

THRESHOLDS

CLARA'S HOUSE: Lighting the Way to Comprehensive Healthcare

Clara's House 3319 J Street Sacramento, Ca 95816

clarashouse@clarashouse.org

A nonprofit 501 (3) (c) serving those most in need of comprehensive healthcare Vol. 1 #1

Threshold- *(Noun) opening, beginning, a point of departure, starting point
(Adjective) start of an event or action.*

WELCOME! Everyone involved with Clara's House, volunteers, board members, executive director and current patients welcomes you to Clara's House, a home for compassionate, comprehensive healthcare to those most in need. We invite you to learn a little more about us, and are grateful for your desire to be part of our dream. Clara's House is a new, small Primary Care Nurse Practitioner clinic in Sacramento. Clara's House is a threshold...a starting off place for comprehensive and compassionate healthcare to those who have no other resources. Clara's House is a place where concerned citizens can take small effective action to help alleviate the healthcare crisis in Sacramento County.

About our namesake...Sister Clara Watts O.S.F. Sister Clara, a Franciscan Sister, was a shining example of her namesake, Saint Clare, whose name means "light". S. Clara had a gift of connecting with people, and a gift of teaching. Her family taught her the positive attributes of humor and geniality. Her hospitable approach to people, especially the children she taught, made people feel comfortable and at ease. One of her greatest joys in life was that her brother Jimmy became a Franciscan Friar, Padre Mariano. As a Nurse Practitioner Clinic, we are grateful to the example S Clara left for us, as we seek to connect with many people, provide health education and healthcare in a way that makes people who have few resources feel at home.

About the Dream... S. Kathy Wood, O.S. F. is back in Sacramento to start a clinic. Very quietly, almost so quietly that a person would not know they were present, S. Kathy and Pam Butts, along with a small group of individuals who believe in the dream, have been quite busy these past months in the Midtown Area. It has long been a dream of S. Kathy's to start a Nurse Practitioner Clinic for the poor in Sacramento. S. Kathy and Pam began researching possible sites, connecting with everyone from county health care coordinators to doctors, nurses, and business leaders to research the best options for providing health care to those who truly fall through the cracks. The Dream is to make health care and care for the whole person available to people who would have no way to get it otherwise. While starting in a small and manageable manner, it has been possible, even in this tough economy to obtain startup funding, a location, and people

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interested in participating in the dream. This has truly been a small spark that has started a large fire....lighting the way for individual people to make a difference in helping those among us with few resources. We believe that any contribution, small, large or in-between can help make a dent in the healthcare crisis in Sacramento.

About Comprehensive Healthcare....Imagine being sick and unable to read your prescription.

It's tough enough to be diagnosed with a chronic health condition such as diabetes. The change needed in one's shopping habits and diet alone can feel unattainable to even those among us who are blessed with an education. Add to that the challenge of needing to ride public transit to multiple doctor appointments as well as a minimum wage job. Now imagine that on top of even that you have been lucky enough to have that job, even though, for whatever reason you can barely sign your own name and fill out a job application. Whether due to a language barrier or a failure of the education system, a person may find themselves in a life threatening situation because they are unable to understand how to read a blood sugar level, or unable to follow written dietary instructions. At Clara's House, teams of trained volunteers work with patients to meet these additional needs. After an assessment, such a patient would be seen for their presenting medical condition, referred to appropriate community resources, and connected with social or educational supports that help ensure the success of their treatment. The savings in terms of healthcare alone is seen in increased treatment adherence and improved health. And imagine; now being able to have a way to learn how to read on top of that! Imagine having access to a clinic that is on a workable bus line! Imagine the dignity and personal power that comes with increased knowledge and social support! These are the kinds of services that are provided at Clara's House. The amazing thing is that this kind of hope is being offered to those who have no way of paying for it. The incredible thing is that local citizens are volunteering to help folks who have such need. This is the dream in action.

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About our Gratitude....A big THANK YOU from our patients... without your support, they would not have the access to quality care that they currently have.

Many thanks and much appreciation to all those who support and encourage the dream: especially we would like to thank these volunteers and supporters:

Dr. Rosalinda Hsia M.D. For signing off on the protocols for the Nurse Practitioner

Countless Medical Staff and Paraprofessionals and professionals in other specialties who volunteer with patients to provide comprehensive care.

The County of Sacramento, Department of Public Health under leadership of **Dr. Trochet** for covering the cost of immunizations, labs for STDs TB, and related follow up.

The Sisters of Saint Francis, Redwood City Province and **Sisters of St. Francis, the Netherlands**, for donating startup funds. The support of the **provincial council** of the Sisters of St Francis.

S. Carol Snyder O.S.F. and **S. Claire Graham, S.S. S.** for encouragement to pursue the dream.

S Claire Graham S.S.S., Fr Dan Madigan for brainstorming contacts, beginning ideas.

