



## ALL THAT JAZZ: A Night with La Clínica at Yoshi's!!

At this year's *All That Jazz (and Sushi)* Annual Benefit event, we hosted over 250 individuals who enjoyed a full evening of their favorite drinks and gourmet foods prepared by renowned chef "Sho" and his extraordinary staff.

After being seated in the Yoshi's world class jazz club, guests were warmly welcomed by Jane García, the CEO of La Clínica and sponsors of the event were acknowledged. As the evening unfolded, guests enjoyed a live auction featuring items ranging from exotic getaways to nights at premiere local venues. The jazz club was filled with the vibrant energy of guests competitively bidding for their chance to take home a unique experience. The final portion of the auction led to an introductory video about La Clínica's Childhood Obesity Program. With obesity becoming a world-wide epidemic, our guests showed their support by contributing to the Fund the Need portion of the evening. With the help of our generous donors, La Clínica netted over \$83,000 for our Childhood Obesity Program. The evening came to an end with a stunning live jazz performance by the Stanley Jordan Trio.

We thank our sponsors for their generous support and continued partnership: Alta Bates Summit Medical Center, California HealthCare Foundation, Citi, Delta Dental, Genentech, John Muir Health, Kaiser Permanente, Natixis Global Associates, Oliver and Company, Quest Diagnostics, Sutter Health, Union Bank, and SGPA Architecture & Planning with: Hohbach-Lewin, Inc. • Tommy Siu & Associates • Keller Mitchell & Company

La Clínica will be expanding services across six sites to reach more families facing this problem. Services will include:

- **Behavior Change Counseling:** one-on-one nutritional and family centered counseling
- **Participatory Group Education:** children's classes, parenting classes, support groups and referrals to local recreational activities
- **Clinical Management:** medical assessments, progress assessments, individual patient management and regular visits



**Sake Ceremony**

(From left) Jane García, CEO of La Clínica; Paul Swenson, John Muir Health; Maria Gallo, Union Bank; Yvonne Hudson, La Clínica's Board President; and Ray Baxter, Kaiser Permanente

(Below) 2009 Jazz Artist: The Stanley Jordan Trio



Live auction bidders



# Message from the Chief Executive Officer

## Health Care Reform



Jane García, CEO

alone, more than 170,000 people are uninsured (nearly 12% of residents).

**“We are seeing more and more newly uninsured people coming to our clinics.”**

At La Clínica, we are not surprised by the numbers released by the Census Bureau. We are seeing more and more newly uninsured people coming to our clinics. Three months ago, we had a waitlist of 300 patients at one of our sites; that list has grown to 700 in just two months. In an effort to influence the conversation of health reform, La Clínica has taken an active role in advocacy efforts that range from rallies at the State Capitol to press conferences to discuss uninsured rates and budget cuts. Health care reform presents a significant opportunity to revamp health care in the U.S. and strengthen the future of our families.

The current broken health care system leaves tens of millions of Americans without health care coverage, often subjecting them to poor health and substandard levels of living. If we don't take the necessary measures to reform the system while we have the chance, it will be a dangerously long time before the opportunity presents itself again. Addressing this crisis requires that policymakers refine provisions for culturally and linguistically appropriate health care, tackle the barriers to health insurance that more than 47 million uninsured Americans face, improve the quality of health care, and correct flaws in the system that create health care disparities among racial and ethnic minorities. More than ever, with health insurance being absolutely unaffordable and with so many people losing their jobs, we need national health care reform NOW.

Last month, La Clínica partnered with the Alameda County Access to Care Collaborative to host a press conference in response to the U.S. Census Bureau's release of Alameda County data on the uninsured. According to the Census Bureau, more than 6.4 million Californians are uninsured. In Alameda County

# The Practice of Giving

By Pilar Gonzales,  
Philanthropy Advisor

We're approaching that time of year when all of our generosity comes unleashed from our hearts. Holidays do that to us. Maybe it's the music. Maybe it's the weather getting cooler, giving us the feeling that another new year is around the bend. Who knows exactly, but it moves us to be our best.

For some, charitable giving is a year-round habit and depends on our paychecks. For others, it's a social investment — to be thought over like a business transaction with social impact. Regardless of the motive, all of it works.

