

Caring CONNECTIONS

December 2005

NEWSLETTER OF LAGUNA BEACH COMMUNITY CLINIC

362 Third Street, Laguna Beach, California 92651 · Tel: 949.494.0761 · Fax: 949.494.3154 · www.LBClinic.org

Clinic "Santa" Brightens the Holidays for Local Families

Several years ago, "Sandra," began to attend Laguna Beach Community Clinic for health care on a regular basis. After she married and became pregnant, she was closely monitored in our prenatal program. Following the birth of their baby, Sandra and her husband had to work hard to make ends meet. Last year, it became clear to our prenatal coordinator, Mary Nieto, that Christmas for Sandra's family was going to be bleak.

It has become a tradition for Mary and Clinical Director Adriana Sayegh to enlist the help of the Clinic staff to provide families such as Sandra's with a happy holiday. Some Clinic staff members donate money, some donate a shiny new toy, while others give time to inspect the toys for safety and then wrap each gift. Recipient families are identified by our staff from among the families who receive health care at LBCC. Last holiday season, the Clinic sponsored four families.

The tradition of Holiday giving at LBCC will be enlivened this year by the appearance of Santa Claus. Mr. Claus will personally present gifts to the deserving families "adopted" by LBCC staff at our annual holiday party. Moms, Dads, and all the kids will receive gifts of food, toys, clothing and necessities to make their holidays a bit brighter.

Our Santa is local amateur artist Brian Sadler whose genuine flowing white beard makes him a real celebrity around the holidays. Brian is a success story himself, having overcome the debilitating effects of AIDS. In 1991, he was diagnosed with AIDS and then was disabled by his disease. He survived on a regimen of healthy living and spiritual growth. Then 1997 he began to consult with LBCC's Dr. Korey Jorgensen. By adding a careful medical regimen that he and Dr. Jorgensen devised, Brian has transformed himself from "disabled" to "enabled."

Brian spends emotionally rewarding time painting and creating, and continues his spiritual quest for health. He is a pastor and a volunteer at his church, and assists residents of Hagan Place. He has always been inspired by his mother who told him, "Never underestimate the influence of your actions." Serving as Santa is just another way Brian's contributes to society.

Your donations will make our December 16th Holiday Party even more successful!

- New, unwrapped toys are welcomed.
- A cash donation of \$20 will be used to purchase a gift from the family's wish list.
 - \$100-\$200 will provide a nutritional food basket.
 - \$600 will sponsor purchases of items needed by an entire family.

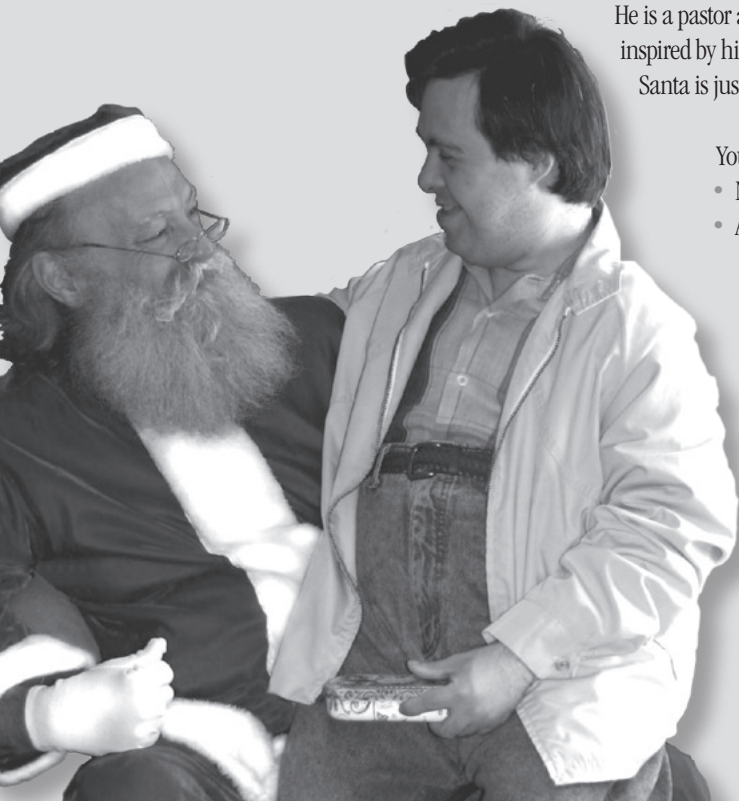
For more information or to make a donation,
call Adriana at 949.494.0761 x 105.

