

THE PULSE—

Hope Community Health Center News

HCHC is a 501(C)3 entity.
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Inside this issue:

Spanish Diabetes Education a Success	1
The Uninsured Truth:2	1
Reality Check: HCHC is a Bargain	1
Celebrating our Anniversary	2
Family Classes Offered in Spanish	2
On Your Knees- HCHC Prayer Guide	2

The Uninsured Truth: 2

Myth: People without health coverage don't work.

Fact: 8 out of 10 people who are uninsured are in working families. (Kaiser Commission On Medicaid & the Uninsured, Oct. 2006)

Myth: Most uninsured folks in the US are minorities.

Fact: Non-Hispanic whites make up half of the uninsured. (US Census Bureau, Aug. 2006)

Myth: Almost everyone working for a large company has health coverage.

Truth: In 2005, 23.1% of the working uninsured were in companies with 500 or more employees. (Employee Benefit Research Inst., Oct. 2006)

Spanish Diabetes Education Classes a Success

Hope Community Health Center hosted a Spanish diabetes education class from May to June. The classes were conducted by the Chandler Regional Medical Center's Diabetes Education Center. It was the first time the Diabetes Education Center had completed its class in Spanish. The class received excellent reviews from the participants!

"What did we like the most about the Diabetes Self-Management Training Program?" Here are the responses:

- The way it was explained how to eat with diabetes.
- How they teach me how to take care of myself.

- How to eat better.
- I learned how to eat and how it got rid of some doubts about what to eat.
- The way the class is taught it makes us *feel valued* as people and it shows how others care and are interested in helping us out. "How can we improve this program?"
- Help us to find programs that cover some of the *expense of the diabetes medications*.
- Continue to offer and support Spanish Diabetes Education on an ongoing basis.
- Continue to teach the Hispanic community how to control our diabetes in order

to live a more productive life.

"Would you recommend this program to your family and friends?"

- All patients marked 'yes' in their application.
- A patient stated, "I'm currently *teaching my daughters* about portion control and how to eat healthy and they are happy about it". Other comments:
- Thank you for giving us your time and wanting to help us.
- Above all thank you for encouraging us and *making us feel that we can control our blood sugar*. Thanks for everything.

Reality Check: HCHC is a Bargain

Ellen Simon of the Associated Press wrote, "Rising food costs are putting the squeeze on poor families . . . For the poor, any increase in food costs sets up an either-or equation: Give something up to pay for food. . . For some, that means adding an extra cup of water to their soup or watering down their milk." (April 18, 2008)

This is the reality for many of HCHC's clients. They are squeezed heavily by the costs of food and fuel. Not only are

they seeing increased prices many are seeing a reduction in the number of hours they work. Because of the loss of work hours many are not able to pay their rent or mortgage and are facing eviction. HCHC chaplains are busy giving folks referrals to existing food banks and housing assistance programs. Plus, the chaplains are also helping many people try to find viable work to put food on their tables and pay the rent.

All the services that the chap-

lains provide are free, but that does not mean that everything HCHC provides is free. To visit the doctor HCHC does ask the patient to pay \$15. This is a real bargain for our clients.

However, the \$15 co-payment does not cover the entire \$50 cost of the patient visit.. To pay for the rest of the doctor visit and supplies used, HCHC needs to raise \$35 per patient. One way you can help is to donate your Arizona tax credit for the

(Continued on page 2)

HOPE COMMUNITY HEALTH
CENTER

Mailing Address:
PO Box 7188
Tempe AZ 85281-0007

Clinic Address:
312 N Alma School Rd, Ste 9C
Chandler, AZ 85224

Phone: 480-963-2720
Email: dave4hope@aol.com
Web:
www.hopecommunityhealthcenter.com



Come to me, all you who are weary and heavy-laden, and I will give you rest.

Reality Check: HCHC is a bargain (cont.)

(Continued from page 1)
working poor. It is tax money you already paid to the State that can be designated to further HCHC's medical ministry. You receive a dollar-for-dollar tax credit on your AZ tax return. The AZ Working Poor

Tax Credit is in addition to and not in competition with AZ tax credits for public and private schools! So a couple can donate \$400 to HCHC for the working poor tax credit, \$400 for public schools and \$1000 for private school tax

credits. So when you think about charitable giving, supporting HCHC is a real bargain since you may be able to utilize the Arizona tax credit for the working poor.

Celebrating Our Anniversary

It's hard to believe, but Hope Community Health Center turned one year old on Sept. 5! HCHC is celebrating with a party on Saturday, October 25! Please come join us at the clinic site: 312 N. Alma School Rd Ste 9C, in Chandler, Arizona from 4 to 7 PM to celebrate with live music and patient stories of how they have been helped. In one year's time, we have completed over 600 patient visits. We have utilized over 500 laboratory services. Over 30 people have received Christ's forgiveness. We have volunteers from over 15 churches participating in the ministry. Through our partnership with Sonora Quest Laboratories and Catholic Healthcare West Diabetes Education Cen-

ter we have stabilized four patients with diabetes, and are working with many others. These are some of the exciting accomplishments, but this is only the beginning.

In September 2008 HCHC changed its Saturday clinical hours to Friday nights. This change allows HCHC to begin educational seminars on Saturdays to meet other community needs. HCHC is currently polling its clientele about the most important issues they are facing to tailor the classes.

HCHC recently received a sterilizer, a colposcope to further evaluate abnormal pap smears, and a microscope. Within this next year HCHC will be able to screen women for cervix cancer and complete

some additional in-house laboratory services.

HCHC will again partner with Chandler Regional Medical Center to complete diabetes education in Spanish and English. We will also partner with Chandler Regional to host a mobile mammogram clinic. So come join us to celebrate our anniversary and our future!



The Engels at the HCHC Grand Opening in 2007. One year has gone by quickly!

Family Classes Offered in Spanish

HCHC gladly invited Pastor Jose and Bertha Alvarez to present a series on the family,

in Spanish, beginning on Thursday evenings at 6PM in October. Fifteen people can attend

the classes. HCHC is registering interested clients for the family series.

On Your Knees—HCHC Prayer Guide

- > We're thankful for Christ Life Church and Arizona Hills Church for their support in 2008!
- > We're thankful for 14 new volunteers trained in June and many others interested for the next training Sept. 30.
- > Funding—We need to raise \$200K throughout the year. Pray funding would increase through United Way and special fund raising activities.
- > Pray that 500 couples would donate their \$400 AZ Working Poor Tax Credit.
- > Protection for our staff, volunteers, and their families. Many medical issues have arisen limiting their ability to serve.
- > Enough volunteer interpreters, nurses, and chaplains to staff our Friday night clinic.