Fundraising for worthy causes has been my life's niche. I've seen people do it in thousands of creative ways. One family I knew wanted to teach their child how to give without expecting anything in return, giving with no strings attached. It was to be a lesson in trusting the recipient of your gift, that they'd know best what to do with the money. Out came \$400 from this young man's bank account in \$1 dollar bills. Now he had to choose the location of where he wanted to give away his money. He thought and thought, and finally chose to stand outside of a grocery store, because he had seen people standing there often begging for food.

Two or three dollars were slipped into a tiny card and sealed. And now he stood in front of the store, with his little bag of money cards and his mom. He walked up to people leaving the store or walking by, and asked, "Can I give you this card?" Of course, people all said yes and the boy walked away smiling. At the end of the hour or two, he had handed out all his cards. What I found out later was that the card read: If you don't need this money, please pass it along to someone who does. If you do need it, then I'm glad I was here. Have a nice day!"

His mom told me that people left her son notes at the store. Some folks said that they added to his few dollars and gave it away on the streets to homeless folks. Others took the money to their church and put it in a donation

*Continued on the next page.*

# Centering Program for Teens at **Clínica Alta Vista**

*Continued from the previous page.*

box. One person said he bought lunch for his child. Another person bought a bus fare. Others just wrote thank you notes.

My colleagues had achieved what they wanted. They had taught their son a lesson in sharing that day. They taught him it didn't matter how much you gave as long as you gave something. They taught him that even he, a little boy, could touch a hundred lives or more with one gesture. The little boy said he especially liked seeing how happy it made folks receiving this gift.

It caused me to wonder when was the last time I gave without having to be asked? What was I doing to share my resources with others? We all get out of practice in our charitable giving. Instead of feeling overwhelmed by all the suffering in the world, we must find a method that works for each of us which keeps our compassion flowing. I still remember the lesson of my friends and their child, and realize they taught me something too. To be the reason that someone survived hunger today or the reason that someone saw a doctor is how I want to make a difference today.

La Clínica's teen clinic, Clínica Alta Vista (CAV), is the only comprehensive teen clinic in Alameda County that provides prenatal care to adolescents and their families.

From the program's outset, CAV staff have worried about the isolation that so many pregnant and parenting teens experience — isolation that puts them and their children at risk for depression, child abuse and other negative outcomes. At the same time, the prenatal program at CAV has grown over recent years, constituting a larger and larger portion of the clinic's overall services.

CenteringPregnancy® is a national evidence-based program that redesigns prenatal care into a group setting. Centering has been around for over 30 years and studies have repeatedly shown improved health outcomes for women who participate: increased birthweight, longer term pregnancies, higher patient *and* staff satisfaction! By moving routine prenatal care from an exam room to a group room, it also frees up clinic space and provider time to see more patients for other types of care.

Under Centering, staff from CAV meet with cohorts of 6-9 young women whose babies are due at similar times. They meet regularly — about 10 times throughout their pregnancy — and receive all the same services they would have within the clinic setting, plus much more. The teens are trained to check and chart their own

