



Staff Campaign Reaches Highest Participation Rate!

This year's Staff Campaign has set a new record with 93% of full-time staff donating to the Health Care Without Borders Fund! The campaign, which began on May 8th and concluded on July 2nd, has proven once again that La Clínica's staff is committed to its organization, mission, and patients. Even during tough economic times, La Clínica's staff ensures that low-income residents in the East Bay have an opportunity to receive health care services. Our employees' sense of public service and giving back is clear by way of this campaign.

The Staff Campaign has been an annual event at La Clínica since 2005. It was initiated so that employees could have an opportunity to showcase their support for La Clínica. Success struck the first year when 69% of full-time staff contributed to the campaign.

Since that time, staff participation in the campaign has grown at an average rate of 5% each year. Every year brings about another record for staff participation in the campaign.

Every dollar that our staff gives to the Staff Campaign goes into La Clínica's Health Care Without Borders Fund. La Clínica employees may then apply directly to this fund to aid their departments in providing the highest quality health care to their patients. In the past year, the Health Care Without Borders Fund has permitted La Clínica departments to purchase retinal cameras, wheel chairs, pediatric dental chairs, oxygen tanks, and crutches for their patients. The Health Care Without Borders Fund continues to be a vital component of La Clínica's mission. Congratulations to the staff at La Clínica and thank you for your dedication!

“Contributing to the Staff Campaign allows me to not only support the work of La Clínica but also help La Clínica expand its services to more community members during this time of need.”

— Andy Bowles



La Clínica Pittsburg's 5th Annual Health Fair

Saturday October 24, 2009

10 am – 2 pm

Pittsburg Adult School

Community Resource Building

1001 Stoneman Avenue

Pittsburg, CA 94565



La Clínica Pittsburg is thrilled to bring vital health screenings to residents of East Contra Costa on Saturday, October 24th. Participants will have the opportunity to meet with local health care professionals to receive glucose, cholesterol, blood pressure, BMI, bone density and other screenings. Other services include vaccines, HIV testing and vision care, all free of cost.

At last year's health fair, La Clínica Pittsburg provided screenings to over 700 patients. This year, we hope to provide screenings to 1,300 individuals. During these tough economic times, when the number of uninsured continues to increase, it is La Clínica's priority to bring these vital services to the community, at no cost.

The health fair is a great opportunity to get free screenings and other health care services. We encourage you to bring your friends and family and enjoy Aztec dance, ballet folklórico, music, raffle prizes, children's activities, and information from various community organizations including the Red Cross, the Mexican Consulate, Alzheimer's Association, and others.

Message from the Chief Executive Officer



Jane Garcia, CEO

“Effective July 1st, adults covered by Medi-Cal lost access to “optional” benefits, which include dentistry, optometry, podiatry and psychology among many other critical health services.”

Due to the current economic crisis in the State of California, access to quality health care remains at the forefront of many individuals’ priorities. Recently, La Clínica has experienced dramatic impacts to our health care system including a number of budget cuts experienced by community health clinics. In addition to the challenges local health systems face in meeting community demand, they continue to face consequences from increases in demand and the shortage of resources.

At La Clínica, we are seeing new uninsured patients seeking health care services; many current La Clínica patients that previously had health insurance now find themselves without coverage due to loss of employment. As more people lose their jobs, more people need health care for themselves and their families than ever before.

Effective July 1st, adults covered by Medi-Cal lost access to “optional” benefits, which include dentistry, optometry, podiatry and psychology among many other critical health services. While the elimination of Medi-Cal benefits will result in

only a minor reduction in state outlays, it will cause a significant loss of \$134.5 million in federal matching funds. The cuts to preventive services, have only exacerbated the state’s problems with already overcrowded emergency rooms.

In 2007, 81,000 Californians sought dental care at the ER, where treatment is ten times more expensive than at a dental office. It is estimated that the elimination of adult dental care will result in nearly 17,000 additional emergency room visits for dental conditions in the first year alone, representing emergency room charges of more than \$11 million dollars. Cuts to dental care will drastically impact many of La Clínica’s patients.

It is time to strengthen the safety net and find sustainable, long-term solutions. These cuts are primarily impacting low-income, uninsured and vulnerable population. Ironically the cost savings long-term are insignificant. Join us as we continue to fight to protect the underserved and uninsured.



Community members rallied around Dr. Ariane Terlet, Dental Director at La Clínica, as she spoke about optional benefits cuts and the impact on community health clinics.

Childhood Obesity



Although rare in the past, obesity is now among the most widespread medical problem affecting children and adolescents living in the United States. It is a serious condition with many health and social consequences that often continue into adulthood. Childhood obesity can lead to high blood pressure, type 2 diabetes, hypertension, dyslipidemia, stroke, liver and gall bladder disease, stigmatization, poor self-esteem, bone and joint problems, and other health issues.

