

PATIENT PROFILE

Put Your Mind To It

Loretta Melero has been a patient at La Familia since she was diagnosed with diabetes in 2003. Loretta says, "I learned to manage the diabetes. It took some time to make some pretty big changes. I had to learn to eat the right foods—I cut out the 'bad' carbs and butter, replacing them with lots of vegetables, meat and a little olive oil. I hit the gym and began to walk on a treadmill 30 minutes a day. I have managed to keep my blood sugars down consistently. I never really let the diagnosis get me down." Loretta also suffers from a thyroid condition for which she takes medication.



Loretta then...

Born in Las Vegas, New Mexico, she has lived in Santa Fe most of her life, attending the Harrington School and Santa Fe High School.

Loretta has three children, two, who are still living at home. "My kids are everything to me. That's why staying healthy is so important."

"**Dr. Giblin** is my doctor. He's a great doctor because he listens to me—he's there for me, even when I don't agree with him," chuckles Loretta.

She even developed her own diet, Loretta's Diet, which she shares with friends and family. "I've lost 135 lbs. and went from a size 48 pants to a size 18, and I am not done yet!" Loretta exclaimed.

She started volunteering at the Mary Esther Gonzalez Senior Center where she teaches quilting. "Giving something back to these wonderful older folks helps me," Loretta says.

Last fall, during a family crisis, Loretta called La Familia and spoke with the telephone nurse, **John Roybal, LPN**. Loretta said that John took the time to listen to her. John told her that there were behavioral health services available for La Familia patients and he made an appointment for Loretta.

She began to see **Anna Rayne-Levi, LPCC** for psychotherapy. "Therapy has helped me learn to love myself and to stop looking for approval from other people. I was one of those women who 'was looking for love in all the wrong places'. Anna helped me open the door to healing some old family wounds."

Loretta is an inspiration to Anna. "She is passionate about transforming her life, and it shows."

"Anyone can change, if they put their minds to it. If only people would use their God-given intelligence and listen to their bodies. It takes faith to move mountains but the key is to act on this faith. That's what opens doors," Anna says. ■



...and now!

CEO CHALLENGE GRANT

La Familia Medical Center has just finalized another successful year in completing the CEO Challenge Grant. Over forty visitors met with the CEO, Board Members and Development Director in 2008. During these special visits members of the community learned more about LFMC and toured the Alto Street Clinic. The objective of the Challenge Grant is to inform the public through word of mouth about the services and facilities that are available to everyone in Santa Fe County. The anonymous donor has renewed the commitment to donate \$40,000 to LFMC if forty individual visits including tours are held during the calendar year. Invitations have been sent to a number of elected officials, community leaders, and other potential participants. Participants are people who are interested in learning more about La Familia Medical Center, its mission and have the ability to expand the community's knowledge of LFMC. Participants are not asked to donate to LFMC but are asked to spread the word. Tours are generally scheduled for Thursday at 1pm, but special appointments on other days and times can be arranged. Please contact the Development Department (955-0302) if you know of individuals or a group who would be good candidates for this informative tour.

PEOPLE IN THE NEWS

Congratulations Dr. Jessica Brewster!



Dr. Jessica Brewster, the Director of Dental Services at La Familia Medical Center in Santa Fe, has been appointed a member of the New Mexico Board of Dental Care. Dr. Brewster is the first woman to be appointed to the New Mexico Dental Board. Dr. Brewster has served as La Familia's Dental Director for the past seven years.

• GALLERIA •

The Alto Street Clinic is home to numerous great pieces of art from contemporary abstracts to realistic renditions. Some of which have come through the Art In Public Places Program of New Mexico Arts' Department of Cultural Affairs. The latest work is an oil painting under glass entitled 'Flora' by **Christina Gonzalez**. This realistic depiction of a woman was painted in 2005 and selected by La Familia Medical Center staff specifically for the lobby.



OUR MISSION

La Familia Medical Center is a community health center providing high-quality comprehensive medical, dental, and health-education services to everyone, with special emphasis on the underserved. These services are affordable and culturally sensitive and are delivered in a manner respectful of the patient's privacy, rights, and dignity, regardless of their financial resources.

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(505) 982-4425

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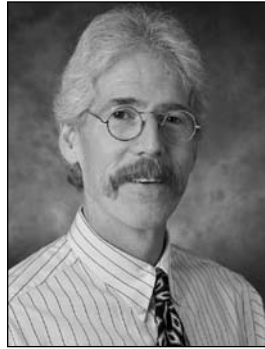
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Established in 1972, La Familia Medical Center is a non-for-profit, 501 C (3) organization devoted to providing high quality, culturally sensitive medical and dental services to the whole community.

CEO's MESSAGE



owners, uninsured workers, "starving artists", and temporary staffers during the legislative session all express appreciation for the place they count on for affordable healthcare.

