



Two Big Events Planned for Fall and Winter

Clínica Amistad is delighted to announce two special events. Our 7th annual **Gala and Silent Auction** will be held on Sunday, October 14 and our **Quinceañera 15th Anniversary Celebration** with a public open house, health screening vans and light refreshments will be held on Saturday, December 8.

Like last year, the fall Gala will be held in the **University of Arizona Student Union Memorial Center**.

Festivities will begin at 5 p.m. and conclude at 8:30 p.m. The event will include a gourmet dinner, cash bar and silent auction. There will also be a few brief remarks and an update on the clinic's service to our community.

The reason for the Gala continues to be two-fold. First, it enables the clinic to report our work and progress to those people who care, our donors, volunteers and care providers. Second, it is an integral fund-raiser. As in past years, the clinic receives nearly 70% of its funding from individual donors, such as you. And that includes proceeds from the Gala.

Last year's event in November raised more than \$25,000, before expenses.

As in the past, the clinic will have more than 50 items for the silent auction, with donations from many organizations, companies and individuals. The donations often include airline tickets, stays at resorts, dinners, fine art pieces, jewelry, autographed sports memorabilia, and smaller items.

On December 8, we will celebrate our Quinceañera.

This is the clinic's 15th anniversary of helping those in need. The celebration will take place at the clinic's location, 101 W. Irvington at 6th Avenue, next door to the El Pueblo Public Library. The event will be held from 10 a.m. to 3 p.m.. No RSVP will be necessary.

The anniversary will highlight the fact that the clinic has provided primary medical care and associated services over the years to people lacking health insurance or the means to get it. And it is being done at no cost to the patients coming to our south Tucson location.

Obviously, our care, our gala and our anniversary celebration would not be possible without the assistance we receive from you. So if you feel moved

to help us continue our work, please consider a contribution. You can give securely on-line at Clínica Amistad's website clínicaamistad.org/donate. If you wish to donate by check, please send it directly to:

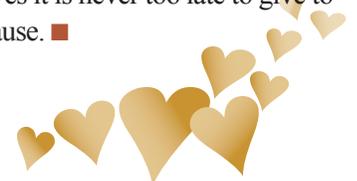
Clínica Amistad
PO Box 27284
Tucson, AZ 85726 ■



First crowdfunding campaign very successful

In early March, we attempted our first ever Crowdfunding campaign, through our website. The attempt was a huge success, raising more than \$10,000 from private donors, volunteers and providers. The initial goal was \$7,500.

One generous person, who wished to remain anonymous, donated his tax credit at noon the final day of the campaign. That proves it is never too late to give to a good cause. ■



Circle these dates on your calendar

Clínica Amistad's
7th Annual Gala and
Silent Auction

Sunday, **October 14**, 2018

5 PM to 8:30 PM

UA Student Union Memorial Center

Clínica Amistad's
Quinceañera

Saturday, **December 8**, 2018

10 AM to 3 PM

Clínica Amistad

101 W Irvington at 6th Avenue

Clinic's annual report proves value of care

Since May of 2012, when data tracking began, Clínica Amistad has saved patients and the nation's health care system nearly \$500,000. The per patient appointment savings average nearly \$70. (The dollar numbers are based on Medicare reimbursement rates.)

This and other important facts are contained in our annual report, which was recently prepared and completed by staff members who are also attending graduate studies at the University of Arizona.

In addition, volunteers at the clinic have donated 14,289 hours of their time since data collection began in 2016 for this category. This equates to a monetary value of \$404,138.

Clínica Amistad has experienced steady growth since May, 2012. Appointments per year have increased 62%. Since 2012, we have served a total of 2,445 patients, totaling 7,101 appointments. To put this into context, the clinic is only able to be open two evenings per week and one Saturday morning per month.

Who are we caring for?

Over 58% of our patients are unemployed and 97% lack insurance. In addition, 61% fall below the federal poverty level, which is defined as yearly income of \$16,240 for a household of two. The majority of our patients identify as Hispanic or Latino (84%), followed by White or Caucasian (7%).

The major chronic conditions continue to be hypertension, diabetes and dyslipidemia (abnormal amounts of fat and/or cholesterol). Approximately 64% of patients are diagnosed with hypertension, 59% with diabetes and 13.5% with dyslipidemia. Nearly half the patients have at least two diagnoses.

Some 73% of patients were overweight or obese at their first visit.

Of that number, 41% were diagnosed as obese. The national rate is 36%.

Roughly 66% had blood glucose levels of either pre-diabetic or diabetic levels. This is much higher than the national level at 9.4%.

Finally, approximately 38% of patients were hypertensive at first visit, slightly higher than the U.S. average of 29%.

The clinic offers many on-site procedures. A total of 440 procedures have been completed since May, 2012. These include skin biopsies, electrocardiograms and wound care. In addition, the clinic refers patients to outside providers, who provide care at reduced rates. For example, 66% of patients required lab work.

The clinic continues to offer integrative health care for free to the low-income, uninsured and underserved population in greater Tucson. We offer many in-house services that include medical evaluation by a medical doctor, physician's assistant or nurse practitioner, counseling and other social services, nutritional and diabetic education, massage therapy, acupuncture, dermatology and limited gynecological services. ■

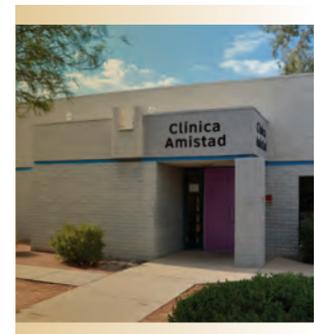
Volunteers appreciated with special night

Dana Smith, FNP, a clinic volunteer, and her husband, Peter, graciously hosted the clinic's Volunteer Appreciation Night at their hillside home in Tucson in late April.

During the event, two scholarship awards of \$500 were presented to two student volunteers to assist in their tuition. The winners were **Sarah Netherton, RN**, and **Stephanie Navarro**. In addition, the clinic named nine Volunteers of the Year: **Alfonso Ayala, Lourdes Silva Castillo, Jesse Ferrell, Diego Garcia, Lizette Garcia, Daniel Nguyen, Yolanda Reyes, Ben Rivera** and **Xavier Rivera**.



Overall, Clínica Amistad has more than 60 student volunteers and 35 volunteer providers, enabling us to keep overhead costs to a minimum. The volunteers primarily are students from the University of Arizona, majoring in health care related subjects. And our volunteer providers are all licensed medical professionals, many with specializations such as cardiology, pulmonology and endocrinology. ■



LOCATION

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

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CORRESPONDENCE
PO Box 27284, Tucson, AZ
85726-7284

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

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Clinicaamistadmanager@gmail.com
www.clinicaamistad.org

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Se habla español