

# The Friendship Clinic

[www.friendshipclinic.com](http://www.friendshipclinic.com)

**August 2015**

## Greetings from The Friendship Clinic

The Friendship Clinic celebrated its tenth anniversary on October 11, 2014 with a wonderful fund raiser at the Riverside Hotel in Boise. Approximately 152 tickets were sold plus two sponsorships were donated by Blue Cross and St. Alphonsus Mission Department. Larry Gebert, channel 7, donated his time and talents as auctioneer and Master of Ceremonies. The program began with a video featuring patients and volunteers, followed by speeches from our Medical Director Dr. Dawn Weiler and Marie Blanchard, Executive Director. Musical entertainment was provided by Dr. Todd Palmer. The video was produced by Shane Jibben and donated back to the clinic for future use. Ticket sales plus the live and silent auctions generated a net of \$23,000. We are so grateful to everyone who attended, it was a lovely evening.

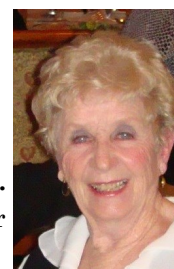


Our hours of operation are Monday & Tuesday evenings 5:30PM to 9:00PM. In 2014 we provided free health care to 863 people compared to 789 in 2013. The clinic also offers the following extra services on site. Physical Therapy, Nutritional Counseling, Mental Health Counseling, plus the services of a Psychiatric Nurse Practitioner and the services of a Social Worker. We also provide access to medical specialists through the Volunteer Physicians Network as needed. Patients receive medications either directly from the clinic or in the case of chronic diseases through St. Vincent de' Paul's Patient Assistance Program.

We continue to collaborate with the University of Washington's WWAMI medical students, and PA students from Idaho State University. In May 2015 we began a new partnership with the U of W Resident Physicians interning at the VA Hospital. The clinic also collaborates with Northwest Nazarene University Social Workers who are seeking an MA in counseling.

Many thanks to everyone who supports our mission both monetarily and by volunteering. We are successful because YOU CARE.

*Marie Blanchard, R.N.*  
Executive Director



### Thought You Should Know...

On May 29th our Board of Directors undertook an exciting new venture on behalf of the clinic. As we enter our second decade of service to the community we are reevaluating our Strategic Plan for clinic service, operations, and funding. Phil Eastman, II from Leadership Advisors led our retreat and is helping

to guide our process. While we are still in the working and development phase of our plans, rest assured that the clinic's over-arching goal of providing health care to those most in need in our community remains at the soul of our mission, and that our new Strategic Plan will help us to:

- ▶ Set direction and priorities
- ▶ Simplify decision making
- ▶ Drive alignment, and
- ▶ Communicate our message to the public

Watch future newsletters for more information on these exciting developments!

## Rah - Rah - Rah!



Three cheers and our hats off to everyone who donated their time and talents this year to all our patients! All our volunteers make *The Friendship Clinic* a successful, compassionate and welcoming clinic.

### Heidi Peters — FNP Volunteer

I am a Family Nurse Practitioner who has been working in the Treasure Valley at Boise Valley Asthma and Allergy Clinic for the past 16 years.

For 6 years, prior to my career as a NP, I was a Registered Nurse in cardiac recovery, trauma, and pediatric Intensive Care Units.

I hold Bachelor's degrees from the University of Washington and Creighton University, and a Master's of Science from Clemson University.

I am a clinical instructor at Idaho State University for their PA and NP programs for the last 10 years.

I have been a volunteer at The Friendship Clinic since its inception in 2005. I have a great passion for all people having access to quality medical care and that is why I thoroughly appreciate the work of Marie Blanchard and the mission of the Friendship Clinic.

My husband Brad and I just celebrated our 20th wedding anniversary and we have 3 amazing children who keep us very busy. My interests include running, skiing, travel, and food. In April 2015 I completed my third Boston Marathon and I plan to travel to New York City in November to run the marathon and celebrate my oldest daughters 15th birthday.

In the past 2 years my friends and I have traveled to Costa Rica and Panama for incredible surfing adventures! We are hoping for another surf trip to Nicaragua next year.

## The Friendship Clinic Board

**Marie Blanchard, RN**, Founder/Executive Director

**Yvonna Rowett**, Volunteer Coordinator, Office Administrator

**Dawn Weiler, PhD, APRN-ANP, BC**, President, Co-Chairwoman, Medical Director

**Margaret Leahy, RN**, President, Co-Chairwoman, Credentialing Coordinator

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**Paula Shaver-Molina, MS, RN-C**, Community Nurse Liaison, Community Representative

**Elliot Werk**, past Chairman (2004-2013)

**Nancy Jo Garrett**, past Legal Consultant (2008-2014)

*friendshipclinic2003@gmail.com*

*Facebook.com/friendshipclinic*

### Margaret K. Leahy

Margaret Leahy has always wanted to be a nurse. She has a Bachelor of Science in Nursing, a Master of Science in Family Nursing and Nursing Education, and a Masters of Pastoral Studies. Her major areas of practice have been in medical/surgical nursing and home health. After 23 years of teaching nursing at Boise State University, she retired as a professor emeritus. During her tenure at Boise State University she was acknowledged for her community service and scholarly activities. She received a University grant to present a workshop with national speakers on Mutual Valuing in the Health Care Community. She volunteers as a Faith Community Nurse and a Saint Vincent DePaul home visitor at Sacred Heart Catholic Church in Boise. She is a volunteer in the No One Dies Alone program at Saint Alphonsus. She began volunteering at The Friendship Clinic in 2006 and is a clinic manager. She joined the board of directors of the clinic as a voting member in 2006 as a representative of Sacred Heart Parish. Currently, she is co-chairman of the Board of Directors. Volunteering at the clinic and working with the other volunteers, students, and the clients at the clinic has been one of the most rewarding times in her career.

