



**Clínica Amistad**

*A Project of Amistad y Salud*  
CELEBRATING 20 YEARS

# NEWS

AUGUST 2024

## President's Letter



Dear Friends of Clínica Amistad,

In the fall of 2020, the clinic began a new prediabetes program. The need for this initiative was apparent. More than 80 percent of our patients are either diabetic or prediabetic.

The program is voluntary, with patients signing up to attend several classes in which they learn about proper nutrition, weight management and overall healthy living practices. Each class begins with 10 to 12 patients.

Is the program working? Just ask Maria, who was referred to the program by her doctor. She said it improved the way in which she eats; she is more cautious about which foods she chooses. Her favorite part was "at the end of every session I was allowed to ask questions and receive answers." Many other participants echo Maria's thoughts.

This initiative, so important in the community that the clinic serves, was only made possible by generous individual contributions from Barbara and Denis Brady.

Similar to the prediabetes program, the clinic is launching a woman's health initiative. As the name implies, this program would focus solely on women, probably requiring new hours of operation for the clinic, such as one Saturday morning a month.

Finally, the clinic is also considering opening another day of every week because we're seeing even more and more patients. To begin another night, of course, requires increased staffing of physicians, other healthcare professionals and volunteers.

But like the prediabetes initiative, we cannot expand our hours and have new programs without financial support. That's where you can help. Any amount is appreciated, for just like rain drops creating a pond and a river and an ocean, so too do contributions from our friends combine to help fund our clinic. We sincerely thank you for your support.

Sincerely,

*Larry Jagnow*

Lawrence Jagnow

P.S. I would be remiss if I didn't take this opportunity to also thank Brian Bickel for his two years as our president, and Liz Temple for her four-year stint as treasurer. Their hard work and dedication are to be commended.



Prediabetes manager Julio with two of our prediabetes program graduates.

*Save the Date*

**Amistad -y- Salud**  
"Friendship & Health"

ANNUAL GALA TO SUPPORT CLÍNICA AMISTAD

**YOU'RE INVITED TO OUR  
10th ANNUAL GALA**

**Saturday, November 9, 2024**  
El Conquistador Tucson, A Hilton Resort  
10000 N Oracle Rd, Tucson, AZ 85704

More details coming soon  
Visit [www.clinicaamistad.org](http://www.clinicaamistad.org) | Call 520-237-5075 | Email Nicole at [exec@clinicaamistad.org](mailto:exec@clinicaamistad.org)

# Congratulations HECTOR

## PROMOTED TO CLINIC DIRECTOR



It is with great pleasure that we announce that Hector Rico has stepped into a new role at Clínica Amistad. The board of directors of Amistad y Salud has voted that as of June 24th, Hector be promoted to Clinic Director.

As many of you know, Hector has been our Clinic Manager for the past year and has a long history with the clinic, serving as Referral Coordinator, Data Manager, and a volunteer for six years prior to that. All of which has allowed him to gain invaluable experience in patient care coordination and ensuring the smooth functioning of our clinic's operations.

Working with the executive director and board of directors, Hector will supervise all providers, volunteers, staff and clinic operations and will continue to coordinate the effective holistic care that Clínica is known for. We are very excited to support him in his new role as Director and we know he is committed to the work we do for the community.

Muchas felicidades! Congratulations Hector! We look forward to working with you for many years to come.



## BOARD ELECTION RESULTS

We are pleased to announce the results of the recent elections for the Amistad y Sauld Board of Directors. We are excited to introduce the individuals who will be serving on the board for the 2024-2025 term.

### **President**

Lawrence Jagnow

### **Vice President**

Alejandra Zapien-Hidalgo, MD, MPH

### **Secretary**

Linda Bucyk

### **Treasurer**

Brian Bickel

### **Directors**

Liz Temple, JD, MPH

Alejandra Rodriguez

Lori Shaw

Chuck Tatum, PhD

Elizabeth Gallagher

We would like to extend our heartfelt congratulations and express our gratitude for your dedication to our organization. It is truly appreciated. We look forward to working together with our board members to continue advancing the mission and goals of Amistad y Salud.