LAGUNA BEACH COMMUNITY CLINIC OFFERS QUALITY MEDICAL CARE
ON A SLIDING-FEE SCALE AND DISCOUNTED DENTAL CARE.
IN 2004, THE CLINIC PROVIDED OVER 18,000 PATIENT VISITS TO OUR
MEDICALLY UNDER-SERVED NEIGHBORS.



LAGUNA BEACH COMMUNITY CLINIC IS A NON-PROFIT 501(C)(3) CORPORATION. TAX ID # 95-2637633

"Santa" Brian Sadler, with Clinic patient, Alan Foster



People who help people... help

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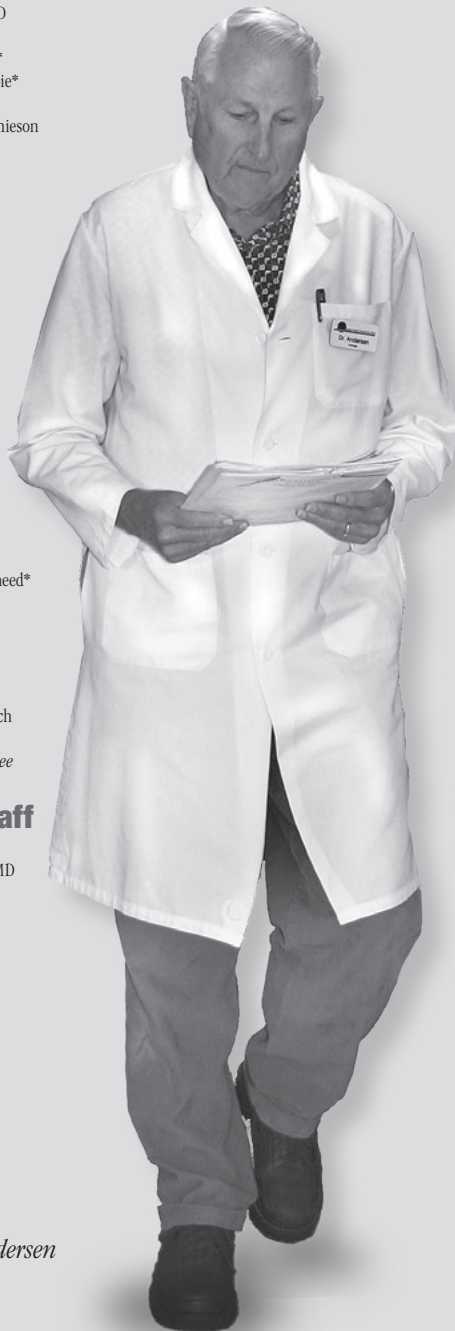
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Clinic Volunteer Dr. Frank Andersen

From African “Bush Doctor” to Laguna “Beach Doctor”

It's been a long road from an amazing practice in the Republic of Congo, where he served as a medical missionary, to his current work as a volunteer urologist at Laguna Beach Community Clinic, but for Dr. Frank Andersen, the ride has been “Go” all the way. Dr. Andersen joined the Clinic two years ago after retiring from a 25 year urological practice in Escondido, California.

Imagine yourself a young doctor circa 1959 working at a small mission station hospital in the Belgian Congo while simultaneously studying the Kikongo language for better communicate with your patients. All this with a wife and two toddler daughters in tow. One year later, you and your family are abruptly evacuated to the United States when turmoil erupts following the Congo's achievement of Independence.

Dr. Andersen was able to return to the Congo in 1961, first at an inland mission station and then transferring to the Institut Médical Evangélique, in the safer city of Kimpese. His wife, Joan, and his girls joined him there in time for Dr. Andersen to deliver their third daughter.

The Institut was an interdenominational medical center with an international staff, a 300 bed hospital, a nursing school and a nearby leprosarium. Dr. Andersen served as the Medical Director of the hospital and the leprosarium, while practicing general medicine, surgery and obstetrics. In 1964, he and his family returned to Los Angeles for Frank's three-year Urology residency at Los Angeles County General Hospital.

