

The mission of La Clínica de La Raza is to improve the quality of life of the diverse communities we serve by providing culturally appropriate, high quality, and accessible health care for all.

Patient Profile: **Dalia Gomez**

MEG ALLEN STUDIO

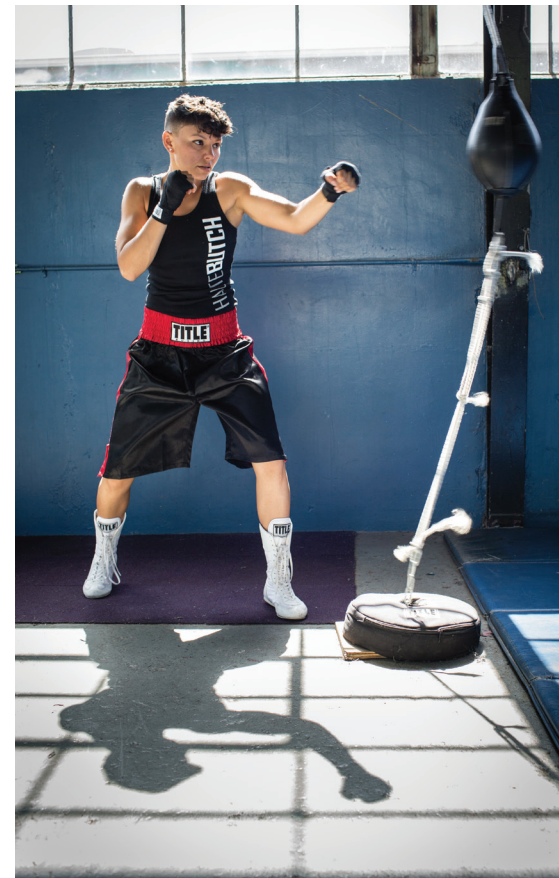


La Clínica sat down with 32 year old Amateur Boxer/Athletic Coach/Motivational Speaker and La Clínica Patient Dalia Gomez. Dalia's passion is energizing students, teachers, athletes and individuals. Motivating others is her specialty. She was the first in her family to graduate from college and has been on her own since she was a teenager. Dalia recouped a once lost basketball scholarship which ultimately led her to obtain a Bachelor's Degree in Sociology/Psychology. She is a USA Amateur boxer with the goal to win the National tournaments and soon turn pro. Dalia received insurance through the ACA enrollment and has chosen La Clínica as her medical home.

La Clínica: *What age did you start boxing and what role does it play in your life?*

Dalia: I was 21 or 22. I started boxing again at 30 and it has been a major part of my life right now. It helps me stay patient, humble and calm. Boxing is a metaphor for life unlike any other sport this one really is all about blood, sweat and tears. You can't wish for it; you have to sweat and work for it. In boxing you have to stay calm when someone is attacking you because if you don't, you can lose and make big mistakes.

MEG ALLEN STUDIO



CONTINUED ON PAGE 6 »

Community Partnerships!



Wells Fargo employee volunteers Gerardo Gonzalez, Alan Isaac, Cecilia Budeguer, Sandra Zelaya, and Maria Torres stand together outside of La Clínica's administrative offices on Fruitvale Avenue in Oakland after tirelessly assembling 300 event program booklets.



Randy Sylvester of Natixis, Natalie Spring of Best Buddies International, Aisha Hampton-Bowser, La Clínica Board Member and Natixis employee, Samantha Seals, Development Department, La Clínica and Stewart Martin of Natixis, show off their work.

It truly takes a small village of La Clínica staff and community volunteers to pull off another successful All That Jazz (& Sushi!) benefit event. La Clínica staff from an assortment of departments, along with community members represented this year's cohort of 30 event Volunteer Ambassadors. Many hours of behind the scenes pre-event work took place with the help of our community partners; Natixis Global Asset Management and Wells Fargo employee volunteers.

Major Donor Appreciation Event

Forty guests gathered at La Clínica's Transit Village clinic to mix, mingle, and enjoy authentic Mexican cuisine catered by Tina Tamale of La Borinqueña. This annual event was an opportunity to thank our donors who supported La Clínica last year, reveal our 2013 Annual Report, celebrate the 10th year anniversary of our Transit Village Clinic, and hear La Clínica CEO, Jane García, speak about the happenings at La Clínica. As Jane noted, "We don't do this alone. You are critical to this, our employees and our partners are critical to our success."



Supporters Diane and David Goldsmith of Orinda peruse a map of our clinic locations in our Annual Report



Jane García, La Clínica CEO, speaks with long time supporter Kenneth Kuchman of the Benard E. & Alba Witkin Charitable Foundation



Authentic Mexican cuisine locally catered by Tina Tamale of La Borinqueña



Marcela Gomez with La Clínica Planning Department staff Rachel Garcia

All That Jazz (& Sushi!) at Yoshi's!

