she has been a role model for the rest of us. La Clínica has been a family member to us and a valuable connection. They understand how difficult it is to make these changes, but the changes are possible,” Alberto Sanchez, Mrs. Rosa’s nephew.

“La Clínica currently provides care to over 2,300 diabetic patients and over 1,500 pre-diabetic individuals. Our goal is to help people learn to make lifestyle changes and to take better control of their health. The most amazing part of my job is when my patients go on to share their newfound knowledge with their larger communities, thus becoming agents of change. La Clínica provides that seed of education and motivation that flourishes beyond the walls of the clinic,” Jess Strange, Clinic Health Educator.



Message from the Chief Executive Officer



Jane García, CEO

La Clínica is happy to announce the recent purchase and planned renovation of a new facility for La Clínica Monument. The expansion will enable us to increase the number of patients we serve from approximately 4,000 in 2008 to an estimated 11,000 in 2010-2011, nearly triple the number of patients we currently serve. With the help of our

partners, we will be able to increase vital health care services to diverse communities throughout Contra Costa County, especially during these financially challenging times.

The new facility is located in Concord and is a response to the rapid growth in the number of Contra Costa residents without health insurance. From 2004-05 to 2007-08, our Monument clinic saw a 49% growth in medical visits and a 219% growth in dental visits. It is evident that the clinic has outgrown its current space which is why this expansion is a crucial addition to the health care safety net system of Contra Costa. We believe we can help reduce the

costly and inappropriate use of emergency rooms, while providing training and jobs for local residents. The new Monument facility will increase the number of medical exam rooms from five to 12, increase dental procedure rooms from six to 12, and allow for expanded health education and conference areas.

Since La Clínica's beginnings as a single storefront operation in Oakland in 1971, we have grown into a sophisticated provider of primary health care and other services, with 26 sites spread across three northern California counties. La Clínica entered Contra Costa County in 1999 with a clinic in Pittsburg and today we deliver an array of services including medical, dental, health education, case management, optical, pharmacy, and behavioral health services. We are a vital link between low-income residents and the county's hospitals and specialty service providers.

La Clínica's growth in Contra Costa is an ongoing response to clear community needs. La Clínica has evolved into one of the top medical homes for uninsured and underserved residents of this area. With this exciting expansion project, we hope to be an improved point of access for those in need of care. We are excited to continue serving the Contra Costa community.

“La Clínica has evolved into one of the top medical homes for the uninsured and underserved residents of this area.”



This recently purchased building at 1040 Oak Grove Road is the site of the planned renovation of a new facility for La Clínica Monument. (Right: interior view)

Your Donation's Destination

The staff at La Clínica would like to thank the donors who have made so much of our work possible.

This past year, donations to the *Health Care Without Borders* fund were used for many necessities throughout our clinic sites. Last year, our *Children with Asthma Program* raised over \$134,000. Funds also went to support our annual health fair which provided services to more than 1,000 people last year. Specific equipment that was purchased includes a retinal camera for our optical site, a wheelchair, oxygen tank and crutches for one of our school-based clinics, a pediatric dental chair and new dental equipment, as well as otoscopes to check the hearing of our pediatric patients. Finally, other donations went to upgrade our Family Optical site which will help us serve the community in meeting all of their eye care needs. These critical funds have helped La Clínica to continue providing the best care possible to our patients throughout the East Bay.

La Clínica's 12th Annual Health Fair

To Offer FREE Health Screenings and Immunizations to 1,500 East Bay Residents

Once again, La Clínica is teaming up with other local organizations to provide health screenings, education and referral services to over 1,500 community members who might not otherwise have access to medical care.

La Clínica's Twelfth Annual Health Fair is scheduled for July 25, 2009 at the César Chavez Education Center in Oakland. This year we will provide screenings for cholesterol, diabetes, HIV, vision, dentistry, blood pressure, and immunizations, as well as education on nutrition, asthma prevention, domestic violence and more. The fair will also introduce many East Bay residents to the wide array of services available year-round at La Clínica and other agencies in the area.

We will offer this greatly needed preventive care in an accessible and fun environment with music and family activities. For many people who cannot afford health care, the fair is the only time their families get needed medical attention. This is particularly true for low-income families who lack health insurance and do not have the means to pay for health screenings or doctor visits.

In previous years, the Health Fair served close to 1,000 children and adults. With increased outreach efforts and staffing, we expect to accommodate over 1,500 individuals at this year's fair.



Join us at this year's
HEALTH FAIR!

Saturday, July 25, 2009

10 am – 4 pm

César Chavez Education Center
2825 International Boulevard
Oakland, CA 94601



La Clínica de La Raza, Inc.
 P.O. Box 22210
 Oakland, CA 94623-2210
 tel: 510-535-4000
 fax: 510-535-4189
www.laclinica.org

Address Service Requested

NON-PROFIT ORG
 U.S. POSTAGE
 PAID
 OAKLAND, CA
 PERMIT NO. 651

The Power of Giving: “Tiny Tickets” Program

La Clínica is thrilled to participate in the “Tiny Tickets” Program through the East Bay Community Foundation. In 2001, BART and the East Bay Community Foundation introduced a new campaign, “Tiny Tickets,” to encourage BART riders to donate the unused portion of their BART tickets to local nonprofit organizations. Tiny tickets are the BART tickets often discarded or left in pockets that have tiny bits of value left on them, a nickel, a dime, and more in some cases that could be turned into cash. Funds will be dispersed once BART has determined the value of the tickets that have been submitted.

While the remaining value of tickets may be consolidated, refunded or exchanged by BART, the majority of such tickets are left unused. The Tiny Tickets Program allows these resources to provide needed support to local community-based organizations, such as La Clínica. We would like to encourage you to participate in this great cause and take the opportunity to give back to the community.

To participate, please send your tickets to:
La Clínica de La Raza
Development Department
PO Box 17054
Oakland, CA 94601-7054



Save the Date!

**ALL THAT JAZZ
 (and Sushi!):
 A Night with
 La Clínica at Yoshi's!**

**Coming Saturday
 September 26th**

For more information
 please contact
 Andrew Bowles
 at (510) 535-2912
abowles@laclinica.org

LA CLINICA DE LA RAZA MISSION STATEMENT

To improve the quality of life of the diverse communities we serve by providing culturally appropriate, high quality, and accessible health care for all.

LA CLINICA UPDATE
 Editor:
 Yanet Luna
 Communications Specialist