

2011 Gala



Above: (L to R) Valery Gallagher, (Gala Co-chair) and CommunityHealth Vice President, Sen. Mattie Hunter, Arnie Widen, MD, Attorney General Lisa Madigan, Judith Haasis

Left: (L to R) Northwestern Medicine, Visionary Award recipient Eric Conley, Vice President, Northwestern Memorial Hospital; Robert Christie, Vice President, Government & Legislative Relations, Northwestern Memorial Hospital; Josh Charles, Director, Community Services, Northwestern Memorial Hospital; Daniel Derman, MD, President of Northwestern Memorial Physicians Group; Laura Baker, RN, Darren Brenner, MD, David Sack, Director, Northwestern Memorial Foundation; Dean Harrison, President & CEO, Northwestern Medicine.



University of Chicago
Joining the University of Chicago Medical Center residents are: (Top row, L to R) Eric Whitaker, MD, Executive Vice President for Strategic Affiliations and Associate Dean for Community Based-Research, The University of Chicago Medical Center; Lydia Polonsky; Kenneth Polonsky, MD, Dean of the Division of the Biological Sciences and the Pritzker School of Medicine, and Executive Vice President for Medical Affairs of the University of Chicago; James Woodruff, MD, Associate Professor of Medicine, Residency Program Director, Vice Chair for Education, Department of Medicine, The University of Chicago; Quin Golden, Associate Vice President for Strategic Affiliation and Urban Health Initiative, The University of Chicago Medical Center. (Bottom row, L to R) Roya Fatbi, MD Intern, University of Chicago Internal Medicine Residency (UC IMR); Devin Odom, MD Intern, UC IMR; Betsy Hunt, Fourth Year Medical Student, Wake Forest University, Amber Pincavage, MD Chief Resident, UC IMR, Monica Vela, MD Associate Dean for Multicultural Affairs, the University of Chicago Pritzker School of Medicine.



Left: (L to R) Serafino Garella, MD with long time volunteer Jim Webster, MD

Below: (L to R) Board member Sally Benjamin Young represents her father, CommunityHealth Past President John Benjamin, with former presidents Serafino Garella, MD, Robert Mendonsa, Arnie Widen, MD and current President Joseph O'Malley



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SAVE THE DATE

April 28, 2012 is the date of our next CommunityHealth Gala. Please plan to join us at **The Harold Washington Library**. More information will follow as the date gets closer.

Thank you

Thanks for all you do to make our services possible.

For every \$1 donated to CommunityHealth we deliver \$5.69 worth of medical services.

Not many organizations can provide that level of return on investment. CommunityHealth relies on our growing network of contributors to advance our mission. **Every dollar counts.** You can make your gift on line at www.communityhealth.org or by calling Judith Blank, Director of Development at 773-969-5942.

During the first seven months of 2011 we have registered **1,580** new patients and had **15,934** patient visits. In 2010 we served over **8,200** patients and set a new record of over **25,000** patient visits – a 15% increase over 2009.

Our Mission

Through an innovative model supported by volunteerism and philanthropy, CommunityHealth will be the leader that defines excellence in delivering comprehensive, patient-centered health care at no cost to low-income uninsured individuals and families in need of a medical home.



2011 Gala "Expanding Through Partnerships: Opening Doors to Care"

The Harold Washington Library was host to the CommunityHealth 2011 Gala. Co-chairs Jillian Foucre', former COO UnitedHealth Networks and Valery Gallagher, Director US State Government Affairs, Baxter Healthcare and their remarkable committee comprised of: James Durkin, Ilene Goodman, Milton Goodman, John Koenigsnecht, Esq., H. Scott Sarraan, M.D., Mary Pat Studdert, RN, Greg Tipword and Sally Benjamin Young created an evening filled with delight for over 370 guests. The evening raised over \$331,000 to support the free programs and services provided at CommunityHealth's clinics in West Town and Englewood. Kudos to the Gala Committee on our most successful event to date. We thank you for your hard work and dedication.



Arnold L. Widen, M.D., M.S., MACP was honored with the **Serafino Award**, named after CommunityHealth's founder Dr. Serafino Garella, which recognizes an individual who embodies the highest ideals of humanitarian service.

Dr. Arnie Widen's extraordinary leadership and contributions over the last 14 years have made CommunityHealth what it is today – the largest free clinic in Illinois and a leader among free clinics nationwide. With more than 400 physicians volunteering their service at our West Town and Englewood health centers, Dr. Widen stands alone as one of our most highly regarded and respected providers. In addition, his contributions as a member of our Board of Directors are unparalleled. Joining our board in 1998, Dr. Widen served as President from 2006-2010 and remains one of our most active members. Many of our major accomplishments as an organization are a direct result of Dr. Widen's outstanding commitment and vision.



