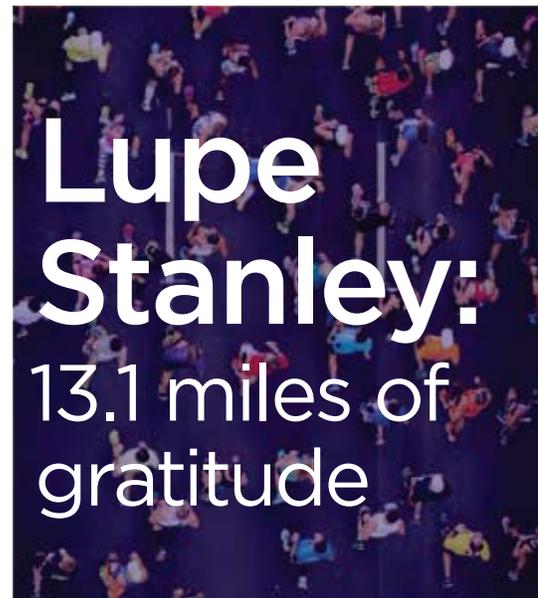


The mission of La Clínica de La Raza is to improve the quality of life of the diverse communities we serve by providing culturally appropriate, high quality, and accessible health care for all.



La Clínica staff member Lupe Stanley and her son

In July 2015, Lupe Stanley, one of La Clínica's Physician's Assistants at Great Beginnings' prenatal program, participated in the San Francisco Half Marathon.

Inspired by her patients, she used the race as an opportunity to fundraise for Great Beginnings. She wanted to be able to give more support to postpartum mothers and to families in times of need. Her undeniable dedication to her patients and her passion for her work inspired many to support her cause. By the time of the half marathon, she had successfully raised over \$2,800.

What is your role at La Clínica?

My role as a Physician's assistant is to obtain medical histories, perform physical exams, order diagnostic testing, interpret the results, develop a treatment plan, prescribe medication when needed, and also to promote or practice preventive medicine. I do all of that under the indirect supervision of a physician.

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What do you like about working at La Clínica?

I love my Great Beginnings family. I've known them since 2007 when I did my P.A. training there and I have been working there since 2010. It does feel like a family. There's just this forceful energy that is loving and caring and authentic. I love the way we all come together, the way we are able to share our passions together and be of service to our patients. Even as I think about it now it makes me want to smile. I'm grateful to be able to work with such a wonderful team.

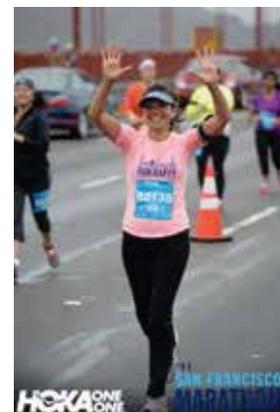
Have you ever had any life changing experience at La Clínica or felt like you have changed the life of a patient?

It's subtle daily affirmations that this is where you belong. I have a lot of patients in the postpartum phase when the mom comes back with the baby and they think that I want to hear about the happy moments and I can tell they're hiding the scary ones. Eventually they open up to me because I can relate to those moments now that I have two children of my own. When she sees that I'm just like her it somehow empowers her and there's this feeling of 'Oh, I'm not alone.' I can tell something's happened within her that just made her feel like she is going to get through it. I have those moments day in and day out. I love it.

“It does feel like a family. There’s just this forceful energy that is loving and caring and authentic. I love the way we all come together, the way we are able to share our passions together and be of service to our patients.”

What made you decide to do the SF marathon?

It was not like one single moment it was more like, 'Oh my god, I just had a baby, I need to get back into shape.' I trained since November of last year when I was four months postpartum. I thought to myself 'Well if I'm going to do this and train for a half marathon, I'm not going to do this for no reason, I'm going to do it to raise money.' When I thought of my patients and raising money to provide programs for them and expand our clinic, that got me excited.



How was running the half marathon?

It was an awesome experience. I call it my 13.1 miles of gratitude. Towards the end, at mile 13, I felt like my hips were going to fracture, my knees felt like they were full of pins and needles, and I was done. Then three women asked me for my name and I could barely talk but I said "Lupe," and they encouraged me, saying, "Lupe, don't slow down, don't stop, you can do this." And we were just kind of motivating each other to do it. We crossed the finish line together. I thought, 'What a beautiful message. Here I was in need, they saw that, and even though they didn't know me, they helped me get through the hardest part.' It was women inspiring and uplifting other women in moments of need, one of the biggest reasons of why I am doing this. It was a beautiful metaphor.

What would you like to say to the people who donated to your fundraiser?

Thank you for trusting me with this sacred mission. Thank you for being a part of the solution and for caring and giving.



Promotores:

The essential link for healthy communities

On June 8th, at La Clínica's Cultura y Bienstar building in Oakland, twenty-two members of the Promotores program graduated from the first stage of their training. During this stage they learned skills essential to their roles as health advocates, including how to facilitate health workshops, plan activities and events, and how to lead groups.

Although the graduates will continue to learn and train throughout their time as Promotores, the ceremony was an opportunity to celebrate the progress they had already made. The program managers and instructors awarded each graduate a certificate and a gift to formally recognize the graduates' hard work and achievements.

