



Help Us Celebrate Our Quinceañera!



Clínica Amistad is proudly celebrating its 15th year of helping those in need. Known as a Quinceañera in Hispanic cultures, the anniversary highlights the fact that the clinic has provided primary medical care and associated services for more than 20,000 people without health insurance or the means to get it. And it's being done at no cost to the patients coming to our south Tucson location.

Obviously, a 15th anniversary, even a one-year anniversary, could not be celebrated without your financial aid.

And exactly how does your contribution help?

Every dollar goes directly to patient care.

- \$25 supplies a **vial of insulin**, which helps treat diabetes, and more than 40% of the clinic's patients are diabetic.

- \$40 provides a **carton of nitrile gloves**, which are used in patient examinations.

- \$90 will **dull the pain** of a biopsy of an ulcerated skin lesion.

- \$125 **helps preserve the sight**

of a patient referred to an outside ophthalmologist.

- \$332 enables a patient to get an **MRI for a head injury**.

- \$400 is the discounted rate we pay for the **pathology of a patient's tissue sample**.

If you feel moved to contribute so that we might celebrate a 16th anniversary at this time next year, you can give securely on-line at Clínica Amistad's website: clínicaamistad.org/donate. If you wish to give by check, please send it directly to:

**Clínica Amistad
PO Box 27284
Tucson, AZ 85726**

And remember, we at the clinic, our providers, staff, volunteers, and patients truly appreciate your help. ■

Did you know?

Clínica Amistad was founded in 2003 as a free primary health care clinic, with a mission to serve those in need. Our mission continues today.

The number of patients has grown in 15 years, especially the past five. In 2012, the clinic had 562 patient visits. In 2017, it was more than 2,200.

The majority of patients are under or uninsured, typically adults with hypertension and diabetes with subsequent eye problems.

About 10% of cases are referred to community consultants. This often builds relationships with providers, enabling the patients to receive care at drastically reduced rates. These fees are paid for by the clinic.

As has been stated in the past, the

clinic relies totally on financial contributions and grants. Also, more than 90% of the staff are volunteers. ■

'Crowdfunding' Campaign

Clínica Amistad is dipping a toe into 'crowdfunding' in an unconventional sort of way. We are asking our supporters, yes, people like you, to spread the word through the likes of e-mail, Facebook, Twitter, to help us broadcast the news that this worthy organization needs support! Now! The bottom line is that continuing financial help is what keeps us going. Ask your friends, family, colleagues, to go to www.clinicaamistad.org/donate to make a contribution. No donation is too small as every dollar helps. Again, thanks for giving. We couldn't keep our doors open without you! ■



Give the clinic a little something, "un poquito," in honor of her birthday!

Volunteers feted in April

Culminating the clinic's celebration of 15 years of service will be a Volunteer Appreciation Night on Saturday, April 14, in which all past and present volunteers, board members, and providers will be honored at the home of one of our volunteers.

Volunteers are especially important to Clínica Amistad in that more than 90 people, mainly young students from the University of Arizona, devote many days out of the year working at the clinic. Without these volunteers, the clinic would fail. (This enables the clinic to devote 94% of its funding directly to patient care, both inside and outside the clinic.) ■



LOCATION

El Pueblo Neighborhood Center
101 W Irvington Road, Bldg 3
Tucson, AZ 85714
For appointments call
520 **305-5107**
FAX: 520 300-8468

CORRESPONDENCE

PO Box 27284, Tucson, AZ
85726-7284

HOURS OF OPERATION

Wednesday & Thursday: 5 - 9PM
First Saturday of Every Month:
10AM - 2PM

clinicaamistadmanager@gmail.com
www.clinicaamistad.org

Se habla español

Two cases illustrate why your help is so important

Direct patient care, such as the following examples, is only able to be accomplished because of your financial assistance.

A 38-year-old male with a six-month history of left leg pain came to Clínica Amistad complaining the pain was gradually worsening. The man had been seen at a local hospital emergency room two weeks before and was advised to exercise.

Upon examination at the clinic, and in simple terms, a protruded disc in his back was discovered.

He was sent back to the ER and operated on the next morning by a neurosurgeon. Examined two weeks later at the clinic, he was pain free with excellent results and beginning to use his foot.

Another case involved a 50-year-old woman, diagnosed with lymphoma, that included a five-year history of enlarged lymph nodes in her neck. The examination was accomplished by fine needle biopsy at the clinic.

She was referred to an oncology physician. However, she declined conventional treatment and wanted to try a folk remedy she found on the

Internet. The clinic physician checked the website and discovered the substance did indeed have evidence of anti-cancer effects. The treatment was agreed upon as long as she consented to have her lymph nodes carefully monitored.

The woman has been on the treatment for six months and CT scans document shrinkage of most of the involved nodes. Throughout her care, she has felt very well. She continues to be closely watched by both the oncologist and her Clínica physician. ■

Scholarships created

One of the clinic's long-time volunteers, who wishes to remain anonymous, has created and funded two \$500 scholarships for Pima Community College or University of Arizona student-volunteers pursuing a degree in a medical profession or the field of public health.

Eligibility is extended to clinic volunteers currently in their gap year or who intend to continue their studies. At press time, nominations are closed; winners will be announced at the volunteer appreciation event. ■

Oh what a night!

The November 2018 Gala was our largest Fall Fundraising Dinner with 200 attendees! Chaired by clinic Lead-Volunteer, **Stephanie Navarro**, the event raised more funds for clinic operations than ever.

Providers and volunteers were recognized from the podium by Board President **Evan Kligman** and Medical Director **Rick Graap**. Current fourth-year medical student **Clark Alves** recounted his formative experiences as a student volunteer at Clínica, and patient **Ana Abril** gave a moving account of her grateful treatment by clinic providers.

Nearly all the silent auction items received generous bids. And many lucky raffle winners left that evening with exciting prizes like trips to Disneyland, resort stays, airline tickets, jewelry, and artwork, thanks to the hard work and diligence of committee chair **Sarah Netherton**, RN, and a host of committee members. To those of you who did attend, **THANK YOU** for making the evening a huge success!