

2021 Newsletter

Happy New Year! We hope you had a happy, healthy, and safe holiday season. While it is only January 15th, 2021 has had its share of tumultuous and historic moments. As we have seen some of the worst counts of COVID cases in the past weeks across our country, we are also filled with a sense of hope for what can be. Just yesterday, we began to provide vaccines; an opportunity to protect the most vulnerable members of our community. In addition, as we close our 2020 numbers and take stock of what we accomplished we want to take a moment to celebrate some of the distinct ways you were able to help fuel our work and keep us going. In addition, please scroll to the end for ideas and ways you can continue to support us through 2021. We value your ideas, comments, and thoughts for topics to learn about and share, please feel free to contact us at info@lcpdp.org with your inquiries.

Starting 2021 with the COVID-19 Vaccine



We were very heartened by the fact that we ended 2020 with a vaccination. 100% of our health providers and nurses have already received their first dose, and many of our front-line staff and community health workers are actively receiving the vaccination as we write! We are proudly displaying our vaccination cards and photos of staff as part of our larger vaccine outreach campaign and efforts to increase vaccine acceptance in our community. Yesterday, our providers were thrilled to begin providing scheduled vaccinations on-site for 65+ individuals. La Clinica is committed to stopping the spread of COVID-19 through the vaccination program, mask-wearing, social distancing, testing and tracing, and distribution of health communication materials - we are in this with you!

At the same time, we continue to get very sad news, almost daily, of lives lost to COVID among the families of our patients, staff, and the larger community. 2021 will be a difficult year again and we hope to be able to continue receiving your support this year as we continue to provide high-quality care and essential services to those needing it most while fighting for greater equity and access to health care.

La Clinica in the News

Having the opportunity to be part of the COVID-19 vaccination in the District of Columbia has been a great success for us at La Clinica del Pueblo. However, our Latino immigrant community still faces difficulties when it comes to registering to take their dose. Our Executive Director, Catalina Sol spoke with ABC 7 about what is happening:

"Our own patients are having difficulties being able to access the vaccine website, because they don't have email. They're not able to schedule as easily as someone who speaks English and has access to a phone and email".

Scheduling issues, equity concerns as DC opens COVID-19 vaccine registration to seniors

by Heather Grief | Thursday, January 14th, 2021



La Clínica on CTV News Regarding the COVID-19 Pandemic

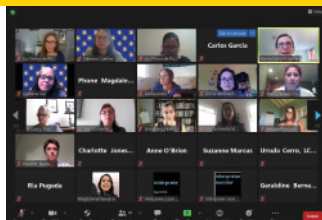
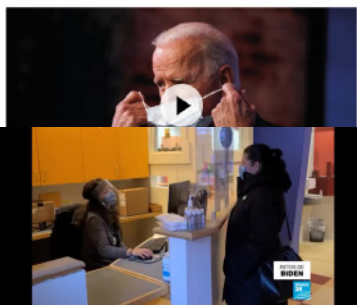
"Many areas of our services are already stretched because we serve a lot of uninsured populations (over 40% do not have insurance) particularly those who reside in MD....it has always been a struggle to make ends meet...and the pandemic has exasperated that."

- Catalina Sol

The President-Elect of the United States, Joe Biden, has already defined a series of proposals to deal with the emergency caused by the Covid-19 pandemic.

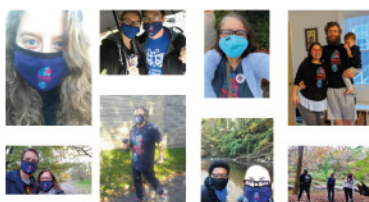
Los retos de Joe Biden: el coronavirus, una pandemia que expuso la desigualdad en EE. UU. (1/6)

Facebook Twitter YouTube



Women Forward; a conversation about gender-based violence, health, hope, and justice

Executive Director, Catalina Sol; Gender & Health Program Manager, Dilcia Molina; and Heather Burns from the Live to Give Equity and Justice Fund led a thoughtful discussion about how La Clínica conceived Entre Amigas, a women-driven program addressing gender-based violence, and the inherent gender discrepancies that have been magnified by the COVID-19 pandemic. Through this event, you helped us raise \$5,519.87! We thank those of you who were able to join this important discussion.