## West Nile Virus

West Nile virus (WNV) is most commonly transmitted to humans by mosquitoes. You can reduce your risk of being infected with WNV by using insect repellent and wearing protective clothing to prevent mosquito bites. There are no medications to treat or vaccines to prevent WNV infection. Fortunately, most people infected with WNV will have no symptoms. About 1 in 5 people who are infected will develop a fever with other symptoms. Less than 1% of infected people develop a serious, sometimes fatal, neurologic illness.

### Avoid Mosquito Bites

- Use insect repellents when you go outdoors. Repellents containing DEET, picaridin, IR3535, and some oil of lemon eucalyptus and para-methane-diol products provide longer-lasting protection. To optimize safety and effectiveness, repellents should be used according to the label instructions.
- When weather permits, wear long sleeves, long pants, and socks when outdoors. Mosquitoes may bite through thin clothing, so spraying clothes with repellent containing permethrin or another EPA-registered repellent will give extra protection. Don't apply repellents containing permethrin directly to skin. Do not spray repellent on the skin under your clothing.
- Take extra care during peak mosquito biting hours. Take extra care to use repellent and protective clothing from dusk to dawn or consider avoiding outdoor activities during these times.



### Mosquito-Proof Your Home

- Install or repair screens on windows and doors to keep mosquitoes outside. Use your air conditioning, if you have it.
- Help reduce the number of mosquitoes around your home by emptying standing water from flowerpots, gutters, buckets, pool covers, pet water dishes, discarded tires, and birdbaths on a regular basis.

### Help Your Community West Nile Virus Surveillance and Control Programs

Support your local community mosquito control programs. Mosquito control activities are most often handled at the local level, such as through county or city government. The type of mosquito control methods used by a program depends on the time of year, the type of mosquitoes to be controlled, and the habitat structure. Methods can include elimination of mosquito larval habitats, application of insecticides to kill mosquito larvae, or spraying insecticides from trucks or aircraft to kill adult mosquitoes. Your local mosquito control program can provide information about the type of products being used in your area. Check with your local health department for more information \*104°F taken rectally is the most accurate.

*Content source: Centers for Disease Control and Prevention*

### Are you a Fred Meyer Rewards Card Participant?

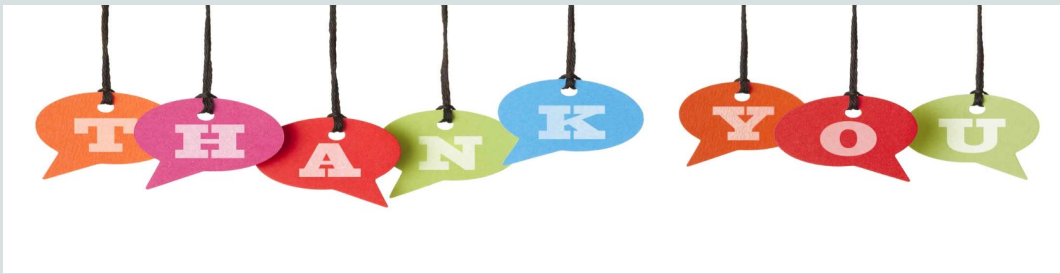
If you are, THIS ONE SMALL STEP can make a HUGE difference in support for The Friendship Clinic!

On February 3, 2014, the Fred Meyer Community Rewards Program began distributing \$2.5 million dollars among linked non-profit organizations in Alaska, Idaho, Oregon or Washington. For a full description of the program please visit: [www.fredmeyer.com/communityrewards](http://www.fredmeyer.com/communityrewards) To link your card, please follow the directions on the Community Rewards page and look for us under The Friendship Clinic, or organization number 94580.

When you shop at **AmazonSmile**, Amazon donates 0.5% of the purchase price to The Friendship Clinic Inc. Bookmark <http://smile.amazon.com/ch/20-0184266> and support us every time you shop.

**THRIVENT FINANCIAL**, Connecting faith and finance for good.

Are you a member of Thrivent Financial? When you receive your quarterly opportunity to assign Choice Dollars, you may now choose *The Friendship Clinic* from the approved organizations.



**THANK YOU TO ALL OUR GENEROUS DONORS**

*“A friend will never be in your way....unless you are falling down” ~ Anonymous ~*

All Clinic Patients that donate to our service through our donation jar.

- |                                          |                                                               |                            |
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# The Friendship Clinic

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Non-profit Organization

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Boise, Idaho



**ission Statement:** To provide free basic health care to low income individuals and families who are uninsured and underinsured with emphasis on health promotion and disease prevention.

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