

2020 Newsletter

Dear friends of la Clínica

We started the week after a full week of global protests in response to racial injustice and police brutality, and an incredible weekend of peaceful demonstrations in our city. As we continue to do our part to address the global coronavirus pandemic, we must continue to connect the dots between racism and public health. **26% of all Coronavirus cases in the District of Columbia are reported as Hispanic/Latino, and 75% of all coronavirus deaths are Black/African-American.** These inequities are reflected throughout our region.

Over the years, La Clínica has formalized its commitment to social justice and equality, core values that drive our work, by adding our Health Equity team and structures such as our advocacy committee to drive unique strategies to represent and advocate on behalf of Latino immigrants in our region. As the clinic has grown, so too has our voice around issues that impact the community La Clínica serves, including health care access, language access, health equity, and immigration reform. Last Friday, La Clínica's Health Equity team facilitated an internal discussion with 80 staff members on Structural Racism and Public Health, which has spurred additional conversations and recommendations that build upon the work we have done and will continue to do.

This work takes time and it takes all of us working together. We continue to envision our community united and organized to end health inequities based on immigration status, language, gender, sexual identity, and race. We are grateful for your support and for standing with us as we continue to build a healthier and more just community.

“As an organization we have a lot of work to do to contain COVID-19 and its killing of brown and black members of our community, but this moment also calls for us to look at racism and privilege right in the eye.”

-Catalina Sol,
Executive Director



Structural Racism and Public Health internal Zoom discussion with our staff

La Clínica's Community Health Action Program (CHA) Updates

The past few months have required finding new approaches to meet our clients' needs. La Clínica's LGBTQ Health Program, where our Empoderate Centers are hosted, has done just that by implementing HIV testing services to individuals at home using tele-health and mailing the HIV test kits. This new methodology of reaching community members has resulted in more than 121 HIV testing sessions completed at-home and the identification of two new HIV positive cases which then were successfully linked to HIV care & treatment. Additionally, this team has enhanced its condom distribution strategy by mailing 14,700 condoms to 147 program participants' homes. Our Community Health Action teams have been promoting our COVID-19 health communication messages reaching more than 150,000 people through our social media platforms during this period, including the implementation of Facebook Live charlas. This week we launched our newest health communications material under our COVID-19 series: **HOW CAN WE KEEP OURSELVES HEALTHY WHEN WE LIVE WITH HIV?** Visit our website to access the full series of materials.

Update on COVID-19

We are seeing a steady decline in cases throughout our region and have begun to see this reflected in the number of calls to our own health center that require triage for COVID. However, we are still heavily impacted. We are currently taking care of over 200 medical patients who have tested positive for COVID, an additional 115 patients who are PUI (persons under investigation), and many more who we touch through our programs that are not counted here. We have sadly lost 5 patients to COVID to date.

La Clinica is following DC and Prince George's County re-opening recommendations; which have each announced plans to move from Phase 1 to Phase 2 in the week ahead. These phases are distinguished by the nature of the pandemic and what the numbers are telling us. Moving from Phase 1 to Phase 2 requires a steady decline in cases and evidence of only localized transmission rather than community spread. We are working diligently to ensure we have the necessary safeguards in place to introduce back some services and programs on site. However, much of our staff will continue to work remotely as this is the best way to contain the virus and maintain safety of our staff and patients. To learn more about what the different phases mean for you click [here](#).

While we see and hear different parts of our communities are re-opening it is still imperative to exercise social distancing and mask wearing to contain the spread of the coronavirus. There are many people who have underlying health conditions and are more vulnerable to becoming infected, as we all do our part, we can help in keeping our communities safe and healthy.

COVID19 CORONAVIRUS

HOW CAN WE KEEP OURSELVES HEALTHY WHEN WE LIVE WITH HIV?

1. WHAT WE KNOW

People living with HIV who are **out-of-care**, are at higher risk of becoming severely sick



2. HOW TO PROTECT YOURSELF AND OTHERS?

Daily preventive actions

- Practice good hygiene
- Avoid close contact
- Practice healthy habits

Have a care plan

- Get vaccinated
- Have enough medicine for 30 days
- Connect with your health provider and social media

3. IF YOU THINK YOU HAVE COVID-19



Call your healthcare provider



If you don't have insurance, or are under-insured, there are options like the Ryan White program



Keep in contact with people who can help you if needed

WHEN WE TAKE CARE OF OURSELVES, WE PROMOTE HEALTHIER COMMUNITIES

For more information: www.lcdp.org
Source: www.cdc.gov/COVID19



We still need HELP from your HOME



For those of you who haven't heard, last month we launched our first peer-to-peer fundraising campaign, and you have already helped raise a total of \$13,184.17 which means, we are 26% through our goal of \$50,000! Our HELP from your HOME Campaign is designed for you to help us make a difference in our community from your own home, all while connecting with your friends, colleagues and family members! Every dollar raised goes directly to La Clinica to cover revenue losses; provide equipment, technology and supplies to meet our patients needs in new ways; and outfit our facilities to safely provide care to our patients.

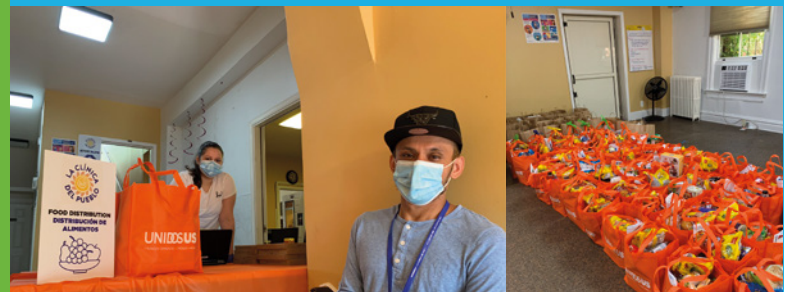
Create your page today! Help us raise funds to ensure La Clinica can provide crucial care right now!

A special shout out to all the individuals and teams who have created their own fundraising pages through our platform and encouraged their networks to donate to our cause.

Click on this link: www.lcdp.org/homefundraising and you'll be on your way! OR contact Fabiana Cuellar at fcuellar@lcdp.org for assistance in getting started!

Additionally, our Health Promotion program was able to distribute 161 bags of food supplies as an effort to reduce the gaps to access healthy food resources that have worsened during this period due the impact of health disparities. Thank you to River Road Unitarian Church and Food for All for your donations to make this possible.

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We invite you to become an Amig@ del Pueblo today, a member of our monthly giving program!

Your monthly contributions of \$5, \$10, \$25 or more will help bridge the gaps in our healthcare system in DC and Maryland. Your monthly commitment will help us plan, project, and serve our patients and community better by knowing what funding we can count on, especially during this difficult time! Click on this link to sign up: www.lcdp.org/amigos

Already an Amig@? Consider increasing your monthly gift to provide additional support through the pandemic and beyond. Contact FCuellar@lcdp.org to increase your commitment.

Become an Amig@ del Pueblo!