



Clínica Amistad
A Project of Amistad y Salud

NEWS

MARCH 2025

A Letter From the Executive Director

Dear Friends,

As we navigate these rapidly changing times, I am reminded of the resilience and dedication that define our clinic and the community we serve. The political climate continues to shift, bringing new challenges that test our resolve, but one thing remains constant: our unwavering commitment to providing accessible, compassionate healthcare to those who need it most.

At Clínica Amistad, we have always been more than just a clinic. We are a lifeline, a place where individuals and families find hope, healing, and dignity. Regardless of the external changes around us, our mission remains steadfast. We are here to serve, to uplift, and to ensure that no one is left behind.

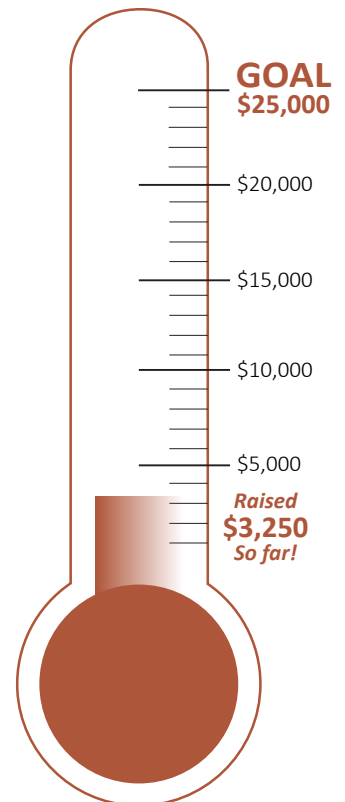
To continue delivering on this promise, we are launching an exciting crowdfunding campaign to support our vital services. Our goal is ambitious but achievable, and we need your help to make it happen. With your support, we aim to raise **\$25,000 by April 30, 2025**.

You can track our progress on the campaign thermometer (see below) on our website, which will show how close we are to reaching our goal. Every dollar raised will go directly toward sustaining and expanding our programs, ensuring that we can meet the growing needs of our community.

Why Your Support Matters

- **Healthcare Access:** Your contributions help us provide free or low-cost medical care to underserved populations, including those who may face new barriers due to policy changes.
- **Community Outreach:** Funds will support our outreach programs, which connect individuals to resources, education, and preventive care.
- **Sustainability:** Your generosity ensures that Clínica Amistad remains a stable and reliable source of care, no matter what challenges arise.

On behalf of our entire team—our staff, volunteers, board members, and the patients we serve—thank you for standing with us during these uncertain times. Your belief in our mission fuels our determination to keep moving forward, no matter the obstacles. Let's show the world what compassion and community can achieve. Together, we can ensure that Clínica Amistad remains a place of healing, hope, and humanity.



With gratitude and hope,

Nicole Glasner
Executive Director

P.S. Don't forget to check out our campaign thermometer and watch us rise to the challenge!

See the back page for different ways to help us reach our goal!

Celebrating International Women's Day



Honoring the Women of Clínica Amistad

This International Women's Day, we celebrate the incredible contributions of women around the world who are breaking barriers, driving change, and uplifting their communities. At Clínica Amistad, a beacon of hope and healthcare for underserved populations, women are at the heart of its mission. From leadership to frontline care, the women of Clínica Amistad embody strength, compassion, and resilience.

Leading with Vision and Compassion

At the helm of Amistad y Salud's Clínica Amistad is its Executive Director, a visionary leader whose dedication to health equity has made the clinic a lifeline for countless individuals. Her unwavering commitment to serving marginalized communities inspires her team to go above and beyond every day.

Supporting the clinic are the Assistant Clinic Director, whose empathetic approach and deep understanding of the clinic's mission ensure that patient care remains the top priority; and the Assistant Clinic Manager who plays a pivotal role in working closely with the clinic's volunteers, ensuring they are supported, trained, and empowered to contribute effectively. Together, they create a nurturing environment where both patients and volunteers thrive.

Guiding the Mission: The Women on the Board

Amistad y Salud's Board of Directors is another pillar of strength, with women leaders who bring diverse expertise and passion to the table. These board members provide strategic guidance, advocate for the clinic's mission, and ensure its long-term sustainability. Their leadership and dedication help shape the clinic's vision, ensuring it continues to meet the needs of the community it serves.

Behind the Scenes: The Unsung Heroes

The Medical Records Manager and Bookkeeper are the unsung heroes of Clínica Amistad. The Medical Records Manager ensures that patient care is seamless and efficient, safeguarding sensitive information while maintaining the highest standards of accuracy. Meanwhile, the Bookkeeper keeps the clinic financially sustainable, ensuring that resources are allocated wisely to maximize impact.

Empowering the Next Generation

Clínica Amistad is also a training ground for future leaders in healthcare. The clinic's interns, volunteers, and students—54 of whom are women—bring fresh perspectives and energy to the team. Whether they are assisting with patient care, conducting community outreach, or supporting administrative tasks, these young women are gaining invaluable experience while contributing to the clinic's mission.