Robin Rositaia, Mike Williams and Rose Mary Williams, Edna Bush, Cathy Kealy. Dorola Haley, Ray Zivin.

Mike Berta for assistance in the development of the Business Plan

Mike Doukas, Joe Angelo, Buck Wilson and Mark Read for coordinating the location of the clinic.

Bill Duker at All Star Printing in Roseville for digitizing the logo

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Kathy Martin, Clair Alway, S Pat Rayburn O.S.F., S. Margaret Bannan O.S.F.,

Father Franklin Fong O.F.M. for designing the logo

Father Franklin Fong OFM for the calligraphy

Robin Rositina and Sue Boone for creating agency forms

S. Claire Dalton R.S. M. from **Mercy Hospital** for furniture and consultation

Art Guerrero and **St Vincent De Paul** for the moving of furniture.

Pat Murphy and Maureen Douglass, for setting up the accounting and financial system.

Sam Galina, C.P.A. for helping us attain Federal and State nonprofit status.

Sue Boone, Volunteer Coordinator.

S. Mabel Ming O.S.F from Nebraska, **S. Monica Asman O.S.F.** and **S. Norine Nichols O.S.F.**, **Sr Mark Scalzi OSF** and many, many others for their prayers and moral support.

S. St Michael R.S.M., S. Redempta Scannell R.S.M., S. Janet Corcoran O.S.F. and all those who have come to planning meetings and brainstorming sessions.

John Davis, Bill Kennedy from **Northern Ca Legal Aide** for legal advice.

Tina Thomas, legal consulting.

S. Mary Ellen Howard S.N.D, Ruth Mallery and **Carol Valine-Zarek** for proposal development and outreach.

Wellspring and Sacramento Food Bank for refreshments for our first open house

Our Board of Directors: Claire Graham SSS, President, S. Anne Sekul, R.S.M Vice President, Maureen Douglass treasurer, S. Mary Ellen Howard S.N.D, Secretary, Mike Berta, Betty Hutchinson, S. Redempta Scannell R.S.M., Martha Guerrero, Art Guerrero, Betty Hutchings, Sue Boone, Pam Butts, N.P., Ruth Mallery

So many people have contributed their time talent and treasure. We thank you all and are most grateful for your generosity.

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About our Needs

A full list of medical equipment and need supplies will also shortly be available on our web site: clarashouse@clarashouse.org

If you have five minutes, fifty minutes or five hundred minutes, we are grateful for your **time**.

If you have five talents, fifty talents or five hundred talents we are grateful for your **talents**.

If you have five dollars, fifty dollars or five hundred dollars, we are most grateful for your **treasure**.

Needed Items

Do you know anyone who would wish to donate or fund these items?

1 exam room lamp goose neck

2 mayo stands

Stand for baby scale

Measuring board for infants

Calibration for adult and infant scale

Audiogram \$600

Pulma aid machine

O2 tank and stand (small)

Locksmith services

Spirometry

Ambu bag adult and child

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Needs cont'd

Locked container for emergency drugs

Computer 1 desk top and two lap tops

Computer cart for lap top in rooms

Printer, fax, copier, paper

Container for sharps

Closed trash container 3

Funding for labs and medicines

Dressings: band aids gauze wrap etc

Basins or foot pans

Emesis basins 3

Cleaning supplies Mop disinfectants

Funding for Bus passes

Funding for Labs

Funding for Medicines

Funding for x-rays

Funding for eye exams

Funding for Dental exams

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Needs cont'd

Hem clue for anemia \$800

Waste disposal red bag

Median size gloves

masks in case of swine flu

needles with safety cap

few sterile gloves medium

Dressing tray

Needle disposal container

bandages band aide's ointment

Ace wraps

4xs4

gowns for adults and children drapes

Paper tape

hemocult slides

cidex

thermometer with probe covers

Table Paper

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Speculum's for pelvic small, medium large

plum aid machine masks for adults and children

Nebulizer for Pulma aid machine

Oxygen

thermometer for fridge and freezer

Paper for infant scale

Wish list

centrifuge

mobile bp on stand

air way all sizes

infant measuring board

2 mayo stands,

EKG machine that gives a read out

eye occluder

peak flow meters

glucose machine and strips

disposal tips for otoscope

2 (2) line phones

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Portable thermometer

Book for color blindness

Broom etc,

Toilet paper

Hand soap

Office Supplies, paper

Anything else that might be useful

Our financial assistance in any amount is also greatly appreciated. Contributions may be tax deductible. Please contact S. Kathy Wood (email: lacasita@pacbell.net) P/hone 916 448 3976 916 3984 Fax/ when we get phones or Kathy 916 498 8467/ 626 497 9330

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Web site hosted by registry.com