A special thanks as well to outgoing president Brian Bickel who will continue his service to our organization as our Treasurer and to Liz Temple who will continue as a director serving on our many committees. We would also like to welcome Larry Jagnow back as president. Thank you for your dedication and leadership as we step into the next year which is full of possibilities.

## THANK YOU

We want to express our heartfelt gratitude to Roy and Melissa, our exceptional nursing interns from En Palme Sonora. During their internship year with us they have demonstrated outstanding skills and dedication, significantly impacting our team and the community we serve.

Roy and Melissa, your commitment and expertise have not gone unnoticed, and we are confident that you will excel in your new careers. Our doors are always open to you at Clinica Amistad.

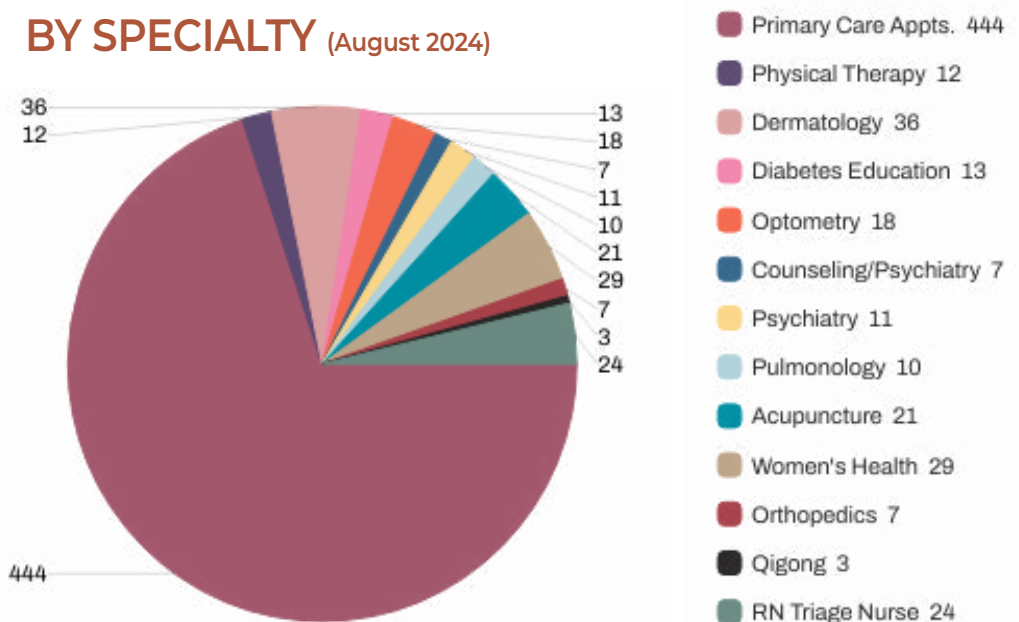
# HOW YOUR SUPPORT MAKES A DIFFERENCE IN OUR COMMUNITY

## PERCENTAGE OF PATIENTS SEEN

### MONTHLY RECAP

In the past three months, (April, May and June) we held 625 appointments and attended to 425 unique patients (48 were new patients). With the average age of 51, we treated 150 males and 275 females this past quarter.

### BY SPECIALTY (August 2024)



## HOW YOU CAN HELP SUPPORT OUR MISSION:

*To provide free primary health care, preventative services, and education to those in need and without access to health care throughout the greater Tucson area.*

- **Donate through the website.** [clínicaamistad.org/donate](http://clínicaamistad.org/donate). It's fast and easy.
- **Write a check.** Send your contribution to: Clínica Amistad, PO Box 27284, Tucson, AZ 85726.
- **Make a tax credit donation.** Make a tax credit donation. Your donation can reduce your tax bill or increase your refund DOLLAR- FOR-DOLLAR, through the Arizona Charitable Tax Credit. Unlike deductions, which reduce a person's taxable income, credits are dollar-for-dollar reductions in tax liability: See page 4 for details
- **Planned Giving.** Make a lasting gift of support.
  - Estate Gift**- name Amistad y Salud as a beneficiary of your will.
  - Donor Advised Funds**- direct your Donor Advised Fund to make a donation to Amistad y Salud.
- **Matching Gifts.** Some businesses and organizations will match charitable contributions made by their employees. Double your impact by checking with your employer today.
- **Tribute Giving.** Did you know that you can make a donation to Clínica Amistad, a Project of Amistad y Salud "in memory of" or "in honor of" someone special? Tribute Giving is a thoughtful way to recognize, remember, honor, and celebrate people and events that are important to you by giving back to your community in their name and we will send a personalized note to the individual you want to recognize.
 

