



# Christ Community Free Clinic

## News

Volume Number 1

Issue Number 1

Fall, 2006

### **THE MISSION of Christ Community Free Clinic:**

CCFC is a medical mission providing free quality urgent medical care and referral services with compassion and dignity to the uninsured of our community.

#### **Meet our Board Members—**

**President:** Dr. Julie Stroud is the founder of CCFC. She is a family physician working in S. Kent. She is married with a 3-year old son and another child on the way. Julie is a member of Grace Community Church, Auburn.

**Secretary:** Chuck Turner is married with 2 children and 7 grandchildren. He is a CPA with 40 years in public practice and a member of Prince of Peace Lutheran Church in SeaTac.

**Resource:** Todd Curtis is a pre-med student, sale representative, fitness and rehabilitation trainer. He is married and active at Grace Community Church Auburn.

**Vice President & Fundraising:** Fred McHugh is the Chaplain of Auburn Regional Medical Center, a Vietnam Veteran, married over 29 years with five daughters.

**Marketing/Public Relations & Treasurer:** Jeff Johnson is an Employee Benefits Consultant and Insurance Broker involved in many community activities including his church. He is married with two children.

**Facility/Supplies:** Danielle Hasslinger is an RN in family practice. She is experienced in leadership in MOPS, camp counseling, and is active in Grace Community Church, married with school-age children.

**Hospitality:** Gregory Kaurin is the senior pastor at Messiah Lutheran Church, Auburn. He is married and has a toddler son.

### **OPENING GOAL HAS BEEN EXCEEDED!**

We had set a fundraising goal of \$10,000 by fall/winter of 2006, and that has been met and exceeded. This will allow the CCFC Board to proceed to open the clinic as soon as possible.



### **2<sup>nd</sup> Annual South King County Latina Health Fair ~ September 9, 2006 ~ A SUCCESS**

For the second successive year, the Latina Health Fair served approximately 250 adults and children providing health screenings, educational information, resource referrals, food and fun! Screenings included Mammograms, Pap tests, Dental, Blood Pressure, Diabetes Foot Exams along with Blood Sugar Checks, BMI & Body Fat Analysis, Vision and Osteoporosis.

This year screenings were expanded and improved upon through the volunteer efforts of Dentists, Nurse Practitioners, RNs and Exercise Physiologists. In addition, Complementary and Alternative Medicine (CAM) was represented through Massage, Acupuncture, Chiropractic and Bastyr University's Nutrition Department.

Attendees received many 'give-aways' that were useful such as digital thermometers, pedometers, toothbrushes, toothpaste, food samples and more\*. Raffles were abundant thanks to donations from multiple sources.

An added attraction this year were art workshops for the youth, guided by members from the Taller Mexicano Para la Cultura y las Artes (TMCA). One workshop involved techniques traditional to Mexican art including engraving and silk screening.

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Page 2

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Volume Number 1

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¡Gracias! to all, and especially to Jeff Johnson who scheduled volunteers for the CCFC table, supplied water and donated 'freebies' for the Blood Pressure screening! In addition, Danielle Hasslinger procured costly supplies essential for the diabetes assessment, a substantial contribution without which this screening may not have occurred. Also noteworthy were the countless referrals of volunteers that Bertha Martinez provided through Grace Community Church and the ESL classes that she has been instrumental in establishing.

-Catherine Igielski

\*The following businesses & organizations provided product and/or merchandise donations: Odwalla, Kashi, Bob's Red Mill, General Mills, USA Dry Pea & Lentil Council, Clif Bar, Walden Farms, Smuckers, Wyeth (Calcium Supplements), American Heart Association, American Diabetes Association, Washington Dairy Council, and the Department of Health. Many individuals as well as organizations generously provided items to enhance the experience for everyone attending, including agencies.

## WHAT'S HAPPENING?

Representatives of the CFCC Board, along with legal advisors, are carefully looking over our contract with King County Housing Authority to make sure we can live and serve in the facility as defined by our mission and vision statements.

We have received donations from churches and individuals and offer our heart-felt thanks to you. Thanks go to Dan Milliken and Jeff Kemp of DS Waters / Crystal Springs for donating 40 cases of bottled water which were given out at Auburn Good Ol' Days, the Auburn Family Picnic and the Latina Health Fair. Through the efforts of

Patty Rice and Ann Erbes-Millner, Group Health donated 175 "Ouch Packets" (mini first aid kits) which were also given out at Auburn Good Ol' Days and Christian Women's Business Meeting.

Additional thanks to Kim Berglund, Jean Millikan and Grace Community Church for all their assistance and donated printing work for CCFC.

Thanks to Gina G. O'Neill of Quality Service, ARMC, who has been helping us succeed in securing a City of Auburn Human Services Grant.

## CFCC TO RECEIVE AUBURN HS GRANT

Christ Community Free Clinic will be the recipient of a \$20,000 grant from Auburn Human Services, Health Care Programs this year and next.

### CFCC WISH LIST

#### VOLUNTEERS:

Referral desk  
Health care providers – MD, DO, ARNP, PA  
Spanish/Russian Interpreters  
Fundraising team members

#### SUPPLIES/EQUIPMENT

Office supplies  
Medical Supplies (no medication)

PLEASE EMAIL US RE: SPECIFIC DONATIONS!

#### PRAYER REQUESTS:

CCFC discussions with King Cnty Housing re: facility  
That our Board & volunteers will work diligently, displaying Christ-like faith and love to the community as a whole  
Patience

**OUR VISION:** To provide for the medical needs of the uninsured while connecting them to the existing health community. To share Christ's love and acceptance with patients and volunteers alike. To partner with area churches creating a network of volunteers, making this a Christ Community Free Clinic.

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CCFC will provide medical visits for people without medical insurance with limited prescriptions. Social service referrals will help with state insurance, primary MD referrals, limited specialist and counseling referral. Help will be provided with applications for prescription assistance programs.