After finishing his residency, with his family again in tow, Dr. Andersen returned to the Congo to continue his work. He served as the Medical Director for the Institut and set up a urological service at the Kimpese hospital. At that time, he was the only American-trained urologist in the country. He continued to practice obstetrics and urology and to teach in the nursing school until 1971, when he and his family returned to the United States.

During his missionary career in Africa, Dr. Andersen performed more than 400 Ceasarian sections and reminisces fondly that the Congo years brought “medical experiences that money can't buy.”



“Your Name Here”

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Director's Corner

Dear Friends and Supporters of Laguna Beach Community Clinic,

As 2005 draws to a close, we reflect on what we have accomplished in the past year, and what we have accomplished in the past 35 years. The Clinic has grown from a small-town free clinic to a highly respected community medical provider, and throughout the years, the Clinic's Mission has never wavered.

The mission of our highly skilled and dedicated staff of physicians, nurse practitioners and medical support staff is to provide excellent medical care for all individuals in Orange County, regardless of the ability to pay.

In February, we celebrated our rich history and reflected on the past 35 years. Our Homecoming Event brought together many of the Clinic founders, long time supporters, past and present Board members and staff. Their stories from over the years reflected the great work that has been done with limited resources.

Despite our limited resources, the Clinic has long been an innovator and leader of quality healthcare, and is recognized for excellence in HIV testing and treatment, outstanding Diabetes and Asthma programs, adolescent health, many community outreach programs including our Teen Clinic, as well as providing prenatal care and a variety of other specialty services.

We seek to not only provide healthcare, but educate the community on the many health issues facing us today. We also aim to raise awareness in the hopes of preventing illness in the future.

The physicians, nurse practitioners, nurses and staff remain focused on meeting the needs of the people who live and work in our community.

Our vision for the future is consistent with our past: compassionate, quality medical and dental care to meet the changing needs of our community.

Best wishes for a Happy and Healthy New Year,

Thomas C. Bent, MD

Thomas C. Bent, MD
Medical Director/Chief Operating Officer

Laguna Beach Community Clinic and the families we serve gratefully acknowledge the following individuals, corporations and foundations for their generous support of the Annual Fund. This list reflects donations made within the past 12 months (ending November 15, 2005.) We wish to thank these friends for their on-going partnership, which provides the lifeblood for the Clinic's day-to-day operation. If you have any questions about

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Laguna Beach Community Clinic

A New Face for a Caring Place

In October, Laguna Beach Community Clinic launched “A New Face for a Caring Place” –a campaign to renovate the Clinic, one room at a time.

Much has been accomplished already. One bathroom has been refurbished, new flooring has been installed in support areas and fresh paint was applied in key areas. Funds and services have also been pledged to refurbish the lobby, one adult exam room and one pediatric room.



“This support comes from staff, patients, and the community, with some heavy lifting by local high school students,” said Clinic Chief Operating Officer Dr. Tom Bent. “But we still have much more to be done. It would be great if we could get a local interior designer to adopt each room. They could use their contacts to get the cabinetry and plumbing fixtures for their

room donated, and then they could be creative decorating the room.”

Pediatrician Kristina Nylander mentioned, “I would love to see a local artist paint a mural in one of our pediatric rooms! Having each exam room different would be fun for our kids.”

Sponsors are still needed for six adult exam rooms, one pediatric exam room, two consultation rooms and the lab. New cabinetry, sinks and faucets are needed, along with cosmetic enhancements like chair railings, wallpaper and artwork, to make the healthcare environment more welcoming.

“Adopt-a-Room” teams are also being assembled and team leaders are needed to organize each room. Construction professionals can support the Clinic by donating labor and/or materials, or team members can be involved by simply writing a check to cover specific materials. The estimated cost for refurbishing an entire exam room is \$5000. Donors of this amount will be acknowledged by having the room named in their honor, and all donors will be named on a plaque in the Clinic. Donations are tax-deductible as allowed by law.

Please contact Clinic Director of Development, Elaine Smith at 949.494.0761 x 134 to join our Clinic refurbishing efforts, to donate, or for a tour of the Clinic to see what’s needed.

Help us put “A New Face on OUR Caring Place!”

An Ounce of Prevention...

