



VITAL SIGNS

The Free Medical Clinic of Greater Cleveland

FALL 2006

The Knights of Pythias and the Rite Aid Foundation Provide Critical Resources for Our Patients with Diabetes



Free Clinic staff Dr. Steve Weirich and Ione Freedman, RN, NP, with Jonathan Kitteredge, and David Solomon of Knights of Pythias and Hypoguard sales rep receiving strips and meters.

A call came out of the blue from the Knights of Pythias, an international fraternal order dedicated to the cause of universal peace. "Is there anything we can purchase for the Free Clinic?" The answer from Ione Freedman, RN, NP, was quick and emphatic — "Yes! We desperately need help providing the proper testing supplies for our patients with diabetes." The Knights of Pythias, Deak Lodge 334, graciously offered to help us with our need for supplies. Following quickly on the heels of this good news, the Free Clinic has learned also that we are the recipient of a grant from the Rite Aid Foundation for \$15,000 in medical supplies to be used for glucose test strips.

To date, we have largely been helping patients manage their diabetes without the benefit of glucose testing meters to track their blood sugar levels. Managing diabetes without meters is difficult, dangerous and can have long-lasting, negative effects on the health of our patients. According to the American Diabetes Association, diabetes is more common among low-income populations and twice as likely in non-Hispanic blacks, a group that accounts for 70% of our patients.

(Continued on page 2)

Wish List

We are seeking donations of the following items:

- 4 adult regular-sized BP cuffs
- Teaching arm for phlebotomy training
- Wall racks for patient literature
- 4 peak flow meters with disposable mouthpieces
- WaterPik
- Colposcope
- Paper shredder (10 sheet capacity min.)
- Chart dividers (for medical records)
- DVD player and TV
- 2 full-sized refrigerators
- Left-handed phlebotomy draw station
- Liquid nitrogen portable unit
- 2 Purell dispensers
- Insulin
- Current medical textbooks:
 - medical or surgical specialty or subspecialty
 - current general internal medicine, family practice, primary care etc.
- Cloth hospital gowns
- Inexpensive hand mirrors
- Small pillows
- Small clocks

All donated items must be in good working condition. The Free Clinic of Greater Cleveland is a 501(c)(3) organization and your donations are tax-deductible.

Please contact Jim Young at (216) 707-3415.



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From the Waiting Room

Let me introduce myself to those of you who don't know me. I have been associated with the Free Clinic for 19 of its 36 years of operation, 15 years as a volunteer and the past four as medical director. As you may have read in the news, Gail Bromley recently announced that she would step down as Executive Director to pursue a career in research and academia. All of us at the Free Clinic wish her the best as she goes on to new things. The board has embarked on a search for a new director and I have been asked to serve as interim executive director along with my other duties.

As Medical Director, you'd think I'd know what's going on, but I never truly appreciated the depth and richness of what goes on here *every day*. I've always known about our excellent clinical staff and our large, skilled volunteer corps. They continue to adapt to the challenge of providing care at the community standard, while treating more and more patients with multiple and serious chronic conditions. What I didn't realize was that it can be just as challenging to run the organization from the business side as well. I have been gratified to see the talent and dedication of our staff and volunteers in action.

I have also been gratified to learn how supported we are by our financial contributors, not just in terms of money, but in terms of our Mission and how we carry it out. Over the past two months, I have met with a number of individuals, foundations and corporations and it is clear they see that the value of what we provide goes far beyond care and medications. We deliver the message **that all people in our community have worth. That access to health care is a right and not a privilege.** For that, I would like to thank our contributors.



Stephen A. Weirich, M.D.

While these past few months have personally been an "eye-opening" experience, the next several months promise to be even more exciting and hope-filled, as we embark upon the selection of a new executive director. As the country's second oldest clinic, and as one of the largest free clinics in existence, we have a unique and wonderful legacy that we are all proud to support. And until there is universal healthcare with parity for dental health, substance abuse treatment and mental illness, we still have a lot of work to do!

In peace and health,

Stephen A. Weirich, M.D.
Interim Executive Director

The Knights of Pythias and the Rite Aid Foundation Provide Critical Resources for Our Patients with Diabetes (continued)

The Knights of Pythias purchased and presented 60 glucose meters, 60 vials of test strips and the lancets used to draw a small sample of blood for the meters. They are committed to purchases of additional test strips as well. The aid that the Knights of Pythias have bestowed upon the patients of the Free Clinic demonstrates the order's commitment to their three key principles of friendship, charity and benevolence. This donation is being used primarily for insulin dependent patients.

Our second donation, from the Rite Aid Foundation, will amount to approximately 19,000 test strips to be used with Ascensia® Contour® blood glucose meters. This donation will allow us not only to supply our patients with test strips, but to streamline the medical care and education we provide to patients by using one type of meter. This support from the Rite Aid Foundation will increase our ability to care for non-insulin dependent patients.

Our heartfelt thanks go out to Chair of the Charity Committee, David Solomon and Chancellor Commander, Jonathan Kitteredge of the Knights of Pythias Deak Lodge 334, as well as the Rite Aid Foundation. Because of their generosity, we are able to provide dramatically improved care to our patients with diabetes.

If you are interested in helping us expand our diabetes program, we would love to be able to distribute the following items to our patients:

- George Foreman Grills (new please!)
- Pedometers (to encourage exercise)
- Diabetic cookbooks (to encourage a healthier diet)



Nobody Walks Alone

Dr. John T. Carey Memorial AIDS Walk 2006

Saturday, October 7, 2006

University Circle

Step Off: 10:00 a.m.

