

Caring CONNECTIONS

A u t u m n 2 0 0 4

N E W S L E T T E R O F L A G U N A B E A C H C O M M U N I T Y C L I N I C

Healthy Babies —thanks to Prenatal Care at LBCC

Of life's many blessings, few are more vital than the health of a newborn baby. At Laguna Beach Community Clinic, help in achieving the miracle of a healthy baby is available to any Orange County resident who does not have healthcare benefits. Thanks to the caring and expertise of dedicated obstetrician Dr. Niall Cullen, prenatal coordinator Mary Nieto and other members of the Clinic team, quality care is available. Clinic Medical Director Emeritus, Dr. Korey Jorgensen, states "For every \$1 spent on the cost of prenatal care, an amazing \$4 in postnatal cost is saved." This is especially relevant considering most medical care for lower-income families is borne by the state's MediCal system, funded by our tax dollars.

Any woman thinking she might be pregnant need only make an appointment at the Clinic for a pregnancy test. If the test is positive, she is referred to Mary Nieto, prenatal coordinator, for a complete evaluation, including medical history and lab tests. Prenatal counseling is given, stressing the importance of good nutrition, and eligibility for the MediCal program is determined. If the pregnancy is over 20 weeks, she can be sent to Saddleback Memorial Hospital in Laguna Hills for ultrasound tests.

A prenatal exam is then scheduled with Dr. Cullen to evaluate the patient and explain the stages of pregnancy. Follow-up doctor appointments are set, and for more intensive prenatal information, a series of four 4-hour classes is offered to the mother-to-be. A gift basket of donated layette items and infant care pamphlets prepared by Mary Nieto is a happy surprise for the expectant mother.

About five weeks before her due date, the patient is assigned to a Clinic-affiliated obstetrician colleague who continues prenatal care and is present for the delivery at a local hospital. Two weeks after the newborn arrives, the mother returns to the Clinic for baby's first pediatric exam and at six weeks, for her postpartum physical. Subsequent care continues every six weeks.

For the community at large, it is common sense that the good health of a newborn is beyond a precious blessing. It is an enormous investment in our future. And Laguna Beach Community Clinic helps, one patient at a time!

—*Glori Fickling*

Laguna Beach Community Clinic offers quality medical care on a sliding fee scale and discounted dental care. In 2003, the Clinic provided over 17,000 patient visits to our medically under-served neighbors.

Clinic Hours: 8—5 Mon., Tue., Wed., Fri. (closed 12—1)
8—8 Thurs. (closed 12—1, 5—6)
8—12 Saturdays
Closed holidays

“Our family is now complete,

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Relay for Life 2004

Laguna Beach Community Clinic fielded a team for the annual Laguna Beach “Relay for Life,” an American Cancer Society event, on September 10th and 11th at El Morro School. The “Relay” mobilizes communities across the country to raise money for the fight against cancer, celebrate survivors, and remember those who lost their lives to cancer.

Circling the El Morro track for 24 hours, the Clinic team walked, cheered and remembered. The team distributed Clinic information; honored our patients, co-workers and friends, and applied bandages to blistered feet. Clinic Team Co-Captain Betty Price inspired all with chime music during the remembrance ceremony.

Team Captain Dr. Tom Bent, LBCC Medical Director, thanks the Clinic team members and families for their support and enthusiasm and for helping make the Laguna Beach event the most successful “Relay for Life” in Southern California.

ECCO honors LBCC

The Elections Committee of the County of Orange (ECCO) recently honored Laguna Beach Community Clinic and Kim De St. Paer, LBCC's HIV testing coordinator, for years of healthcare service to the underserved in Orange County.

A gleaming crystal trophy was graciously accepted by Lee Winocur Field, PhD, a past president of the LBCC Board of Directors, who summarized the full range of medical services available at the Clinic in her acceptance speech.

ECCO also selected Corey Jorgensen, MD, Clinic Medical Director Emeritus, for a similar memento in recognition of his years of service, particularly to the HIV-infected in our community. In his acceptance speech, Dr. Jorgensen thanked the Clinic Staff and Board for their support of the HIV Early Intervention program.

The awards were given at the 21st annual ECCO dinner/dance held October 2, 2004 at the Disneyland Hotel. Over 200 people attended, including elected officials, members of ECCO, and politicians campaigning for election. Non-partisan ECCO, one of California's largest political action committees, advocates for the gay, lesbian, bisexual and transgendered community.

