



**Clínica
Amistad**

A Project of Amistad y Salud

NEWS

FEBRUARY 2025

President's Letter



Dear Friends of Clínica Amistad,

Since the beginning of the new administration in Washington, D.C., there has been a flurry of activity. Executive orders are being issued on practically a daily basis. His new governmental efficiency czar, Elon Musk, also has ordered many changes to what he believes is a bloated federal bureaucracy. Every new

cabinet secretary has brought an agenda of how things should now be done.

While I can't provide any insight into these national matters, I do have the ability—and the opportunity here—to assure you of one thing: Clínica Amistad remains open for business, continuing to serve the community. In fact, our providers and volunteers continue to provide primary care to a steadily increasing number of patients--the poor, uninsured and underserved of greater Tucson.

As you may recall, the clinic is open two evenings a week, and one Saturday morning a month. Now, plans are well underway to, in fact, open another day during the week.

Added to this, we're devoting special staff and time to focus on women's health one evening a week. Meanwhile, our established pre-diabetes program continues to grow, becoming more effective and impactful.

Such growth requires three important ingredients. First, a place to work in. Our present facilities currently meet that requirement. Second, staff to accomplish the daily needs. We also meet this, and have recently seen many new providers, who are all volunteers, join our team. Third, the financial resources to pay for equipment, supplies and staff who work at the clinic. We have just hired a new full time assistant director to help us meet the demanding needs of our current patient load (see below). Again, with your continued support, we are currently meeting this very important requirement.

But, as a non-profit organization, we can never rest on what we have today. So, when I point out that Clínica Amistad is still functioning—and quite well, thank you—I should also add one caveat. We do so only with your generous help. And it will always be that way.

Sincerely,

Lawrence Jagnow
Lawrence Jagnow

Welcome Elizabeth López, Assistant Director

We are thrilled to introduce Elizabeth López as our new Assistant Director at Clínica Amistad! Elizabeth has been a dedicated volunteer at our clinic for two years, committed to supporting our team and helping our patients feel cared for and heard. Elizabeth graduated from the University of Arizona in 2023 with a BS in Neuroscience and Cognitive Science, and a BA in Spanish with an emphasis on Translation and Interpretation. Alongside her work at the clinic, she has been a Certified Nursing Assistant (CNA) for three years, and she plans to pursue medical school in the future.

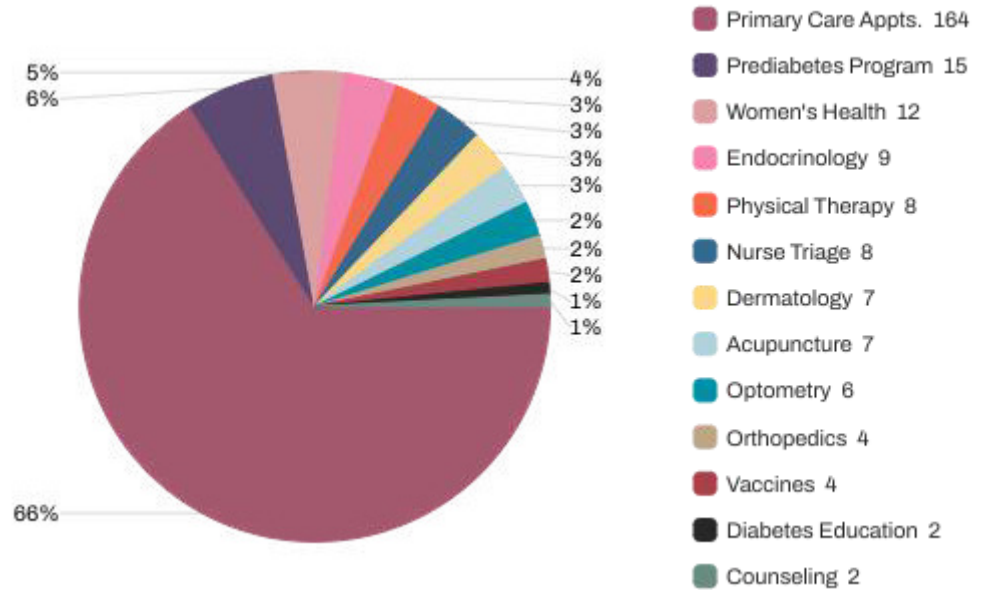
Elizabeth is excited to continue serving our community in this new role. In addition to her professional skills, she enjoys reading, taking dance classes, caring for her plants, and exploring new interests. Please join me in welcoming her to this new chapter at Clínica Amistad. We are lucky to have her on our team!



Monthly RECAP

HOW YOUR SUPPORT MAKES A DIFFERENCE

In the month of January we saw 248 patients (**53 were new patients!**). We currently have 31 active licensed healthcare providers donating their time to Clínica Amistad. In addition, we are beginning the new year with 91 active student volunteers. These students are studying at the University of Arizona and Pima Community College and focusing on various fields including healthcare, communications, and business.



Celebrating our Prediabetes Program Graduates!

As part of Clínica Amistad's commitment to improving the health of the most vulnerable, we are proud to offer a free, 12-session, evidence-based Prediabetes Program designed to empower participants with culturally relevant education and resources to lower their risk of developing Type 2 diabetes. We are excited to recognize the dedication of our most recent participants,

who successfully completed the program (pictured below). Over the past three months, these individuals committed to learning and implementing lifestyle changes to reduce their risk of Type 2 diabetes, all while building a strong sense of community and support. By the end of the program, all participants saw improvements in their health and, most importantly, left with the confidence, tools, and a supportive community to continue their journey toward better health. We look forward to welcoming more participants into the program this month and supporting even more members of our community.

Clínica Amistad's Prediabetes Program is led by Julio Loya, PhD, RN (center), Assistant Professor at the University of Arizona College of Nursing. His research focuses on improving the health of Hispanic/Latino adults with type 2 diabetes mellitus. The program is supported by Delaney Granholm, a pre-med student at the University's W.A. Frank Honors College.

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.** clinicaamistad.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 below 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 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.

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

Arizona Tax Credit

As a reminder you can still make your 2024 tax credit donation to Amistad y Salud. You can also make this payment through April '25 (or when you file your '24 tax return) and count it on your AZ tax form. If you have not filed your 2024 taxes and did not take this credit, please consider making a donation. We are a Qualified Charitable Organization. Your gift of up to \$470/individual or \$938/ married couple may qualify for the Arizona State Tax Credit. The Arizona State Tax Credit program allows you to make a donation to Amistad y Salud and receive a dollar-for-dollar credit against your Arizona state taxes. Amistad y Salud's Arizona QCO CODE is: 20284.

There is some confusion on how the credit works. So to put it simply, if you owed \$1000 in taxes and made a gift of \$470 your tax liability would be reduced to \$530. If you don't own anything the state of AZ will issue you a tax refund for \$470! The best part is it doesn't cost you a penny and gets the clinic additional funding to operate. You can also make this payment through April '25 (or when you file your '24 tax return) and count it on your AZ 2024 tax form.

Nicole Glasner, Executive Director 520.237.5075



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



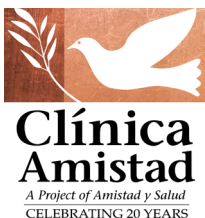
Keep a receipt of your gift



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!



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*