Attorney General Lisa Madigan received the **Public Service Award** in recognition of extraordinary service with a specific focus on health care and health care policy.

Throughout her career in the Illinois Senate and now as Attorney General - Lisa Madigan has been a tireless advocate for the underserved and uninsured in Illinois. Madigan, elected to a third term as Attorney General last November, is the senior most female Attorney General in the country. Throughout her tenure in this office as well as during her years in the Illinois Senate she has proven herself to be a true champion of those confronted by injustice and burdened by hardship. Her leadership on issues ranging from domestic violence to nursing home safety has enabled her to be a powerful voice on behalf of those who might otherwise never be heard.

Attorney General Madigan's level of commitment to our most vulnerable Illinois residents and communities is further reflected in her strong support of free clinics across the state. Her understanding of the role that CommunityHealth plays in

Northwestern Medicine was presented with the **Visionary Award** in recognition of those who exemplify in their compassion and service the importance of making quality health care available to those most in need throughout Chicago and its communities.

As one of our most important, longest standing and multi-faceted partners, Northwestern Medicine has provided CommunityHealth with a growing array of people, resources and partnerships that have helped fuel our growth and ensure our future.

Continued on page 3

CommunityHealth is Going Green

The CommunityHealth Board of Directors has a green vision for our future. By the end of 2012 we hope to be the largest free paperless medical clinic in the United States. We will begin the conversion of our patient medical records later this year with a goal of completing the process by the end of 2012.

With at least four paper pages generated for each of our 25,000 patient visits each year, the pages add up quickly.

Consider the environmental impact of just 1 million pages:

- 250 trees
 - 5,600 gallons of oil
 - 45 cubic yards of landfill space
 - 59,500 KW (kilowatts) of energy
- (Data Source: www.epa.gov)

The main benefit of electronic medical records, and the impetus for this change, is enhanced patient safety, efficacy and quality of care. Just like any other record keeping, moving patients' records from paper and filing cabinets to computers creates greater efficiencies for patients and their healthcare providers. Important information about a patient – medications, allergies, important history – can be shared quickly if an emergency occurs and the information is needed to help make patient care decisions.

We are very excited about this project. While it won't eliminate all paper used at CommunityHealth it will definitely reduce our environmental impact. If you would like information about how you can support our efforts to go green please contact Judith Blank at 773-969-5942 or jlblank@communityhealth.org

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Executive Director



New Board Members

Cheryl Lulias is President and Executive Director of the Medical Home Network which serves as a model for collaborative and patient-centered care. The Medical Home Network is targeting Chicago's South and Southwest side by organizing healthcare providers to enhance quality, improve access and reduce costs for over 162,000 Medicaid recipients. Previously, Cheryl served as the Vice President of Network Management for WellCare Health Plans of IL, a provider of Medicaid and Medicare HMO products to over 150,000 individuals. Her experience includes having led managed care strategies and operations for several academic and community hospital systems in IL, IN and NY. Cheryl earned her Bachelor of Arts in psychology from the University of Michigan and a Masters in Public Administration from the University of Illinois.

Sam Goodman is an attorney who was the founding member of Goldsmith, Goodman and Ball where he specialized in family law and professional responsibility defense. During his legal career, Sam served in a number of leadership roles including: President of the Lake County Bar Association; Fellow of the American Academy of Matrimonial Lawyers; Fellow of the International Academy of Matrimonial Lawyers; and Adjunct Professor of Law at John Marshall Law School. He also was an active member of the American Bar Association representing Region 3 as well as serving in a variety of leadership positions with the State of Indiana Bar Association. Sam was recognized in *The Best Lawyers in America/Family Law* section until his retirement in 2009. Through his extensive experience, Sam has been involved in a number of advocacy and community service projects. He is a long standing member of the board of trustees of the Chicago Academy for the Arts (2003 – present). Sam received his undergraduate degree from Purdue University and JD degree from the University of Michigan.

Daniel Vicencio, M.D. is the Medical Director and Interim Executive Director of the Mercy Family Health Center, a Community Health Center affiliated with Mercy Hospital and Medical Center. Dr. Vicencio has more than 15 years of direct patient care and teaching experience in internal medicine and in 2008 was awarded the "Innovation in Primary Care Practice and Research Award" from the National Association of Community Health Centers. Dan has extensive non-profit board experience. He was a volunteer at the Free People's Clinic from 1994 -2010 where he also served as Board Chair. He is a board member and former Vice President of the Filipino American Network and also serves on the board of CQuest – a non-profit Information Technology company. He also served as an Advisory Board Member of Filipino American Health Initiatives of Chicago. Dan received his BA in physiology from Rutgers University and MD degree from Northwestern University Medical School.