For more information or to make a donation, contact our development office at (216) 707-3405 or (216) 707-3412.

Proceeds from the AIDS Walk benefit 12 local agencies including the Free Clinic. Learn more at www.cleveland.com/AIDSWalk



CAPITOL NEWS — September, 2006

by Amy Goldstein

The advocacy work of the Free Clinic continues on many fronts. Our presence in Columbus has opened up new opportunities and created new relationships which might not have been possible otherwise.

Some of the Free Clinic's advocacy efforts underway include:

- Work with the National Association of Free Clinics to respond to the Interim Recommendations of the Citizens Health Care Working Group (CHCWG). The CHCWG was created by Congress to engage the public in a national debate to improve the health care system in the United States and to provide every American with the ability to obtain quality, affordable health care coverage. To learn more visit www.citizenshealthcare.gov.
- Work with the Ohio Association of Free Clinics to explore new revenue sources for free clinics in cooperation with the regulatory boards which license health care professionals.
- Work to continue new medical liability insurance reimbursement program for free clinics in FY2008-2009 and to eliminate the current \$20,000 annual cap.
- Work to restore Medicaid eligibility to at least 100% of the Federal Poverty Level and to open enrollment for the Ohio Disability Medical Assistance Program.
- Research related to the viability of a state tax credit for free clinic volunteers.

- Continued involvement in the legislative committees of key state-wide human services advocacy coalitions including, the Campaign to Protect Ohio's Future, the Family Coverage Coalition, the Coalition for Affordable Healthcare in Ohio and Have a Heart Ohio.

As Election Day on November 7th approaches, make sure that you evaluate gubernatorial and legislative candidates with a critical eye with respect to their positions on health care. Be an educated voter and, of course, make certain to register to vote at least 30 days before the election. Don't forget that new voting rules require that you bring photo identification or, alternatively, military identification, a copy of a utility bill, bank statement, paycheck, government check, or a government document showing your name and current address. If you do not have one of these documents at the time of voting, you may still vote by provisional ballot. For additional information regarding Ohio voting requirements visit www.sos.state.oh.us.

If you have questions regarding the advocacy work of the Free Clinic or have opinions to share, please do not hesitate to contact me by phone at (614) 582-1986 or by e-mail at agoldstein@thefreeclinic.org. Please know that your input is always welcome.

BOARD MEMBER NEWS

On June 28, 2006 four individuals were elected to the Free Clinic Board of Trustees. These individuals bring a wide range of experience and skills to the Board. We would like to welcome:

Judge Jeff Hastings
Cuyahoga County Court of
Common Pleas

Denise Kipfstuhl
Thomson West

Ann Marie Raffis, CNP
University Hospitals

Stephen F. Thome
Ernst & Young LLP

9TH ANNUAL MICROBREW EXTRAVAGANZA

hosted by the Associate Board of the Free Clinic

NOVEMBER 18, 2006

Massimo da Milano's • 7:00 p.m.

Tickets are \$50 in advance, \$55 at the door

To order tickets, please call our development office at (216) 707-3405 or (216) 707-3412 or e-mail mharris@thefreeclinic.org

THE
SAVE
DATE





VITAL SIGNS

The Free Medical Clinic of Greater Cleveland

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Mission Statement

The mission of the Free Medical Clinic of Greater Cleveland is to provide quality health care and related services free of charge to those who lack appropriate alternatives, and to advocate for policy changes that make health care available to all.

THANK YOU TO OUR GENEROUS SUPPORTERS

The Free Clinic is grateful to the following individuals, corporations and foundations that supported the Free Clinic with gifts of \$5,000 or more during Fiscal Year 2006.

Anonymous	The Harry K. Fox and Emma R. Fox Charitable Foundation	Plain Dealer Holiday Giving
Stanley I. and Hope S. Adelstein	Gerson Family Foundation	The Reinberger Foundation
AIDS Funding Collaborative	George Gund Foundation	Richman Brothers Foundation
Mr. and Mrs. B. Charles Ames	Sondra and Steve Hardis	Ridgecliff Foundation
The Brush Foundation	The Higley Fund of The Cleveland Foundation	Roskamm Family Trust
Charter One Foundation	Key Foundation	Estate of Steven Schochet
Citizens Bank Foundation	Susan G. Komen Breast Cancer Foundation	The Skirball Foundation
Cleveland Nephrology Foundation	The S. Livingston Mather Charitable Trust	The Kelvin and Eleanor Smith Foundation
George W. Codrington Charitable Foundation	Arthur B. McBride, Sr. Family Foundation	United Black Fund of Greater Cleveland
Mr. and Mrs. Peter W. Danford	The McGregor Foundation	University Hospitals of Cleveland
The Dolphin Trust	Medical Mutual of Ohio Charitable Foundation	George Garretson Wade Charitable Trust
The Ellie Fund	The Mt. Sinai Health Care Foundation	Estate of Isidore Warshawsky
Fairchild Martindale Foundation	William J. & Dorothy K. O'Neill Foundation	The Raymond John Wean Foundation
Mr. and Mrs. John A. Favret	Mr. and Mrs. James Orega	William Weiss Foundation
Ferro Foundation		The S.K. Wellman Foundation
Forest City Enterprises, Inc.		The Thomas H. White Foundation
		The Wuliger Foundation

The Free Clinic would also like to thank the hundreds of donors not listed above who graciously made gifts during our fiscal year. Your support helps us to serve over 11,000 patients annually.

Every effort has been taken to ensure the accuracy of this list. Should you find an error, please contact the development office at (216) 707-3405.