

◆ FOOTPRINTS ◆

Volume 4, Issue 1

Spring, 2002

The Brattleboro Walk-In Clinic was established in 1993 as a non profit organization to care for those in need in our community. Our clinic is funded through private and corporate donations. Your contribution and continued support is gratefully accepted and appreciated!

Enclosed is my tax deductible contribution for \$ _____
 Name _____
 Address _____
 Town,State,Zip _____

 Mail to: Brattleboro Walk-In Clinic
 81 Belmont Avenue
 Brattleboro, VT 05301
 Thank you!

WALK, RUN & ROLL ANNUAL FUNDRAISER

The Clinic and the organizers of our sixth annual Walk, Run and Roll 5K race, held in September 2001 celebrated a *banner* fundraising effort. More supporting Major Sponsors, more supporting Corporate Sponsors and we were able to display our Brattleboro Walk-In Clinic banner across Main Street (Brattleboro) the two weeks prior to the race. We also *rolled* into the 21st century, by recording all the race results via a laptop computer, an Excel spreadsheet (created specifically for this race) and a portable printer. This provided the race results quicker than in year's past, but there is always room for improvement. There were many special gifts, food and prizes for the participants. Everyone wins!

Archer Mayor, nationally acclaimed mystery writer, who lives in Newfane, Vt, along with Larry Smith, ex-WTSA radio announcer and spokesman for Vermont Yankee, assisted us as emcees for "after the race" festivities.

After crossing the finish line, racers enjoyed water donated by Leader Beverage, bagels and cream cheese from Bruegger, and apples from Cortland Hill Orchards. Each racer also received a loaf of bread from Vermont Bread Company and a rent one get

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A NEWSLETTER FROM THE BRATTLEBORO WALK-IN CLINIC.

WE ARE LOCATED AT 81 BELMONT AVENUE BRATTLEBORO, VT 05301

WE PROVIDE PRIMARY MEDICAL AND DENTAL TREATMENT FOR THOSE WHO ARE UNINSURED, UNDERINSURED OR HAVE OTHER BARRIERS TO ACCESSING CARE.



HOURS OF OPERATION

TUESDAY EVENINGS
 CHECK-IN: 5:30-7:00PM
 WEDNESDAY MORNINGS
 CHECK-IN 9:00-10:30AM

WE CONTINUE TO OPERATE MAINLY WITH A POOL OF DEDICATED VOLUNTEERS, WITHOUT WHICH WE COULD NOT CONTINUE TO PROVIDE THE CARE TO THOSE IN NEED.

Thanks to our Sponsors!

Our Major Sponsors:

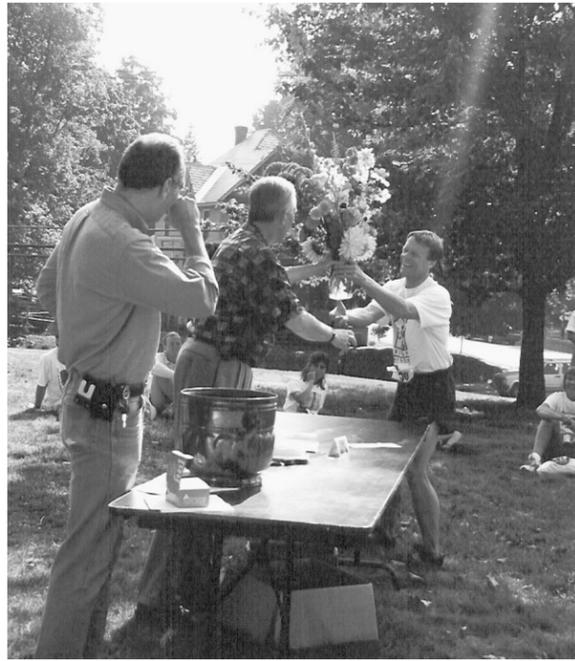
Vermont Yankee
 Brattleboro Memorial Hospital
 C & S Wholesale Grocers
 Brattleboro Savings and Loan
 G.S. Precision
 Wal Mart
 Vermont Bread
 GlaxoSmithKlein
 Novartis

Our Corporate Sponsors:

Atamanuik Funeral Home
 Brattleboro Tire Service
 Brattleboro Country Club
 Burrows Specialized Sports
 Saucony
 Cersosimo Lumber
 Chelsea Royal
 Chittenden Bank
 Clear Solutions
 Electromedical
 Fibermark
 First Vermont Bank
 Fleming Oil
 Green River Bridge House
 Leader Home Center
 New England Fitness
 Northeast Home Loan
 Peter Haven's Restaurant
 Potter Stewert, Jr. Law Offices
 Richards, Gates Hoffman & Clay
 Shoeboom
 Tyler Excavation
 Trust Company of Vermont
 Vermont Artisans

The Brattleboro Walk-In Clinic
 81 Belmont Avenue
 Brattleboro, VT 05301

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Larry and Archer present a prize to a racer

WALK, RUN & ROLL

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one free coupon from First Run Video. Prizes were presented to the winners in each race category and raffled off to others. Thank you to the following local businesses for donations of prizes for the participants.

