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- Jenn, patient

“To be recognized and known makes all the difference.”

Jenn and her two children are patients at Neighborcare Health. This is Jenn's story in her own words.

“I got connected with Neighborcare because I moved back to Seattle and needed to find a place for my kids to get their medication and services right away... I found Neighborcare through a community service office. They said Neighborcare Health at 45th Street Youth Clinic is specifically for youth. And I said that's the place. Let's go.

My son, who's an older teen, has bipolar, and he's been hospitalized three times. So it was really, really important to make sure that the consistency with his meds and his therapy was ongoing. And then my daughter is trans, and she has very specific medications that she needs to take, and we needed to make sure that she got those medications.

The kids got hooked up there, they got what they needed, and then a provider said, 'We also have a clinic for adults, you need stuff too.' So I got the information for Neighborcare Health at Ballard, and I started coming here.

Before Neighborcare, we went to two different places for both of my kids. I just was not happy with the level of care that we were getting. It left me empty, and frustrated.

Neighborcare fills all of my personal needs as far as health care. I get medical care through Neighborcare and I get mental health care through Neighborcare. When I come to a clinic, people know who I am. It feels like the relationships are real. And for me to know that there's a place where everybody knows my name, it feels amazing.

And I guess on a bigger scale, being a single mother of two kids who have these huge issues to deal with, Neighborcare is that other support person that should be in my life who isn't, that's the role that Neighborcare has taken, really truly. I don't know if that sounds cliché, but that's really truly how I feel.

Being homeless at 40 plus years of age with two teenagers... I never ever, ever saw myself being that way. One little teeny, tiny thing to even just walk into a clinic and hear, “Hey Jen, how's it going today?” You know?

To be recognized and known helps a lot to ... I feel like a human being. You know? It's really nice.”

Neighborcare Health Presents: A Forum on Health Care and Homelessness

On November 1, more than 100 community members gathered to learn about the intersection of health care and homelessness from Neighborcare Health, Plymouth Housing, New Horizons, and the Pike Place Market Foundation. The panelists shared data, client stories and personal stories about caring for our neighbors experiencing homelessness. Following the presentations there was a lively Q&A with an engaged and passionate audience.

Thank you to our moderator, Jonathan Martin from the Seattle Times, and our panelists, Kelli Larson from Plymouth Housing, Joseph Seia from New Horizons, Lillian Sherman from the Pike Place Market Foundation, and Heather Barr from Neighborcare Health for their time and expertise.

We forward to hosting more Neighborcare Health Presents events like this one, and tackling tough questions facing our community. Please let us know if you have any suggestions for topics you would like to see covered.



Thank you to our wonderful community of donors!

Neighborcare Health has a tremendous community of donors and we are so grateful for your support. As we say goodbye to 2018, individuals, foundations and corporations **have already donated more than \$1.4 million to patient care.** With your help we served more than 75,000 patients. Thank you for joining with us as we continue to provide quality medical and dental care, security and safety for our most vulnerable neighbors. You are creating community right here where you live.



In celebration of our 50th anniversary, we are featuring an exploration of one of the most significant policy changes to affect community health centers – the Affordable Care Act.

On March 23, 2010, President Barack Obama signed the Patient Protection and Affordable Care Act (ACA) into law. Since then, the ACA has given millions of Americans access to affordable health insurance; between 2010 and 2018, the uninsured rate in the U.S. dropped from 16 percent (48.6 million people) to an all-time low of 8.8 percent (28.3 million people).

The ACA has three major goals:

1. Make affordable health insurance available to more people.
2. Expand the Medicaid program to cover all adults with an income below 138% of the federal poverty level.
3. Support innovative medical care delivery methods, such as walk-in clinics and comprehensive primary care centers.

The ACA included far-reaching health care reforms that led to major changes to the U.S. health insurance system. The reforms were rolled out over four years, and included:

- Eliminating restrictions on pre-existing conditions
- The expansion of Medicaid
- No lifetime or yearly limits on coverage
- Requiring all insurance policies to cover preventative care
- Giving all Americans access to affordable health insurance options through a health insurance exchange

Community health centers (CHCs) played an essential role in providing services to new patients and helping people navigate the health care options now available to them. As the nation's largest source of care for underserved communities and populations, CHCs were awarded \$11 billion from the ACA to help double their patient capacity by 2015. By the end of 2015, CHCs were providing care for 24.3 million patients across the country, and 76% of CHC patients were covered by health insurance.

Since the ACA was signed, Neighborcare Health has made significant leaps towards our goal of providing 100% access to care. Over the last eight years, we opened seven neighborhood clinics and eight school-based health centers, experienced a 44% increase in patients, helped more than 50,000 people enroll in health insurance, and extended services to residents on Vashon Island.

The most current data tells us there are still 217,000 low-income people not yet served by a health center in King County, and 65,000 in Seattle alone.

Although the scope of our services, the number patients served and the sophistication of our clinics has grown and evolved beyond the original vision of our founders, thanks in part to the ACA, we know our work is not done. Many of our most vulnerable neighbors still experience barriers to accessing health care services in our community. The most current data tells us there are still 217,000 low income people not yet served by a health center in King County, and 65,000 in Seattle alone.

One thing has not changed since 1968: access to quality health care is a fundamental right. Regardless of what occurs on the national stage, we will continue to ensure that all of our low-income neighbors are able to receive the quality care they need and deserve.



Neighbors | Winter 2019

45th Street
Youth Clinic at 45th Street
Bailey Gatzert Elementary
Ballard
Central District
Chief Sealth International High School
Columbia City
Dearborn Park International School
Denny International Middle School
Georgetown
High Point
Highland Park Elementary
Lake City
Madison Middle School
Mercer Middle School
Meridian
Pacific Tower
Pike Place Market
Rainier Beach
Roosevelt High School
Roxhill Elementary
St. Vincent de Paul – Aurora
Van Asselt Elementary
Vashon
Vashon Island High School
West Seattle Elementary
West Seattle High School

Help Neighborcare Health's Homeless Youth Clinic replenish their shelves as the weather gets cold!

Neighborcare Health Youth Clinic at 45th Street cares for youth and young adults, ages 12-26, who are homeless or have been homeless at some point in the last 12 months. In addition to providing care to young adults, the staff distributes much needed items. The following items are needed to help our patients when they leave our clinic.

Clothing:

New or gently used, clean:
Rain coats or water resistant winter coats
Fleece jackets or pullovers
Pants

New bras, particularly larger cup and band sizes
New underwear, variety of sizes/genders

Over the counter health supplies:

Foot care:
Tinactin antifungal powder
Nail fungal eliminator
Nail clippers and files

Domeboro wash (for skin irritations)
Eucerin cream, or other emollient, unscented lotion
Menstrual products
Lip balm
Neoprene knee braces, variety of sizes

Other patient needs:

Phone charger cords/portable chargers
Headphones
Gift cards (Subway, Starbucks, QFC, Safeway, Movie theaters, etc)
Sleeping bags/small tents
Backpacks
Handwarmers
Gloves

For more info, or to arrange pickup or drop-off, contact Katie Schneier, 206-548-2938, or katieschneier@neighborcare.org.