A long held tradition since 2005, our signature Anniversary Celebration and Annual event draws friends of La Clínica de La Raza together to celebrate our years of work and show support for our mission. For the past seven years, community members, sponsors, table patrons, donors, and employees have joined us at Yoshi's Jazz Club & Japanese Restaurant in Oakland to celebrate, hear what's new and invest in our programs.

With the help of our corporate sponsors and guests, this last September 27th, we raised \$79,000 the night of the event and \$248,000 overall.

A very special thank you goes out to our sponsors, guests, employee Ambassador Volunteers and the staff of Yoshi's for making this year's All That Jazz (& Sushi!) Benefit Event a remarkable success. Be sure to join us next year! **Save the date — Saturday, September 26, 2015.**



Aisha Hampton-Bowser, La Clínica Board Member and Development Committee Chair; and Jane García, CEO, La Clínica, welcome guests and introduce the event program in the Jazz Club

“I have attended this event for the last several years and it is consistently one of the best fundraisers I attend. Keep up the good work.”

—Retired Bank VP, LC donor



Yvette Radford-Tucker, Kaiser Permanente; Daniel Ayala, La Clínica Board Member; Christine Lopez, McKesson Foundation; Glenna Carraway-Idowu, Union Bank all take part in the traditional Sake Ceremony



Mark DeWeese, Christine Lopez, Noel and Joe Polichio of McKesson Foundation enjoy the live auction

“The best part of the event was the camaraderie, the chance to network and see other people I talk to on the phones everyday but rarely see in person.”

—Participant and donor



The newly restored and updated Fruitvale Mural

In the early 1970s, social change, political activism, and the rise of the Chicano mural movement generated new impetus for murals in the United States. Artists gave voice to the Chicano population and recorded their history—otherwise largely neglected in mainstream education.

La Clínica de La Raza’s historically significant and artistically beautiful Fruitvale mural was commissioned in 1979 and has become a strong neighborhood symbol as it reflects images close to the community. Packed with Indian, Mexican and Catholic symbols, it depicts both modern and traditional healing. The mural encompasses the front exterior wall of La Clínica’s original health center site that was established in 1971. Now, the

site functions as one of its dental clinics, serving thousands of local residents annually.

It is one of several historic murals found amongst six of La Clínica’s service and support sites on Fruitvale Avenue. This landmark has been admired and respected by people on a daily basis. Teachers have brought students to the neighborhood to observe the mural, learn about

history, culture and health. The vibrant beauty of the mural has further encouraged young artists to continue their own artistic journeys.

Over the years, the mural has endured weather conditions, tagging and car accidents. Realizing its value, La Clínica decided to preserve the mural that it originally commissioned. La Clínica's Community Health Education Department, Casa CHE, established a community mural advisory group whose objective was to engage community members for input and to work with the artist, Xochitl Nevel Guerrero, to update and restore the mural to its original beauty.

Xochitl explains that she started working on the mural when she was 24 years old, is now 60 and has returned 3 times to redo it. Passionately inspired by her artist father, Raymundo Zala Nevel, she has created and taught others the art processes she has mastered.

The artist eagerly provided training to the advisory group so they could paint a piece of the mural. With support from the Kresge Foundation's Health and Arts & Culture programs' "Healing Spaces" initiative, the meticulous restoration process began and was completed in two months. A community celebration and unveiling event will take place in the Fruitvale neighborhood in November, 2014.



The artist, Xochitl Nevel Guerrero, has restored La Clínica's Fruitvale mural three times since originally commissioned in 1979.

La Clínica: *What is it about stepping in the ring that you like so much?*

Dalia: What I like about stepping in the ring is that you have everyone looking at you. All those that look up to you and your coaches that put in the work to help you are counting on you. I get nervous, but in the end I like the pressure. My lion spirit respect and love them so much it makes me fight and train harder. When boxing I feel like all my problems just go away. Although it is intense and there is a possibility of getting hurt it makes me feel like a queen because not many have the courage to do it. Every day I get better and I'm starting to feel more comfortable in the ring. I get to showcase my dancing skills aka foot work and talent. I will keep working at it to be one of the best like my trainer and former champion of the world Gina "Boom Boom" Guidi, Blanca Gutierrez, heavyweight champion Martha Salazar, and Melissa McMorrow.



La Clínica: *What does a typical day in training look like for you leading up to a fight?*

Dalia: Boxing is about repetition! You must do things over and over. But it consists of a lot of road work meaning running and sprinting in the morning like 5:30 am or 6 am. Then my boxing training from 1–3 pm with Gina "Boom Boom." We jump rope, shadow box a lot and hit every single bag in the ring and more. In the evening I do a lot of abs and calisthenics with my kids that I train at the East Oakland Boxing Association. My days off are Wednesdays and Sundays. One day before the fight I do nothing but relax. And then of course win the fight.