**When you click on [www.clinicaamistad.org/donate](http://www.clinicaamistad.org/donate) you can provide health care, comfort and hope to your neighbors that need it most.**

**For more details on how to make a donation, contact Nicole at (520) 237-5075.**

Clínica Amistad is a non-profit 503(c)3 organization. Our Federal tax ID number is 75-3060875. Our AZ CQO number is 20284.

# STRATEGIC PLAN 2024-2029

## Community Outreach

- Provider recruitment
- Community outreach
  - ◊ Religious organizations
  - ◊ City and County officials
  - ◊ 12 x newsletter
- Communications and outreach for patients
  - ◊ Donor awareness, outreach, and retention
  - ◊ Public awareness
  - ◊ Redesign website/brochures

## Deliver High-Impact Bilingual Programs (Spanish)

- Prediabetes/Diabetes Program
- Workforce Training Program- internships/fellowships/residents
- Launch Women's Health Initiative and open an extra Saturday
- Social Services and referrals
- Preventative Care and Health Education Classes – online, in person, telemed

## Board/Staff Development

- Board development/training provided at each board meeting by ED and quarterly by outside experts
- Committee Structure/Charters
- Create Committee Charters
- Develop Inhouse Communication Strategies
- Review and update Bylaws

## Invest in the Future

- Enhance AyS financial viability by securing reserve funding and monitoring one-time gifts
- AyS will transfer to accrual bookkeeping to track long term-multiyear gifts
- Staff will continue to train in finance, non-profit, and clinical best practices
- Work with city and county for in-kind donations
- Enhance financial resources
- Expand the physical clinic within 2 years
- Increase number of unique patients served by 20% by 2025
- Complete transition to Electronic Medical Records and create appropriate protocols
- Expand to 5 clinics a week

## Arizona Tax Credit

Please consider making a donation using your AZ Tax Credit! There are new amounts for 2024!

**The maximum QCO credit donation amount for 2024: \$470 single, married filing separate or head of household; \$938 married filing joint.**

If you want to get a jump on your credit early for 2024 now would be a great time to show your support for Amistad y Salud. Our QCO # is 20284. Information about how it works can be found here, on our Facebook page, and on our website, but if you have any further questions please let me know, I'm happy to help.

*Nicole Glasner, Executive Director 520.237.5075*



Make a gift to Amistad y Salud, a Qualified Charitable Organization QCO CODE: 20284



Keep a receipt of your gift



Complete the appropriate tax form (Arizona Form 321) to claim your credit for your gift to Amistad y Salud



Get ALL of your money back from the state of Arizona!



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## GO DIGITAL

Continuing to Go Digital In our continuing effort to conserve energy and resources, Clínica Amistad is trying to go as digital as possible. Therefore, if you are currently receiving this newsletter by U.S. Mail and would like to receive it via email; or if you have any recent changes to your mail or email address, please contact us by email: [exec@clinicaamistad.org](mailto:exec@clinicaamistad.org)

CLÍNICA AMISTAD El Pueblo Neighborhood Center, 101 W Irvington Road, Bldg 3-C, Tucson, AZ 85714

FOR APPOINTMENTS CALL 520-305-5107 • **ALL CORRESPONDENCE** PO Box 27284, Tucson, AZ 85726-7284

**HOURS OF OPERATION** Wednesday & Thursday: 5-9pm • First Saturday of Every Month: 10am-2pm

Manager@clinicaamistad.org • www.clinicaamistad.org • *Se habla español*