“In Pediatrics, preventive health care is vital in keeping the next generation healthy,” said Clinic staff pediatrician Kristina Nylander, MD. One of Dr. Nylander’s patients is 11-year-old “Ricky,” who was severely overweight. His parents were both diabetic, overweight and hadn’t had the extra money to take him to the doctor. Fortunately, they heard from a friend that Laguna Beach Community Clinic offered low-cost health care.

He was tested and found to have borderline high cholesterol, but was not diabetic...yet. The family’s diet was mainly “fast food” since they thought it was cheap. Dr. Nylander offered nutritional counseling and provided the family with suggestions for inexpensive, quickly-prepared, healthy meals.

When she saw the family three months later, Ricky and his parents had all lost weight, and had started walking together. They were all healthier, and the son’s self confidence had improved with his weight loss. They were relating better as a family, since exercising brought them closer.

“I’m happy to be able to help care for the babies and children who are the most at-risk since they have no other resources for health care,” said Dr. Nylander.

The Clinic’s Pediatric Department is staffed by Dr Nylander and Dr. Iman Bar, who are both board certified Pediatricians, and Fellows of the American Academy of Pediatrics, and Pediatric Nurse Practitioner, Melanie Balestra.

The Clinic offers high-quality, low-cost pediatric care along with their regular medical programs. Infants and children are able to receive immunizations, well-child care to help prevent health problems, nutritional counseling, school physicals and more on a sliding fee scale, based on their family’s income.

The Clinic also offers free “Child Injury Prevention Workshops” about twice a year, facilitated by Dr. Bar. These workshops are sponsored by the Orange County Child Injury Prevention Program and cover such topics as water safety, proper hydration of children, childproofing, proper car seat usage, and are given in conjunction with the Fire Department and the CHP.

Call 949.494.0761 to schedule an appointment with a member of our Pediatric staff.



Laguna Beach Community Clinic

Clinic Hours: 8–12, 1–5 Monday through Friday
6–8 First & Third Thursday evenings
(for specialty appts.)
8–12 Second & Fourth Saturday mornings
Closed Sundays & Holidays—Dec. 26 & Jan. 2

Appointments can be scheduled by calling 949.494.0761



Give the Gift of Health!

By tradition, at the Holidays, we express our love and caring by the giving of gifts.

But does Aunt Sylvia really need another bottle of perfume?

We are offering you an opportunity to give a gift that will surely please your friends and family and will also help someone in our community stay healthy.

Many of our patients are able to contribute towards the cost of their visit, but there are some who cannot afford even a token payment. These clients wait too long to come to the Clinic because they lack money for their visit. Delay in treatment can result in a more serious illness and a more costly remedy.

A "Season of Caring" fund has been designated to help those who cannot pay any amount for their healthcare, even though they are in dire need. A tax-deductible donation of \$50 (or more!) to this fund will help defray the cost of a critical Clinic visit for someone in need. The Clinic will send you a gift card that you can give to those on your Holiday list, indicating that a "Season of Caring" donation has been made in their name.

The Clinic's mission has always been to help those in need of medical care, regardless of the ability to pay. If a patient is truly without funds, we still provide health care for them, but we absorb the costs associated with this care. Last year alone, the Clinic provided over \$350,000 in uncompensated care for needy patients. A "Season of Caring" donation will help defray the expenses of these patients.

Call Elaine at 949.494.0761 x 134 and let the Clinic help you with your shopping.

Give the gift of essential health care! Check your holiday gift list now!

Laguna Beach Community Clinic

362 Third Street · Laguna Beach · California 92651



Upcoming Events

Monday, Dec. 1

World AIDS Day/Mens' Health Event

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 9

Adopt-a-family

Deadline for unwrapped gifts—please drop off at Clinic

December 12

Adopt-a-family

Deadline for cash donations—can be made at www.LBClinic.org

Sunday, Feb. 12, 2006

"Caring Hearts" Fashion Show Tivoli, Too!

Join us for the Second Annual Fashion Show benefitting Laguna Beach Community Clinic. Fashions from Bardot, Gallery of Wearable Art, Hobie's, Indian Summer, Just Looking, Meescheka, Sutton Place, Textile Dreams, and Tops will be showcased during a scrumptious Champagne Brunch under the tent at Tivoli, Too!

More details in next issue of "Caring Connections"

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