La Clínica: *What songs are on your pre-fight playlist?*

Dalia: I have too many to list because I love music. I'm stuck on Damian Marley's song called "Patience" right now for a myriad of reasons. I also love old school music and true hip-hop like "A Tribe Called Quest," "Dead Prez," "The Roots," "Funkadelics," and "Gap Band." I really love my Latin music like "Bachata," reggaeton and "Mariachi."

La Clínica: *What would you say are your best attributes and how do you use them outside and inside the boxing?*

Dalia: My best attributes are that I do not give up and that

I am loyal. I am the Queen of Adversity. Like 2pac said "I am the rose that grew through the concrete." I'm detailed, loyal, passionate, compassionate and strong minded. I think my character helps me in the ring because I work hard for any coach that believes in me or simply gives me their time. My loyalty and passion, want to succeed for all my loved ones. I'm also goofy and I love making people laugh even if it's at me.

La Clínica: *What is your greatest accomplishment outside of the ring?*

Dalia: Graduating college and having the courage to let my mentor teach me how to give speeches. Although he said I was a natural I still needed some tips. I get as nervous standing in front of 500 students just like I do in the ring. I also am happy to be 32 years old, because I am constantly rearranging and changing to become the better version of myself. I am not perfect, but I want to be able to make people happy and with communication and compassion I can learn to help others.

La Clínica: *Tell me something about you that people would be surprised to know.*

Dalia: I have my birth mark in my right eye so it's a different brown than the left. I don't know, I can't think of anything unique or odd to share right now.



La Clínica *What has it meant to have insurance and a medical home now with La Clínica?*

Dalia: I recently had a lump in my breast. I was able to get it checked finally now that I had insurance. My results came back negative! As an athlete it's important that I have check ups and stay on top of my health. I hurt my arm and now I am able to get help instead of relying on home remedies. I go to the clinic on Fruitvale, it is colorful around here and I do feel like I have 'La Raza' here, meaning 'my people' here. I've seen more Mexicans around here.

I eat great, I eat organic. I had my appendix out in Mexico which costs 500 dollars and here it costs almost \$20,000. And I had one of the best doctors in Guadalajara. That's the only surgery that I've ever had in my life and I was 28, it happened on my birthday. The cutest thing was that even though I had the best doctor, it was still overcrowded and there was no space for me, so they put me up in the maternity ward. I'm in a room full of six mothers with new babies that were born on my birthday.

La Clínica *Why did you move to Oakland?*

Dalia: A boxing friend told me about the boxing position open in East Oakland. I didn't have a lot of money at the time and needed to renew my coaching license. I decided I'm just going to do it and got the job right on the spot. It was really amazing. They saw that I've worked in the community and love kids. I've always been a coach or personal coach and helping where I live, so they hired me right away. So right away I moved over here. I love Oakland, it's just like my home town. You could say it's like the Bronx, it's cool, it's colorful. In fact that's why there are a lot of people trying to move over here instead of San Francisco. It's affordable. People in Manhattan want to move to the Bronx now because it's cool. Oakland, Oxnard, Los Angeles have always been colorful places and I'm just glad I'm here. I'm not a San Francisco girl, I feel like I'm an Oakland girl. I'm at home here. Shout out to my boxers at EOBA. Keep up the good work and trust the process. One Love. Dalia aka Coach G.

**SPECIAL THANKS TO
LA CLÍNICA DE LA RAZA'S
ALL THAT
JAZZ
(AND SUSHI!)**

EVENT SPONSORS

— PLATINUM PLUS SPONSOR —



— PLATINUM SPONSOR —



— DIAMOND SPONSOR —



— GOLD SPONSORS —



— SILVER SPONSORS —

The California Endowment
California HealthCare Foundation
Delta Dental
Jo Ann Intili and Ed Kissam

— MEDIA SPONSOR —

Oakland Magazine



LA CLÍNICA DE LA RAZA, INC. Development Department
P.O. Box 17054, Oakland, CA 94601-7054
Tel: 510-535-4000 | Fax: 510-535-4189

NON-PROFIT ORG
U.S. POSTAGE
PAID
OAKLAND, CA
PERMIT NO. 651

What do you think of
our newsletter?
Please send us feedback:
info-laclinica@laclinica.org

Newsletter Staff

Editor in Chief: Amy DeBower



Editor: Ketty Bacigalupi, Samantha Seals

**“As an athlete it’s
important that I have
check ups and stay
on top of my health...
I go to the clinic on
Fruitvale, it is colorful
around here and I do
feel like I have ‘La
Raza’ here, meaning
‘my people’ here...”**

—Dalia Gomez

Read La Clínica’s conversation with
Dalia Gomez beginning on page 1.



MEG ALLEN STUDIO