Cooking Matters

Cooking Matters, a program in collaboration with Near North Health Services Corp., began in January 2010. The program brings volunteer chefs and nutritionists together at our West Town and Englewood locations to teach CommunityHealth patients how to prepare healthy meals on a limited budget. More than 140 patients and their family members have completed this 6-week class. The following program recipe is one we hope you will enjoy.



SPRING SALAD WITH NEW POTATOES

2 pounds small new or fingerling potatoes
1 pound asparagus
1/4 pound sugar snap peas, green beans or other spring pea
4 small-to-medium radishes, thinly sliced

PICKLED SPRING ONIONS

3 spring onions (about 6 ounces)
1/4 cup white wine vinegar
1/4 cup water
Scant 1 tablespoon kosher salt
1 1/2 teaspoons sugar

SHARP MUSTARD VINAIGRETTE

1/4 cup olive oil
2 tablespoons whole grain mustard
2 teaspoons smooth Dijon mustard
2 tablespoons white wine vinegar
Salt and freshly ground black pepper to taste

Place potatoes in a saucepan and cover with one inch of water. Bring to a boil and cook for about 15 minutes, or until the tip of a knife easily pierces through a potato. Drain the potatoes and let them cool.

Meanwhile, pickle your spring onions. Whisk vinegar, water, salt and sugar together in the bottom of a small container with a lid until the salt and sugar dissolve. Slice the bulbs and paler green parts into very thin coins and submerge them in the vinegar mixture. Cover and put

Summer Health Tips

Drink more fluids

Regardless of your activity level, your body needs water to prevent dehydration during warm summer days. Stay away from liquids that contain caffeine, alcohol, or large amounts of sugar.

Stay indoors or in shaded locations

When the temperatures soar wear lightweight, light-colored, loose-fitting clothing; and limit your outdoor activity to morning or evening hours when it is cooler outside.

Wear sunscreen

Sun protection is *essential* to skin cancer prevention –about 90 percent of non-melanoma skin cancers and 65 percent of melanomas are associated with exposure to UV radiation from the sun. Your sunscreen should be SPF 15 or higher.

Pack beverages in one cooler and foods in another

Separate coolers prevent the risk of juices from raw meats leaking onto the top of cans. Keep food cold to prevent bacterial contamination. Whether you are cooking indoors or out – keep surfaces clean.

Leaves of 3 – let it be

These are warning signs of poison ivy and poison sumac. If you think you have been exposed, wash the area as quickly as possible with soap and water to remove the plant oil from your skin.

in fridge until you're ready to use them; if you can put them aside for an hour or even overnight, even better.

Prepare an ice bath, a large bowl with ice and water in it. Trim the tough ends off the asparagus. Bring saucepan to a boil and add the asparagus. One minute later, add the sugar snap peas. Two minutes later, drain both together then dump them in the ice bath until chilled. Drain the vegetables and spread them out on towel to absorb excess water.

Slice the cooked asparagus spears and sugar snaps into 1/2-inch segments and place them in a large bowl. Chop potatoes into moderate-sized chunks and add them to the bowl. Cut the radishes as thinly as possible.

When you're ready to serve the salad, or an hour or two in advance, whisk the dressing ingredients and toss it with the vegetables and pickled onions, to taste. (You may find you don't want to use all of it.) Season with salt and freshly ground black pepper, to taste. Eat and enjoy!

Source: smittenkitchen.com

2011 Gala ...continued

From the primary care being delivered by internal medicine residents who staff two clinics sessions every week at our West Town health center to the dedicated residents and their attendings who volunteer on Saturdays; to the medical students of the Feinberg School of Medicine who support at least one evening clinic session each week, the commitment of Northwestern Medicine to bring their vast talents and resources to the community is unsurpassed. Nowhere is this more evident than in the growth of sub-specialty services made available to our patients both on-site in West Town and through referrals to Northwestern Memorial Hospital. The Northwestern Memorial Foundation has also been a strong philanthropic partner supporting both our West Town and Englewood locations.

We are extremely thankful to all who attended our Gala and to those who sponsored the event. Your commitment and support inspire us in our work.

Special thanks to the Crown Family for their extremely generous support.

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Corrine and Paul Wood
Sally and H. Shepherd Young

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Dr. Catherine Dimou and Graham Bell
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Phyllis Ellis Weil

“Volunteers are the only human beings on the face of the earth who reflect this nation's compassion, unselfish caring, patience, and just plain love for one another.”