Keeping a pulse on those community healthcare needs, La Familia's **Dr. Neal Devitt** noticed a Santa Fe newspaper feature on the personal effects of economic hard-times. Following-up on his wish that we could provide treatment to the woman whose hardship was enduring pain for lack of sorely-needed dental care, a team effort amongst our staff and providers resulted in her becoming one of La Familia's healthier dental patients.

Working to extend patient access, we now offer additional morning clinic hours. January marked groundbreaking for our new dental facility [in partnership with Santa Fe Community College, to be opened next year]. Additionally, support and outreach to patients at Health Care for the Homeless has been extended thanks in good part to a donation from a "friend of the family".

Acknowledging the numerous "friends of the family" by this newsletter gives us pleasure to treasure. May our gratitude be demonstrated as much and more by the principles and practices we put forward in service to our community's health. Remaining connected to loyal donors and receptive to new contributions is surely mutually rewarding for LFMC and the generous socially-conscientious individuals and corporations.

We are honored to be the recipient of **Wal-Mart's State Giving Program**. Our good word on the street is *muchisimas gracias* for their grant of \$50,000 to La Familia Medical Center.

Above all, with a strong commitment to sustainability of our non-profit, we thank our representatives at City, County, State and Federal levels for continued funding and lasting trust in us as the healthcare safety net for their constituency.

John Cassidy
Chief Executive Officer

MARK YOUR CALENDAR

Vanessie's Health & Human Services Week

is scheduled for April 17th through the 26th LFMC participates in this event each year and we are inviting staff and friends to go out to dinner at Vanessie's during this week, tell them you are there for

La Familia Medical Center, and a portion of the proceeds will be donated to LFMC.

Bon appétit!

MEET THE ROSENS

Dr. Joel Rosen and **Patricia Rosen** come to La Familia Medical Center from Kayenta Arizona where they both practiced medicine at the Kayenta Health Center, Indian Health Service. The Rosens and their two children, ages two and four, have begun the settling in process in Santa Fe. The area's mountains and trails will afford the Rosen family opportunities to participate in a number of outdoor activities which they said that they will enjoy.

Dr. Joel Rosen has joined LFMC's primary health physicians and is providing care at both the Southside and Alto Street Clinics. Joel received his MD in International Health and Medicine from Ben Gurion University in Beer Sheva, Israel. Joel was



a resident physician at the Department of Family and Community Medicine at the University of New Mexico. His early studies include a BA in Molecular and Cell Biology with emphasis in immunology from the University of California at Berkeley. Joel's knowledge and experience adds greatly to our physician group.

Patricia Rosen MSN, CNM, CFNP, is a graduate of the University of New Mexico with a Certificate in Family Practitioner



and MS in Nursing with a concentration in Midwifery. Patricia is originally from the nation's capitol, Washington DC. After receiving her BA in English from Cornell University, she

traveled to Mwanza, Tanzania to teach writing and communications skills. While working in Africa she realized the urgent need for medical health care workers and decided to return to college and pursue a career in medicine. The medical career veer in Patricia's journey began with her BA in Nursing from the University of Pennsylvania. She has previously worked in women's health and maternity care in Weslaco, Texas, Albuquerque, New Mexico, Washington DC, and Philadelphia, Pennsylvania. Patricia brings a wealth of experience and dedication to LFMC's OB-GYN group of health care providers. LFMC welcomes the Rosens to our dedicated health care provider team.

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www.lafamiliasf.org

Check us out each month for news and announcements. Newsletters are also posted for the convenience of web visitors. Join our environmentally conscientious group of e-mail subscribers of the free newsletter, please e-mail us at the following address and help save a tree.

lfmc.newsletter@gmail.com

CONSTRUCTION & MOVING



Changes at Alto

Construction at Alto Street Clinic Begins

Alto Street Clinic is getting a 'face lift' that will provide a separate entrance for the Dental Department in the front of the building and additional storage space at the side entrance. Workers are currently busy laying the ground work for the changes. A protective 'tunnel' provided access to the building during construction on the entrance where a skeleton of the new overhang now juts out over the sidewalk. The project is expected to be finished sometime in the summer of 2009.

La Familia Medical Center's Dental Department Scheduled To Move Next Year

The Santa Fe Community College's Health and Sciences Department and La Familia Medical Center's Dental Department are forming a partnership. The college's Health Sciences Center, when complete in the spring of 2010, will be the new home for LFMC's Dental Department and SFCC Dental Assistant and Hygiene programs. This liaison will provide expanded services to northern New Mexico.

The new clinic will house 20 dental chairs in an 8,000-square foot facility that will merge low income dental services from LFMC with SFCC's dental education program. This merger will help LFMC to expand its dental services and provides the college with more hands-on experience for their dental students.