“Your Name Here”

Printing costs for this issue of *Caring Connections* were graciously sponsored by

MARY C. ANDERSON

For information on how you (or your business) can sponsor *Caring Connections*, please call 949.494.0761 x134

Because we care, each pre-natal patient receives a gift basket from Pre-natal Coordinator, Mary Nieto.



thanks to Prenatal care from LBCC”

He Goes the Distance!

An employee of Laguna Beach Community Clinic has accomplished something most people only dream about. Victor Velazquez, Medical Records Clerk, competed in the 2004 LA Marathon in March, and finished the 26-mile race!

Victor joined the LBCC staff over three years ago as a full-time employee. About six months before the race, the 28-year old Laguna Beach resident started training. When asked why he entered, he replied, “For me, it started as a personal challenge, but I also discovered that I could use this event to help raise money for a young cancer patient that I know. This girl wasn’t able to run, so I ran for her.” Victor also volunteers his time as a soccer coach for the local AYSO.

Co-worker Dr. Korey Jorgensen reports, “Victor is a very hard-working member of our team who has a fascinating outside activity. He’s wonderful to work with and makes a great addition to our Clinic team.”

Prenatal Doctors Bring Joy

“Mrs. B” came to Laguna Beach Community Clinic in late 2002, considerably distressed and saddened by the fact that she had failed to conceive during six years of marriage.

Before coming to the Clinic, Mrs. B had been diagnosed with polycystic ovarian syndrome (PCOS), a very common cause of infertility in which ovulation fails to occur naturally. Over the course of several months, she had been treated elsewhere without success.

We decided to try a new ovulation-stimulating drug, gradually increasing the dosage to maximum, without success. Reassessment and further tests brought to light the fact that the patient had a relatively rare disorder of her adrenal gland, affecting hormone production, which can also be associated with failure to ovulate. Treatment for this condition was added to the previous regimen, again without success. Frustration all around!!

Recent studies have noted that a drug used to treat Diabetes might be effective in stimulating ovulation in PCOS. We decided to try this treatment with her, and added the medication to her regimen in June 2003. She returned to the Clinic at the end of July, and had a positive pregnancy test, which was confirmed by ultrasound! Her pregnancy then progressed to a satisfactory conclusion when she delivered a healthy son.

Mrs. B returned to the Clinic for her baby’s two-week checkup with our pediatrician, and expressed her thanks. Her happiness and her healthy child were satisfaction enough for all of us!

— *Niall Cullen, MD, LBCC Ob/Gyn*

Get Involved!! *The Clinic Needs Your Help*

For many local residents, this has been an especially difficult year. Sick and injured patients need the Clinic’s help, now more than ever. We are committed to providing the best health care possible, and hope that you will help.

This year’s numbers are astounding. Before the end of 2004, we expect to manage more than 17,000 patient visits, thousands of these are for children.

The need is critical. The time is now. Your gift will ensure essential services and quality programs that make a difference for those with few medical options.

CASH—Gifts of cash, check or by credit card are always appreciated.

TAX SAAVY GIVING—Securities make excellent gifts, often at a lower effective cost to you than a cash gift. See your financial advisor for advice about what works best for you.

ESTATE PLANNING—Whether personal or real property, cash, securities, or life insurance proceeds, a gift made through your estate may be a useful way to manage your assets. Please check with your financial advisor about the advantages of planning a special gift for the Clinic.

HONORS & MEMORIALS—Contributions in honor of, or in memory of, a loved one, are exceptional ways to commemorate an occasion while providing hope and healing for others.

EVENTS—From children’s birthday parties to company golf tournaments, many critically-needed dollars have been raised by individuals holding their own event to benefit the Clinic.

UNITED WAY—Designate your United Way donation to Laguna Beach Community Clinic. Your gift will help the medically underserved get healthy and stay healthy.

VOLUNTEER!—The Clinic offers a range of volunteer opportunities, from helping with fundraising events, to administrative projects, to programs that serve our clients. If you have a few hours each month, you can make a big difference.

— *Alice Klein, CFRE, LBCC Interim Director of Development*

Here’s How To Help

Donate by mail

Mail your gift to LBCC, 362 Third Street, Laguna Beach, CA 92651.
Attention: Ericka Waidley, Executive Director

Donate online

www.LBclinic.org

Donate by telephone

To speak to us about a special gift, or connect with a volunteer opportunity, call 949.494.0761, ext. 134.