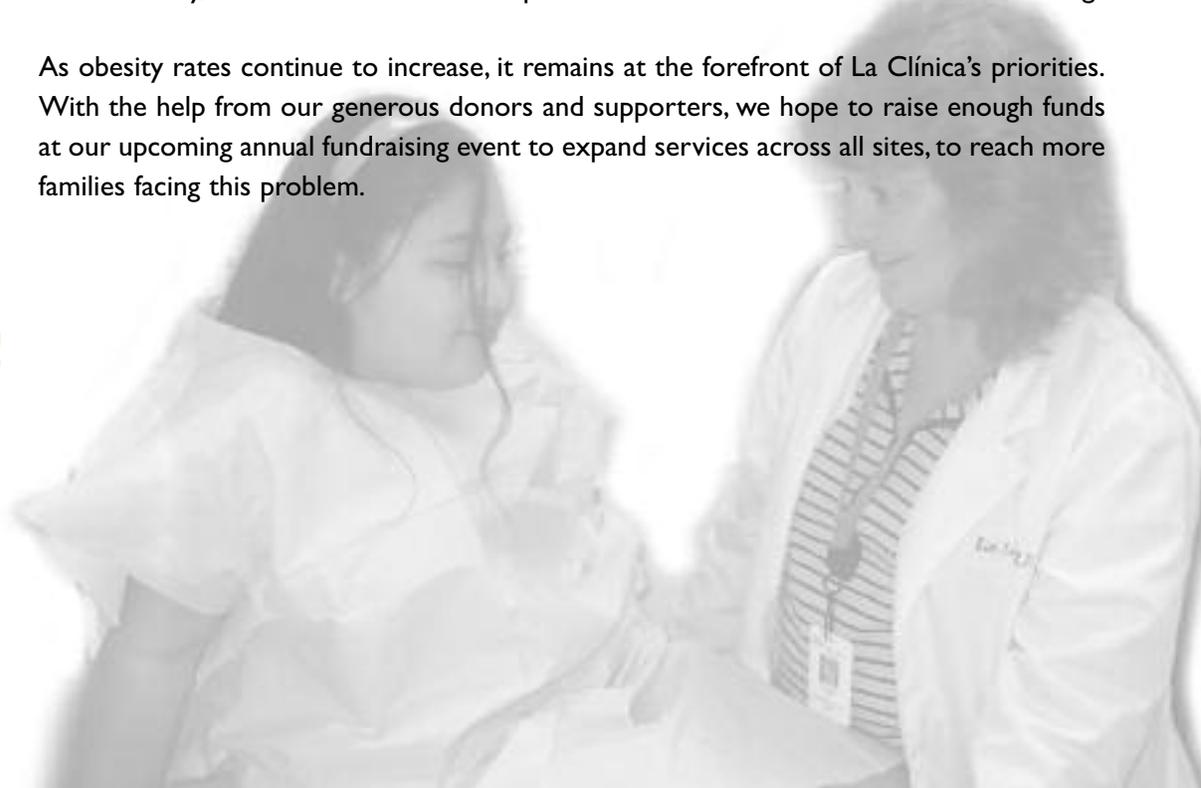
Obesity occurs when a child is well above the normal weight for his or her age and height. According to the Center for Disease Control and Prevention, more than one third of U.S. adults — over 72 million people — and 16% of U.S. children are obese. Since 1980, rates of obesity among children aged 6 to 11 doubled and rates among adolescents aged 12 to 19 more than tripled. Obesity is on the rise and has reached epidemic proportions in the United States.

**97 percent of
La Clínica's
children 3 years
and under are
immunized!!!
A special
Thank You to
La Clínica's
Pediatrics
Department
for this great
accomplishment!**

**“As obesity rates continue to increase, it remains
at the forefront of La Clínica’s priorities.”**

At La Clínica, we serve over 53,000 patients. Half of our patients are children and one third of the children are obese. Childhood obesity is a problem that requires interventions at multiple levels, from individual to family, clinic systems, schools, community and society. At the community level, La Clínica is part of local coalitions that meet regularly to share resources, best practices and new ideas. At the clinic level, La Clínica offers parenting classes, medical assessments, counseling and health education. We have trained health promoters and health educators who are now teaching the curriculum at some of our sites. Unfortunately, services have not been duplicated at all of our sites due to limited funding.

As obesity rates continue to increase, it remains at the forefront of La Clínica’s priorities. With the help from our generous donors and supporters, we hope to raise enough funds at our upcoming annual fundraising event to expand services across all sites, to reach more families facing this problem.





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ALL THAT JAZZ: A Night with La Clínica at Yoshi's!!

La Clínica is thrilled to announce that this year's annual fundraiser event will take place on Saturday, September 26th at Yoshi's premier Jazz Club and Japanese Restaurant in Oakland. Yoshi's will close its doors to the public for one night and open them exclusively for La Clínica's 2009 Annual Benefit, *All That Jazz (and Sushi!)*. We invite you to join us at this premier, private event to savor exquisite cuisine by famous Chef Shotaro "Sho" Kamio. This year, you will enjoy a live jazz performance by the **Stanley Jordan Trio**. Proceeds from this year's *All That Jazz* will go to benefit our Childhood Obesity Program.



Top Billboard jazz artist Stanley Jordan

For more information regarding *All That Jazz*, visit the "Events" section of our website or contact **Andrew Bowles** at abowles@laclinica.org or by phone at **(510) 535-2912**. Tickets are also available for purchase online at <http://www.laclinica.org/yoshis.html>. Please note tickets are limited. Advanced purchase is strongly recommended.

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
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