Adelphia Cable	Linden Gardens
Agnes Seville Massage	Mole's Eye Cafe
Basketville	Mort's Roadhouse
Beadnicks	Northend Market
Beck's Studio	Not Just Yarn
Brattleboro Food Coop	Sam's
Brown & Roberts	Steak Out Restaurant
BRW Electronics	Outer Limits
Colonial Hotel & Spa	Putney Inn
Carol's Main St. Cafe	T.J. Buckley's
Emersons	Merchants bank
Everyone's Books	Taylor For Flowers
Fairfielder Restaurant	T-Bird Mini Mart
Fletcher's Auto	The Book Cellar
Frankie's Pizza	The Shoe Tree
G.Housen	Tom & Sally's
Green River Flowers	Ultimate Impressions
Hannaford Superstore	Upper Crust Bakery
Hinsdale Greyhound	Windham Flowers
Jolly Butcher Restaurant	Zephyr Designs
Lawton Dry Cleaners	Mainly Music
Marina Restaurant	Maple Leaf Music

This year's race is scheduled for Saturday, September 14, 2002. Come join the fun!

VOLUNTEER PROFILE

Alexander "Sandy" Shriver

Sandy has been a Walk-In Clinic Board Member since he was recruited by his doctor, Tom Evans, in the summer of 1998. When asked to join, he jumped at the opportunity to lend his legal expertise, organizing skills, and idealism to the work of the Clinic. Sandy says he is well aware that there are millions of Americans who work two or three jobs, but are still unable to obtain health insurance. He is very impressed that Brattleboro's doctors and dentists are willing to donate so much of their time and expertise to addressing this need. He is happy to join them and help the Clinic fill this gap until the State government is able to provide universal health care for all Vermonters (note the idealism).

As an Attorney, Sandy handles the quasi legal needs of the Clinic (purchasing insurance, revising the bylaws, appearing before the Selectboard). However, he says that he most enjoys putting together the annual Walk, Run and Roll 5K race. "Since I am part of several local non-profit groups, I am aware of the many fundraisers that occur in Brattleboro every year. Although I am not really a runner, I would say that the Walk, Run and Roll event is the most fun."

Sandy is an Attorney with Potter Stewart, Jr. Law Offices, P.C. focusing on real estate law, permitting, collections, and personal injury law (since 1995). He is married to Tracy Kelly Shriver and is the proud father of two year old Marjorie Shriver. He has a BA from Oberlin College in Oberlin, Ohio (1989) and a JD, *Magna Cum Laude*, from Vermont Law School (1995). In addition to his volunteer work for the Clinic, he serves on the BUHS District #6 Board of Directors (appointed December 2001) and is a Brattleboro Town Meeting Representative, a member of the Brattleboro Sunrise Rotary Club and a member of the Brattleboro Downtown Parking Study Committee. In addition, he has served as President and a Board Member of the Windham County Humane Society and ran for the Vermont Legislature in 2000 (Brattleboro District 2).

DIABETES AFFECTS MILLIONS WORLDWIDE

ARE YOU: Over 40?, Overweight?

DO YOU HAVE: Parents, siblings, grandparents with Type II (adult onset) diabetes or a history of gestational (during pregnancy) diabetes?

If so, you need to be checked for diabetes.

IT IS POSSIBLE TO HAVE DIABETES AND HAVE ABSOLUTELY NO SYMPTOMS OF THE DISEASE; YOU MAY FEEL TOTALLY HEALTHY!

BUT, IF YOU NOTICE THE FOLLOWING SYMPTOMS: increased thirst, frequent urination, blurred vision, weight change, feeling lousy, **you need to be checked for diabetes as well.**

Approximately 30,000 Vermonters have diabetes, and 10,000 have not yet been diagnosed.

HOW DO I GET TESTED?

Your doctor or nurse practitioner can order a blood test to check for blood sugar. If it is elevated, a follow-up blood test would be needed to determine if you truly have diabetes. This would include a fasting blood glucose (before breakfast), and a glycohemoglobin, which measures blood sugar control over previous months.

If you do not have health insurance or a physician, there are other resources for this testing. Community hospitals and health departments often offer screening at health fairs. The Brattleboro Walk-In Clinic provides diabetes testing for its clients. The ideal time for you to have your sugar checked is two hours after a meal.

Because so many people have diabetes and don't know it, the Brattleboro Walk-In Clinic offers screening in the community. Named in honor of Joanna Chorush, a generous, vibrant woman who wanted to make health care accessible to those lacking in funds, these screening clinics are free of charge and provide the initial blood glucose checks.

Brattleboro Memorial Hospital provides the follow-up blood tests for those with elevated blood glucose levels. Additionally, trained health care providers offer education on prevention and management of diabetes.

The next Joanna Chorush Diabetes Screening will take place at The Brattleboro Food Coop on Thursday May 23, 2002 from 9am until noon.

WHY SCREEN FOR DIABETES?

Untreated diabetes leads to many physical problems. These include: blindness, kidney failure, and circulatory problems that can lead to amputation of toes, feet, and lower legs. In addition, diabetes increases one's risk of heart disease and stroke. Vermont has the third highest diabetes-related death rate in the nation.



A GRATEFUL PATIENT SAYS THANKS TO WALK IN CLINIC

The painting shown above was painted and donated to the Brattleboro Walk-In Clinic by a patient that wanted to give something back. It is entitled "Rural Vermont" and hangs in the waiting room of the clinic for all to see. It is a beautiful image of different species of flowers. On the back the artist added a personal note of thanks.

....."Dedicated to the doctors and nurses at the Walk-In Clinic in Brattleboro Vermont and their fine nurturing care....A piece of my heart".....

