



Patient Stories: *“I just love my life now.”*

Cynthia is a patient at Neighborcare Health. After years of chronic illness, Neighborcare helped Cynthia learn how to live a healthier life. This is Cynthia’s story in her own words. *“Before I came to Neighborcare, I had a lot of health issues that I just didn’t know about. I didn’t know I had high blood pressure. I didn’t know I was pre-diabetic. I didn’t get my teeth cleaned. I just wasn’t taking care of myself.”*

Because diabetes runs in my family, my mother and sister encouraged me to go to Neighborcare Health. I didn’t have money at that particular time, but they still accepted me and welcomed me. And they gave me great care. They helped me with medical, dental, mental health, housing: I could just go there and get everything taken care of. I didn’t have to make several appointments at several different places. It’s like one-stop shopping!

Last year I was diagnosed with diabetes. I was very apprehensive about taking insulin or metformin, but they educated me about it and encouraged me, they didn’t push it on me. If I had a question, I could call and ask someone about it. They even invited me to a diabetic cooking class.

Now I’m doing great. My numbers are fantastic and Neighborcare has helped me changed my way of living. My blood sugar level is under control and I eat healthier. I exercise more now. I used to be really, really depressed. Because I’m more active now I’m not as depressed anymore. I just love life and I’m trying to live a lot healthier.

And I want to be healthy because I want to live longer and I want to be around to see my grandkids. I’m the oldest in the family, so I’m like the matriarch now. I have nieces and nephews that look up to me, and I just want to be able to run with them and go to their basketball games and their graduations and all their activities. Neighborcare taught me how to live healthier so that I can.

Recently I brought my 20-year-old daughter to one of my visits at Neighborcare. And she said, *“Wow, mom. This clinic is better than my clinic. This is really nice!”* And I said, *“Yeah, I told you. You should transfer here.”*

That’s what I like about Neighborcare. It’s affordable health care for everyone. Not just the rich, but the poor, the homeless, whoever needs it can come here and get professional care.”



Legislative days in Olympia - Advocating for our patients

On February 6 and 7, Neighborcare Health met with state legislators in Olympia for Washington Association for Community Health (The Association) and Community Health Network of Washington (CHNW) Joint Legislative Days—our two state organizations that advocate for community health centers and our patients. This year, community health centers urged our representatives to support our work and patients by protecting the health care safety net, and expanding access to behavioral health and dental care.

Protect public health programs

Since the Affordable Care Act (ACA) passed in 2010, more than 600,000 Washingtonians have gained health insurance, many of whom receive health care from community health centers (CHCs).

In a time when our most vulnerable neighbors continue to face uncertainty around public health programs, CHCs are asking the state legislature to maintain our state's commitment to the health care safety net. Protecting the safety net means preserving current Medicaid/Apple Health benefits, including dental and pharmacy services, and supporting essential social support services, including food, housing and employment.

Increase access to behavioral health care

Investing in behavioral health care is the most cost-effective way to strengthen the community and prevent crises that result in expensive emergency services. Community health centers need more space and staff to meet the high demand for behavioral health services, including treatment for opioid use disorder.

In 2019, community health centers are requesting legislators approve a \$15.15 million capital request to build new and expanded clinics that will serve 18,000 patients. Legislators are also being asked to invest an additional \$7 million in loan repayment programs dedicated to behavioral health professionals serving underserved communities.

Increase access to dental care

Last year's investment in dental care brought relief to tens of thousands of Medicaid and uninsured adults and children around Washington state. However, more than 1.3 million Apple Health enrollees are still expected to go without dental care in 2019.

This year, CHCs are asking state legislators to approve a \$10.1 million capital request to build new and expanded clinics that will serve over 46,000 new patients and provide 130,000 visits statewide.

Everyone deserves quality health care

Spring Dinner



Jorge L. Barón has served as the Executive Director of the Northwest Immigrant Rights Project (NWIRP) since April 2008. Jorge's passion in advocating on behalf of immigrants and refugees is firmly rooted in his own immigrant experience: he is originally from Bogotá, Colombia, and immigrated to the United States at the age of thirteen.

Join us for Spring Dinner!

With keynote address by Jorge L. Barón
Executive Director, Northwest Immigrant
Rights Project

Wednesday, April 17

5:30 pm Social Hour, 6:30 pm Dinner & Program

Fisher Pavilion

305 Harrison St, Seattle, WA 98109

To register, go to neighborcare.org/events

There is no cost to attend, a suggested donation of \$150 will be requested at the event for patient care

For more information contact:

Ashleym@neighborcare.org
or call 206-548-3049

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Neighbors | Spring 2019

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West Seattle Elementary

West Seattle High School

TWO great ways to support Neighborcare Health this spring!

The Spring Dinner on April 17th – *see inside*
and GiveBIG on May 8th



GiveBIG is a one-day, online charitable giving event to inspire people to give generously to nonprofit organizations who make our region a healthier and more vibrant place to live.

Last year we raised more than \$30,000 on this day of giving, and this year we hope to break that record!

To make your GiveBIG donation on Wednesday, May 8th go to www.neighborcare.org and click the GiveBIG link, or search for Neighborcare Health at www.givebig2019.org

See inside to learn about our fabulous Spring Dinner on April 17th with keynote speaker, Jorge Barón!