

# FOOTPRINTS

February 6, 2006

Winter, 2006

## The Brattleboro Walk-In Clinic Continues to Operate At Capacity

The Brattleboro Walk-In Clinic saw continued demand for its services in 2005. The number of free medical and dental patient visits have remained as high as they have been in the past two years. The consistent volume of visits indicates that the Clinic is operating at maximum capacity.

The Clinic provided 1268 free medical patient visits in 2005. New patient visits or patients never seen at the Clinic before represented 34 percent of total medical patient visits provided. The Clinic also provided 149 free dental visits in 2005, and continued to have a waiting list. The Clinic hopes to increase the capacity of the dental clinic in 2006 to help serve the backlog of need. This year is likely to show record demand for dental services.

The Clinic has seen patients of all ages from under 3 to over 65. Most clients are between age 18 and 59, which is expected. Children under age 18 without private insurance are typically covered by Dr. Dynasaur and Seniors over age 65 are covered by Medicare.

This year the Clinic held two Diabetes Screenings. Regarding these screenings as a successful outreach, the Clinic hopes to hold several more throughout 2006 in several different locations in Brattleboro. The staff screened 69 individuals, and several were advised to follow-up at the Clinic or with their healthcare provider after their random blood glucose screening results indicated the need.

The Brattleboro Walk-In Clinic will continue to provide services to those without adequate healthcare in 2006, is very grateful for all the community's support! ♦

## 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 Fundraiser Well Supported By The Community

The Brattleboro Walk-In Clinic held its tenth annual "Walk, Run and Roll" on September 24. The event is a 5-K run and walk plus a 1 mile kids' "fun run".

The weather conditions were perfect and all the participants enjoyed a morning of fun that included prizes and refreshments donated by local businesses.

The race was sponsored by many area businesses and continues to fund almost half the Clinic's annual budget.

The Board of Directors enjoys organizing this event every year and actively solicits sponsors in addition to participating on race day along with volunteers. In 2006 the Board's goal is to have over 100 participants at this event. Participants truly seem to enjoy the race and some have participated for many years. ♦



# Thank you to all our 2005 Walk, Run and Roll Sponsors!

## Major Sponsors

BC/BS of Vermont  
 Brattleboro Rotary  
 Brattleboro Memorial Hospital  
 Brattleboro Savings & Loan  
 Brooks Pharmacy  
 C & S Wholesale Grocers  
 Chroma Technology Corp.  
 Delta Dental  
 Entergy/Vermont Yankee  
 G.S. Precision  
 MVP Healthcare  
 TD Banknorth  
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## Corporate Sponsors

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 Brattleboro American Legion  
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 Fleming Oil Company, Inc  
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 Thomas Costello  
 Vermont Artisan Designs

## Prize & Food Donors

Amy's Bakery  
 A.Sebile  
 Basketville  
 Beadniks  
 Book Cellar  
 Brattleboro Coop  
 Brattleboro Country Club  
 Burtons Car Wash  
 C & S Printshop  
 Colonial Spa  
 Cortland Hill Orchard  
 Curtis Barbecue  
 Everyones Books  
 First Run Video  
 Flemings  
 Fletchers Auto  
 Green River Skin Care  
 Green River Flowers  
 Latchis Theatre  
 Lawton Cleaners  
 Leader Beverage  
 Mainly Music  
 Maple Leaf Music  
 New England House  
 New England Runner  
 Newton Business  
 Not Just Yarn  
 Outer Limits  
 Olympia Sports  
 Peter Haven's  
 Putney Inn  
 Rasheds Garden Ctr  
 Riversview Cafe  
 Road ID  
 Runners Book  
 Shear Designs  
 Shoetree  
 SoVerNet  
 Steakout  
 Steve's Auto  
 Subway  
 Sweet Mesquite  
 Taylor for Flowers  
 Tom & Sally's  
 Town Rexall  
 Windham Flowers  
 Zephyr Designs

## Local Company Donates Vitamins to the Brattleboro Walk-In Clinic

Natural medicines company NewChapter, Inc recently donated vitamins from a discontinued product line to the Clinic.

NewChapter wanted to donate to agencies that could use the vitamins for their clients. The Clinic received individual vitamins and minerals as well as Men's and Women's multivitamins.

NewChapter delivered the vitamins directly to the Clinic in early November. The vitamins will be available for patients that are seen at the Clinic.

NewChapter's generosity is another example of how local involvement and partnerships can make a difference in the community in which they operate. Thank you NewChapter! ♦

## Making Strategic Gifts To Charities Such As The Brattleboro Walk-In Clinic

Most of our supporters know that the Brattleboro Walk-In Clinic relies on support from the community for most of its budget. We are always happy to receive contributions of checks or cash of any amount, and many individuals include us on their annual giving lists. Charity indeed begins at home, and home includes the charities that impact us daily with care, support, beauty, intellectual challenges, and spiritual awakenings.

Most people have causes that are close to their hearts. Every community has at least one charitable organization that makes a difference. Charitable organizations form the foundations of our communities and society. They are indispensable to our way of life, and we benefit from them all.

The Brattleboro Walk-In Clinic appreciates all those who include us in their charitable giving but also would like to be remembered and considered in estate planning, regardless of the amount. Despite commitment to charities during our lives, less than 10 percent of us remember charities at the end of our lives. Sometimes people think that charities aren't interested in small gifts, but every dollar counts at the Brattleboro Walk-In Clinic.

Creating a personal charitable legacy is a deliberate process. A bequest from a will is a simple matter to arrange. In addition, there are very effective ways to accommodate particular needs you may have for charitable giving in regards to tax and investment planning. We encourage anyone to call us for more information about including charities in your planned giving now and in the future. ♦

# **Brattleboro Walk-In Clinic Will Continue Holding Diabetes Screenings**

The Brattleboro Walk-In Clinic held 2 Diabetes Screenings during 2005. This is an additional outreach service the Clinic provides that coincides with the belief that preventive medicine is important. These screenings are in honor of Joanna Chorash. During these screenings a simple test is performed and a non-fasting or random blood sugar measurement is taken. High random blood sugars may then be followed up with another test that measures Hemoglobin A1C. Although neither of these test may be used to diagnose diabetes, they may indicate that someone needs to be followed up with a medical provider for more specific testing.

At one of these diabetes screenings a gentleman from Hinsdale New Hampshire was found to have a high blood sugar measurement and was referred to Houghton Smith, the Diabetes Educator at Brattleboro Memorial Hospital. After diagnosis, Houghton Smith designed a regimen for him. By following this regimen he has been able to carry on a full schedule. He says "The Clinic has real nice people who do right by you. Go there. You needn't be afraid. They helped me a lot"

Dr. Martina Sczesny with patients at the  
Brattleboro Walk-In Clinic

**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: \_\_\_\_\_

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  
Board of Directors**

Andrew Miller, President  
Chris Chapman, CTFA, Vice President  
Debbie Lemnah, Treasurer  
Thomas Ragle, Secretary  
Thomas Evans, MD, Medical Director  
Jerry Theberge, DDS, Dental Director  
Joan Smidutz, Nurse Practitioner  
Bill Monahan, RN  
Cindy Pearson, RN  
Barbara Evans, Nurse Practitioner

**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!

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