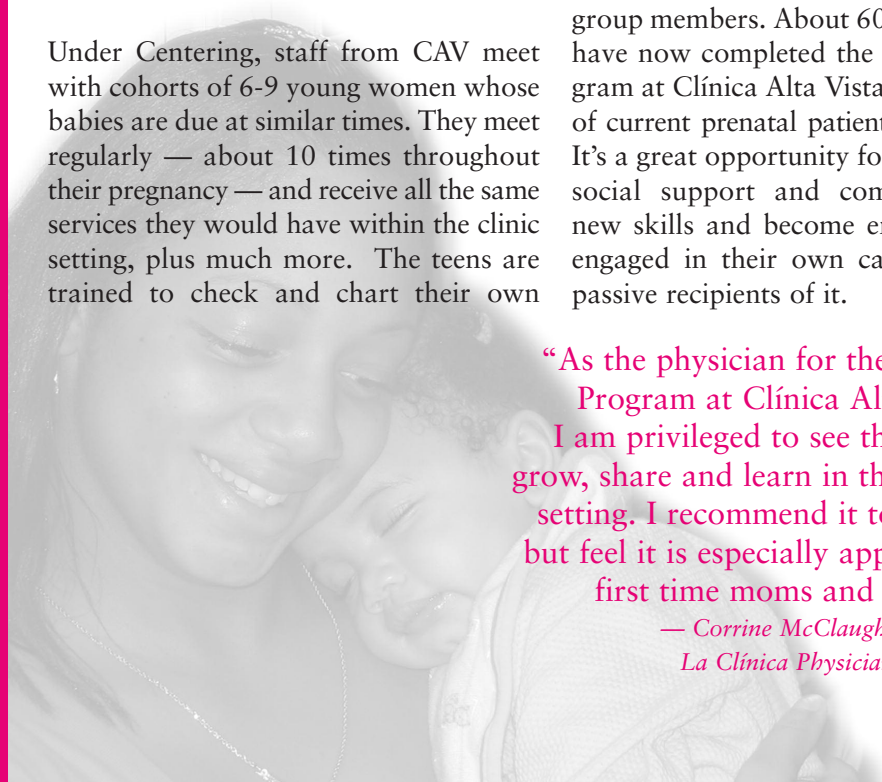


**Clínica Alta Vista staff oversees the Centering Pregnancy Program. (From left) Elizabeth Ceja, Corrine McLaughry, Edessa Diaz, and Guadalupe Saenz**

blood pressure, weight and urine dipsticks, which they do at each visit. Groups include healthy snacks and sometimes guided stretching or relaxation exercises. A medical provider completes each patient's standard physical health assessments while the group meets to discuss pregnancy symptoms, nutrition, self-care, birth preparation, newborn care, parenting, breastfeeding, birth control, healthy relationships, school and work. Sessions are interactive and patient-centered — facilitated by La Clínica doctors, but with lots of participation and help from group members. About 60 young women have now completed the Centering program at Clínica Alta Vista and about half of current prenatal patients are enrolled. It's a great opportunity for teens to build social support and community, learn new skills and become empowered and engaged in their own care rather than passive recipients of it.

**“As the physician for the Centering Program at Clínica Alta Vista, I am privileged to see the patients grow, share and learn in this innovative setting. I recommend it to everyone, but feel it is especially appropriate for first time moms and teens.”**

**— Corrine McLaughry,  
La Clínica Physician**





La Clínica de La Raza, Inc.  
P.O. Box 22210  
Oakland, CA 94623-2210  
tel: 510-535-4000  
fax: 510-535-4189  
[www.laclinica.org](http://www.laclinica.org)

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## La Clínica and New Routes project “Abriendo Las Cajas” produces DVD of 20 stories to bring attention to violence in Oakland’s Hispanic community

La Clínica and New Routes to Community Health project “Abriendo Las Cajas” (Opening Boxes) has released a DVD compilation of 20 digital short stories to draw attention to violence in the Hispanic community in Oakland, California.

The stories are told by Mexican adults, Latin American immigrants and Latino youth who live in the Fruitvale District. The short videos were produced during the past year through collaboration between La Clínica de la Raza, ZeroDivide, and Bay Area Video Coalition (BAVC). More than 100 community members attended a screening of the DVD in late May, many of whom ordered a copy to show in their communities. “Our goal is to share these compelling stories with the greater community to encourage others to also share their stories,

create dialogue and consequently, systemic change,” said Maria Pilar Tudela, La Clínica’s Health Education Adult Programs supervisor.

The DVD is available to community groups who want to help spread a message of violence prevention. La Clínica anticipates that through the *Abriendo Las Cajas* project, the stories and its curriculum guide will be shown by a statewide network of health educators, as well as be heard on local radio and public access television stations. La Clínica believes that this project helps spread the word to the greater Hispanic community that it’s okay to talk about violence in public. In addition, it empowers the teens and adults who produce the videos to share their experiences with their own families and communities.

### LA CLINICA DE LA RAZA MISSION STATEMENT

To improve the quality of life of the diverse communities we serve by providing culturally appropriate, high quality, and accessible health care for all.

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LA CLINICA UPDATE  
Editor:  
Yanet Luna  
Communications Specialist