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“A Stunning Show of Generosity”

Legends & Icons Event Nets Over \$106,000 for LBCC

Legends & Icons, Laguna Beach Community Clinic's 7th annual Dinner/Dance was held on September 18 at the Marconi Automotive Museum, and contributed over \$106,000 to the Clinic. Legends and Icons honored Dr. Gwyn Parry of Hoag Hospital and Dr. Chau Ngo, a staff doctor at the Clinic. There was a special presentation to LBCC's Dr. Corey Jorgensen, who was named *Family Doctor of the Year* by the California Academy of Family Physicians.

Over 300 partygoers at the sold-out event were treated to a delicious dinner by Mark's Catering, and complimentary Martinis and Margaritas, thanks to Young's Market. As they danced to the melodies of the Hi-Fi Quintet, revelers daydreamed about the Museum's \$30 million collection of Ferraris, antique, classic & muscle cars and motorcycles

The exciting auction included one year's use of a BMW X3 from Crevier BMW, original art by Tom Swimm, a 10-day resort stay in the Dominican Republic, and many wonderful silent auction packages and art donated by generous local artists.

Legends & Icons Event Sponsors

Without the following sponsors generosity, our event would not have been possible.

Thank You to all who support the mission of the Clinic!

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Clinic Board Member, Faye Kirk, delivers an auction package to the lucky winner.



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Achieve Health Center, Inc.
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Anastasia
Sheila Lind Anderson
Animal Crackers for Pets
Aquarium of the Pacific
Arlyth Atkinson Creative Crafts
A Step Back in Time
Australian School of Tennis
Melissa Battersby
The Beach House
Tom Belloni
Danielle Berg Cleaning Services
Matthew David Berg
BJ's Pizza
Tom & Carolyn Bent
OC/LB Blade Magazine
Lupe Blanton
Bradford Renaissance Portraits
Lonnie Brasher/Sun Village Resorts
Michael Bryan
Betsy Burns
Marla Burns, Silversmith
Burr Studio
Hedy Buzan
Café Zoolu
Val Carson
Casa Laguna Inn
Cecile Brunner Hats & Gifts
Georgette Cerrutti, Silversmith
Coca Cola
Lesanne Pelle Coffin
Colleen Corbett
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Cox Communications
Micky Craig
Crevier BMW
John Eagle
English Garden
Suzanne Esko
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Salt Creek Grille
San Juan Hills Golf Club
Sarducci's Capistano Depot
Saturn of San Juan
Savoury's Restaurant
Sawdust Art Festival
Barbara Schuppe
Greg Seems
Serra's Bar & Grill
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Sorrento Grille
South Coast Repertory
Spa Josephine
LB Police Chief Jim Spreine
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362 Third Street · Laguna Beach, California 92651

Laguna Beach Community Clinic

Clinic “Elves” Adopt-a-Family Program

The holidays are a time when families enjoy special festivities. But for families living below the poverty level, providing holiday memories can be a challenge.

Because Laguna Beach Community Clinic serves entire families, the “elves” at the Clinic came up with a plan. Every year, the staff “adopts” several families, and helps them create their holiday memories.

Mary Nieto, Prenatal Coordinator (AKA “Elf-in-Charge”) coordinates a volunteer committee of our entire staff and Friends. They compile a “wish list” from the families and then purchase and wrap the array of gifts, food baskets, toys and clothes for the recipients. Last year, the “elves” were able to give a keyboard to a blind child.

This project starts in early fall, and Clinic “elves” are already hard at work and looking for your help!

Contributions of cash, so we can purchase specific items on the families’ wish lists, will be gratefully accepted until December 15, and can be made online at www.LBClinic.org. Canned foods, gift certificates, unwrapped new toys, and other holiday items are welcomed until December 10. Call 949.494.0761 ext.105 to be a part of this wonderful holiday tradition.

Bring cheer to a needy family!

—Adriana Sayegh

Clinical Director —AKA “Elf”

Upcoming Events

Monday, Dec. 6

World AIDS Day/Mens’ Health Event

3—6pm Mobile Medical Van at Main Beach Cobblestone area.

Offering anonymous free 20-minute HIV tests and health maintenance information of special interest to men.

December 10

Adopt-a-family

Deadline for unwrapped gifts—drop off at Clinic

December 15

Adopt-a-family

Deadline for cash donations—www.LBClinic.org

Friday, Feb. 25

Clinic’s 35th Anniversary Party

Details in next issue of “Caring Connections”