- Erma Bombeck

Erma Bombeck was writing about the myriad CommunityHealth volunteers. They are truly our life blood. Through the first seven months of this year, they have donated over **35,592** hours of service. Every month, one stellar provider and one stellar clinic volunteer receives special recognition (*see below*). We appreciate the time and commitment of each volunteer. *We couldn't do it without you!*

JANUARY	Clinic Volunteer – Kathy Smith Provider – Laura Baker, RN
FEBRUARY	Clinic Volunteer – Sasha Rihter Provider – Andrew Knight, Ph.D. (Counselor)
MARCH	Clinic Volunteer – Michael Crino Provider – Faris Khasawneh, M.D. (Primary Care)
APRIL	Clinic Volunteer – Mia Derstine Provider – Jacqueline Cameron, M.D. (Primary Care)
MAY	Clinic Volunteer – Nima Shahlapour Provider – Steve Gallo, M.D. (Northwestern and Rush attending physician)
JUNE	Clinic Volunteer – Caroline Kielczewski Provider – John Stryker, CNP
JULY	Clinic Volunteer – Janelle Carew Provider – Fatima Khatib, PharmD

2011 Gala



(L to R) Serafino Garella, MD, CommunityHealth founder, presents the Serafino Award to Arnie Widen, MD



(L to R) Babs Waldman, MD, Volunteer Medical Director, Serafino Garella, MD, Attorney General Lisa Madigan, Public Service Award recipient, Avi Shaked



(L to R) Dean Fischer, President & CEO, WestMonroe Partners (Platinum Sponsor), Cathy Peterson, Judith Haasis, Executive Director, Jill Foucre' (Gala Co-chair)

The following CommunityHealth volunteers have completed 5 or more years of service.

Dr. Hugo Alvarez	Dr. Julie Koval
Dr. Mary Anderson	Dr. Carol Krohm
Dr. David Ansell	Elena Kurth
Claudia Austin, CNP	Dr. Michael Ladewski
Dr. Louis Barnes	Sandy Levi
Dr. Andrea Baumgartner	David Liss
Dr. Steven Bines	Dr. Owais Lodhi
Dr. Bruce Blacker	Dr. Melvin Lopata
Grace Bommarito	Dr. Joanna Martin
Dr. Stanley Borg	Dr. Gregory Matz
Dr. Robert Bowser	Dr. Stockton Mayer
Dr. Gregory Brisson	Dr. Stevie Mazyck
Dr. Michael Brown	Dr. Aaron Michelfelder
Dr. Susan Buchanan	Dr. Timothy Mikesell
Dr. John Butter	Dr. Vaishali Mody
Dr. Vinky Chadha	Dr. Mark Molitch
Dr. Eric Christoff	Dr. Jeffrey Mono
Dr. Wesley Cook	Dr. Jessica Montalvo
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Dr. Merlita Cruzat	Dr. Jay Paparello
Dr. Pedro Dago	Dr. Neehar Parikh
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Dr. Aashish Didwania	Katarzyna Pilewicz
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Anna Drozd	Denise Poy
Dr. James Eggers	Dr. Jyothy Puthumana
Dr. Babu Eladasari	Elizabeth Quiroz
Elizabeth Elsaesser	Dr. Nimmi Rajagopal
Jennifer Eubanks, RN	Dr. Leslie Ramirez
Dr. Michael Feinzimer	Dr. Paul Rockey
Kelly Fitzgerald, RN	Dr. Holly Rosencranz
Dr. Steven Gallo	Dr. Scott Sarrao
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Dr. Emily Godfrey	Harendra Shah, PA
Dr. Kenneth Gong	Dr. Syed Shah
Pilar Gonzalez	Dr. Kevin Simpson
Ilene Goodman	Dr. Paul Storrs
Milt Goodman	Mary Pat Studdert, RN
Dr. Scott Graziano	Dr. Debra Stulberg
Dr. Dan Grodinsky	Dr. Kimi Suh
Dr. Brian Hertz	Dr. Rajive Tandon
Dr. Richard Huh	Dr. Shruti Trivedi
Dr. John Ilie	Dr. Lori Turnock
Dr. Tracy Irwin	Dr. Karin Ulstrup
Demetra John	Dr. Tim Vavra
Dr. Patrick Johnston	Dr. Babs Waldman
Dr. Paul Jones	Dr. James Webster
Dr. Mark Juhn	Dr. Sidney Weissman
Kasia Kadela	Dr. Mary Westerholm
Dr. Audiey Kao	Dr. Arnold Widen
Dr. Michael Koller	Dr. Andrew Zalski

To learn more about opportunities for volunteering at our West Town or Englewood sites, please contact Kelly Tondini at 773-969-5923 or ktondini@communityhealth.org, or visit our website www.communityhealth.org

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