Healing Hands: The Doctors Who Care

The 18 women doctors at Clínica Amistad are the embodiment of skill and compassion. They work tirelessly to provide high-quality care to patients, often going the extra mile to ensure that no one is left behind. Their expertise and dedication are a testament to the power of women in medicine.



A Collective Force for Good

Together, the women of Clínica Amistad—from the Executive Director and Assistant Clinic Director to the board members, medical staff, volunteers, and students—form a collective force for good. They are leaders, caregivers, innovators, and advocates, united by a shared commitment to health equity and social justice. Their work not only transforms lives but also challenges systemic inequities, paving the way for a more just and inclusive world.

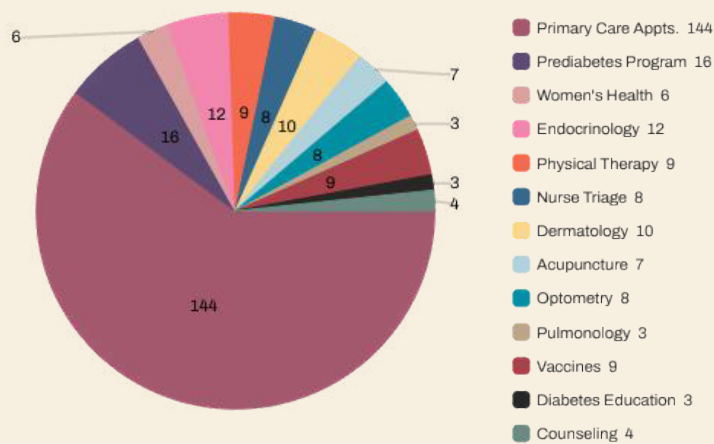
This International Women's Day, we honor the women of Clínica Amistad and women everywhere who are making a difference. Their stories remind us that when women are empowered, entire communities thrive. Let us celebrate their achievements, amplify their voices, and continue to support their vital work. Here's to the women of Clínica Amistad—thank you for inspiring us all!

Happy International Women's Day!



Monthly RECAP

We continue to see the growing impact of our services here at Clínica Amistad as we helped 189 individual patients last month with 132 of them being female patients. This month for **International Women's Day**, we recognize the many women who rely on Clínica Amistad for their healthcare. From preventive women's care to chronic disease management, we are honored to support their well-being and empower them to take charge of their health. We also saw 40 new patients last month showing that Clínica Amistad remains a vital resource for many in our community.



In Loving Memory of Congressman Raúl Grijalva

Last week, we lost a dear friend, a tireless advocate, and a true champion for our community.

Congressman Raúl Grijalva was not only a dedicated public servant but also a steadfast supporter of Clínica Amistad and our mission to provide compassionate care to those in need.

The Congressman led with love in everything he did. His unwavering commitment to justice, equity, and healthcare access touched countless lives and inspired us to continue fighting for a better future. His kindness, wisdom, and passion will forever remain in our hearts.

We extend our deepest condolences to his family, friends, and his amazing staff, who supported him in his tireless work. Congressman Grijalva's legacy will live on through the lives he changed and the communities he uplifted.



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.

How You Can Help:

- **Donate Today:** Visit clinicaamistad.org to contribute to our crowdfunding campaign. It's secure, fast and easy!
- **Write a check.** Send your contribution to: Clínica Amistad, PO Box 27284, Tucson, AZ 85726.
- **Spread the Word:** Share our campaign with your friends, family, and networks. Every share brings us closer to our goal.
- **Volunteer:** If you're able, consider giving your time and talents to support our work on the ground.

When you click on www.clinicaamistad.org/ donate you can provide health care, comfort and hope to your neighbors that need it most.



Join Us on Arizona Gives Day

Mark your calendars for April 1, 2025—Arizona Gives Day! This statewide day of giving is the perfect opportunity to amplify your impact. Whether you're able to give \$10 or \$1,000, your support will make a difference. Together, we can ensure that Clínica Amistad continues to be a beacon of hope and healing for years to come.

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

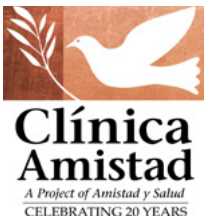
Amistad y Salud is a non-profit 503(c)3 organization. Our Federal tax ID number is 75-3060875. Our AZ CQO number is 20284.

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 owe 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.

Did you know you can support BOTH Clínica Amistad AND Arizona schools while reducing your state taxes? Thanks to Arizona's tax credit programs, you can donate to both causes and claim separate credits! Learn how you can maximize your impact: www.clinicaamistad.org/donate. By taking advantage of both tax credits, you're not only maximizing your tax savings but also making a meaningful impact in two critical areas: healthcare access and education. Together, we can build a stronger, healthier, and more vibrant 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*