The purpose of La Clínica's Promotores program is to empower its community members and

improve community health. The program accomplishes these goals by teaching individuals strategies for living healthy and safe lifestyles, and by preparing them to be leaders in the community.

After completing the first stage of their training, the Promotores will begin to work on projects of their own. They will be applying what they learned about the Community Action Model— which aims to improve health disparities by promoting

“There are instances where people come and give you a hug because they are so appreciative. It is a personal satisfaction being able to know that through life, through the experience in this life, [you are] able to have an impact on others.”

CONTINUED FROM PAGE 7 »

healthier lifestyle practices—to address issues of mental health and nutrition. Already they have taken a community survey to determine what the community sees as its biggest mental health and nutrition concerns. Their next step will involve devising activities that will help solve these problems and will create sustainable change.

The importance of this program is underscored by its ability to show members, sometimes for the first time, that they have a voice in their community and the power to make a difference. Many members come into the program lacking confidence because of their background or education level, but the program teaches them that neither influence whether they have the ability to be a leader. One Promotora reflected, “I gain so much from participating in the Promotores Program. [I am] able to apply what I have learned with family and help others to access services, for example Medi-Cal, Kaiser coverage. There are instances where people come and give you a hug because they are so appreciative. It is a personal satisfaction being able to know that through life, through the experience in this life, [you are] able to have an impact on others.”

The Promotores program is made possible by private donations to La Clínica and funding from Medical Education in Cooperation with Cuba. In addition to providing funds for training and programming, donations to the program help pay for childcare so that mothers are also able to participate. To all the donors who helped fund this program, we at La Clínica are deeply grateful: the impact of programs like this one is enormous, and its efforts continue to strengthen the communities we serve on a daily basis.



A Promotores Graduate and La Clínica staff member
Claudia Rodriguez-Briones

Thank you Donors for your contributions to the Promotores Program! The thoughtful graduation gifts that the Promotores received are just one of many ways in which your generosity has benefited the program. Below states the significance behind the items in the gift; each were relevant to the Promotores training and practice of living healthy.

El mondadientes es para recordarte de escavar en los demás todas las cualidades que tienen.



The toothpick is to remind you to dig out all of the qualities that others have.

El Chicle es para recordarte de ser flexible, ya que las cosas y las personas no siempre son de la manera como tú quieras que lo sean.



The stick of gum is to remind you to be flexible because things and people do not always go the way you want them go.

El Curita para ayudarte a curar aquellos sentimientos heridos, ya sean los tuyos o de los demás.



The Band-Aid is to help you cure your hurt feelings and the hurt feelings of others.

El Lápiz para que anotes diariamente todas tus bendiciones (que son muchas).



The pencil is so that every day you can take note of all of your blessings (there are a lot).

El borrador (goma) para que recuerdes de borrar esas pequeñas imperfecciones y no juzgar a los demás.



The eraser is to remind you to erase small imperfections and not to judge.

El chocolate para que recuerdes que todos necesitan de una palabra de aliento.



The chocolate Kiss is so you remember that everyone needs words of encouragement.

La Bolsa de té para tomarte un tiempo, relajarte y hace una lista de todo lo que tienes y tus bendiciones.



The tea bag is for you to find the time to relax, and make a list of everything you have and your blessings.

La Piedra para que recuerdes que hay obstáculos y tenemos que aprender a superarlos día a día.



The stone is to remind you that there are obstacles and we must learn to overcome them every day.



All That Jazz (& Sushi!) at Yoshi's!

This year marked our 44th Anniversary Celebration of work in the community.

For the past several years our annual benefit event has taken place at Yoshi's Jazz Club & Japanese Restaurant in Oakland — a lively ambiance for our employees, donors, and community members to come together and celebrate the accomplishments of La Clínica de La Raza. The event is an opportunity for friends of La Clínica to learn about the highlights and successes of our year as well as new projects and programs.

Through the support and generous investments of our guests and sponsors, we were able to raise \$72,000 at the event alone and over \$250,000 overall. This year, the event focused on La Clínica Women Services and their efforts to provide quality women's healthcare.

We would like to thank all of our sponsors and all who made this achievement possible.





“I have attended this event for the last several years and it is consistently one of the best fundraisers I attend. Keep up the good work.”

—Retired Bank VP, LC donor

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ALL THAT JAZZ (& SUSHI!)

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Crystal Collins



La Clínica's Impact

I was an intern for the Communications and Development department at La Clínica for the past two summers.

The field of Communications and Development was completely new to me, but after working on a variety of projects, I feel much more confident in my abilities and work. The skills I developed during my internship, including fundraising, article writing, and event planning, will undoubtedly be useful to me in the future. Working at La Clínica was an incredible growth experience for me and I am grateful I had the opportunity to be a part of the amazing La Clínica family.



Recently, I met a man who brightened when I told him I was an intern at La Clínica. He asked in a heartfelt voice whether I knew how special La Clínica is and what wonderful things the organization does for the community. I told him I did know and it continues to amaze me how impactful La Clínica is to the community. I will always be proud to say that La Clínica was where I had my first internship and where I learned so much about health care, non-profit organizations, the communications and development field, and about myself. — *Niki Peterson*

Please contact Amy DeBower at 510.535.2911 if you are interested in interning with La Clínica's Development and Communications Department.