

The Brattleboro Walk-In Clinic was founded in 1993. Our mission is to provide primary medical and dental treatment to persons regardless of their ability to pay and serve as a referral resource for the community and other service organizations. Our primary target is persons who are uninsured, underinsured, do not have a local physician or have some other barrier to accessing medical care.

The Brattleboro Walk-In Clinic

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- Bill Monahan, RN
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- Barbara Evans, Nurse Practitioner
- Chris Chapman, CTFA

Clinic Coordinator

Jeanne Seymour

We thank all the volunteers for their continued support and expertise they bring to the Brattleboro Walk-In Clinic. Your dedication allows the clinic to continue to provide services in our community!

◆ FOOTPRINTS ◆

December 27, 2004

Winter, 2004

The Brattleboro Walk-In Clinic Experiencing Increased Demand For Services in 2004

Clients continue to utilize the services provided by the Brattleboro Walk-In Clinic this year. It is expected that the clinic will provide the most medical patient visits ever this year.

Through November 2004, the Clinic provided 1148 free medical patient visits. New patients represented approximately 31% of these visits, with the rest representing patients that have been seen at least one time previously. The Dental Clinic has provided 123 free dental patient visits. The Dental Clinic now has a waiting list.

The Clinic has seen patients of all ages ranging from age 3 to over 65. Clients lacking health insurance but needing primary medical and dental care continues to be an issue in Cheshire and Windham County.

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 care to those in need.

Walk, Run & Roll Annual Fundraiser another success!

On Saturday September 25, the Brattleboro Walk-In Clinic held its Ninth Annual "Walk, Run and Roll" Fundraiser. This event is a 5-K walk or run and also includes a 1 mile kids' "fun run".

All the participants enjoyed a fun morning that included many prizes and refreshments donated by local businesses. One major key to the fundraiser's success is the support and sponsorship of the local community. This is very important to the vitality of the Clinic and the services it provides because this event raised over half the annual budget for 2004.



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

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Thank you to all our 2004 Walk, Run and Roll Sponsors!

Major Sponsors	Corporate Sponsors	Hotel Pharmacy	Prize & Food Donors	Olympia Sports
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Brattleboro Rotary	Berkley & Veller Greenwood	Leader Home Center	Basketville	Rasheds Garden Ctr
Brattleboro Memorial Hospital	Country Real Estate	Maple Leaf Music Company	Brattleboro Bowl	Riverview Cafe
Brattleboro Savings & Loan	Back to the Drawing Board	Mel	Brattleboro Coop	Road ID
Brooks Pharmacy	Brattleboro Emblem Club 517	New Chapter	Brattleboro C.C.	Runners Book
Chroma Technology Corp.	Carl Dessaint VFW	New England Fitness	Bruegger's Bagels	Shear Designs
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	Fleming Oil Company, Inc	The Shoe Tree	Green River Flowers	Town Rexall
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	Good Year-John Penfield, LTD		Lawton Cleaners	Zephr Designs
			Leader Beverage	
			Mainly Music	
			Not Just Yarn	
			Outer Limits	

Brattleboro Walk-In Clinic Receives a Grant From The Windham Foundation.

On June 3, 2004 The Windham Foundation awarded a grant to the Brattleboro Walk-In Clinic. The grant was written for a project named "Clinic Upgrade".

This project will allow the clinic to upgrade or replace antiquated and donated equipment and purchase additional equipment to assist our staff in providing patient care. Our location at 81 Belmont Avenue is donated to us by Brattleboro Memorial Hospital and is shared by several different providers. Funds will be used to better organize this space for providers and consolidate equipment that is used by clinic staff. In addition, the Clinic will also become computerized, which will allow for collection of data and storage of documents used by the clinic. The grant will also allow for access to information needed to help patients procure medications from programs offered by Pharmaceutical companies.

Ultimately, these improvements will improve patient care and make the clinic more efficient. The funds should be expended and the project should be completed by the end of the year. Many thanks to Windham Foundation!

Leave A Legacy is a Resource for Planned Giving

With the holidays upon us, now is a great time to consider adding the Walk-In Clinic to your gift list. Our volunteers are the heart and soul of the organization, but we need to pay for some of our skilled assistance and equipment. We have utilized a number of gifts over the past several years to purchase critical items such as medical equipment and supplies including secure cabinets for documents and medicines.

The Board of Directors has established a channel for receiving not only gifts of cash but securities and mutual funds as well. We would be very grateful to receive your gifts. They will help us materially in our effort to meet a rising tide of needs in the community.

We also urge our donors to consider remembering us in their estate plans. Making a lasting contribution to charitable organizations and causes isn't just for the wealthy. Every day, people from all walks of life leave charitable gifts in their wills. In doing so, they make a tremendous difference in the world today - and the one they will leave behind.

The Brattleboro Walk-In Clinic was recognized as a partner in the Leave a Legacy NH/VT Program, which has provided us with a number of resources to share in accomplishing gifts through estate planning. Please contact us for more information.

THE BRATTLEBORO WALK-IN CLINIC: A PATIENTS STORY

Tim (not his real name) was stabbed when he was 17 years old and, as a result, he had to have two-thirds of his pancreas removed. A short time later his sister was murdered, and within five years both his parents died. He had wanted to become a driver in Iraq for Kellogg, Brown and Root, a division of Halliburton, but before he could do so, he had to take a military physical in Houston, Texas, and to his surprise, he found his glucose (blood sugar) count was 507 and he had a Hemoglobin A-1-C of 13.7. A normal glucose count is between 80 and 180, depending on the time of day and a normal A-1-C (which shows the overall blood sugar over the past 2-3 months) should be 7 or less. At age 52 he had also begun to notice his eyesight was deteriorating and he tired more easily. He returned to the Brattleboro area, took a local job, and was told by a fellow employee about the Brattleboro Walk-In Clinic.

In June, 2004 he came to the Clinic and met with Joan Smidutz, one of our nurse practitioners. She ordered tests and found that he suffered from Type II Diabetes.

The prevalence of Type II Diabetes is increasing worldwide. In the United States the CDC estimates that 17 million people, or about 6%

the population, have either Type I or Type II Diabetes. About 1/3 of the 17 million people are undiagnosed. Type II diabetics account for 90-95% of all cases. Nationwide, Diabetes is the sixth leading cause of death. Cardiovascular complications are most life-threatening and account for about 65% of all diabetes related deaths. Risk factors include obesity, older age, family history, sedentary lifestyle and race.

Joan referred Tim to Houghton Smith, the Diabetic Educator at Brattleboro Memorial Hospital, who ensured that he received a glucose monitor and showed him how to monitor his own blood glucose on a daily basis. Tim, also began steps to change his diet and started exercising. His next test revealed that his blood glucose count had been reduced by more than half and his A-1-C was reduced to 8.5. This was great progress for Tim, but in order to qualify as a driver in Iraq he needed to lower these figures further. By early November, his glucose count was 145 and his A-1-C was 6.5. When he faxed the results to Houston, he was cleared for duty. He was scheduled to leave for Iraq on November 29.

Tim plans to return to Vermont one day, buy land, and enjoy life here. He credits his improved health to those who cared for him at the Walk-In Clinic. He reported that he felt comfortable coming to the clinic and said "It certainly helped me obtain my dream."

Your contributions are very important to the clinic. Thank you for your support!

Please send your tax deductible donation directly to:

*Brattleboro Walk-In Clinic
81 Belmont Avenue
Brattleboro, VT 05301
501(c)(3) Tax ID#03-0343685*

Name: _____

Address: _____

Town: _____ State: _____ Zip: _____ Phone: _____