October Walk-A-Thon

We ended October with our first Walk-A-Thon for Health! A huge thank you to all the individuals and teams who participated by either creating a fundraising page, purchasing a t-shirt or a mask, donating to the event, or simply just spreading the word and encouraging participation! We love that despite the days of rain, many of you still got out there, and step-by-step raised essential funds for our patients hit hardest by the pandemic. Look out for our Walk-A-Thon in 2021!

Highlights from 2020 that Helped Fuel our Work



With a bit of reimagining, Flock-DC, more than 20 sponsors, hundreds of you, and a whole lot of awesome raffle prizes to win, filled us all with joy and raised more than \$70,000! All funds raised went toward providing essential services, food bags for clients, and toys for children of patients who faced especially grave hardships this past year.



We went from 36 Amig@s del Pueblo (our monthly giving program) in 2019 to **75 Amig@s** in 2020, gaining a total of 39 NEW friends that we can count on each month! You too can become an Amig@. Join **this dedicated group this month, and receive one of our exclusive t-shirts.**

Ways you can support us in 2021

We are so excited to kick off this new year and do even more to give health to those who need it the most. And we need your help! Why not start now?

- 1 Become an Amig@ del Pueblo- help us project and plan better for the needs of our community by making your commitment a monthly one! (We will mail you a t-shirt if you sign up today!)
- 2 Start a Facebook fundraiser on your birthday benefiting La Clínica
- 3 Sponsor one of our virtual fundraising events (Walk-A-Thon, Casino, Posada)
- 4 Mark your calendars for important giving dates such as DoMore24 in May and Giving Tuesday (Nov 30)
- 5 Donate! Every bit counts towards building and re-building our incredible community
- 6 Follow our Social Media and Events calendars to join events, virtual discussions and Q&As when you can

Become an Amig@ del Pueblo!

www.lcdp.org · info@lcdp.org · Facebook La Clínica Del Pueblo · Twitter @LaClínica2

Help us start 2021 strong and bridge the healthcare gap in the Latinx immigrant community!

Embracing Our Challenges Looking back at 2020



"What is something that you learned in 2020 that has changed the way you are doing things now?" This is a question we have begun to hear more frequently, as we all look back on this past year.

The arrival of COVID-19 in 2020 undoubtedly, stretched us in new ways. Prior to the pandemic various discussions and explorations across departments and sites regarding the advancement of technology and equipment were taking place. Yet, it was COVID-19 that thrust us into adopting and executing new ways of doing things almost overnight. By embracing the challenges we faced, and seeking new ways to continue delivering culturally appropriate care to our clients in their homes, we, in turn, adopted ways of doing things that are strengthening and expanding our model of care.

For instance, by adopting a way to send HIV and STI home testing kits by mail and then having a health educator accompany the individual virtually, through the testing process, individuals who faced barriers to coming in-person to our sites could still receive the needed service and support. Home-based kits continue to be an important option for individuals who feel most comfortable testing from their homes. In 2020 more than 270 home-based HIV tests were performed.

Another example of expanding our work is through the health promotion program's focus on addressing food scarcity by connecting our clients to food distribution sites and actively distributing healthy food to clients unable to access those sites; more than 1,300 food bags were distributed last year.

The use of technology and virtual platforms, of course, is perhaps the greatest adoption. We have developed awareness activities, educated community members, and held community events through Zoom and Facebook Live. Additionally, we have provided mental health and behavioral health services, primary care, and support groups virtually - which last year, accounted for more than 17,000 telehealth services provided vs. 300 in 2019.

Overall, "if there's anything that we understand now, I think as a community is how important inclusion is, how important health is, how important community is in keeping us all safe and healthy," shares Catalina Sol. To learn more about the highlights, achievements, and impact made in 2020 that continue to drive our work, visit our 2020 Annual Report.

Representatives of UnidosUS and Siemens Visit La Clinica del Pueblo!

As an affiliate of UnidosUS, La Clinica was thrilled to welcome UnidosUS and representatives from Siemens for a tour of our DC-based sites to see how we are building a healthier Latino community. Despite masks and face shields, we were all smiles as we recognized the important role we all play together in providing direct health services and ensuring health access for those needing it most.



Turning Struggle into Growth

The Story of Brizeida Santos

Recent graduate from Mi Refugio and Newest Board Member of La Clinica del Pueblo

As someone who struggles with adversity, Brizeida Santos, a native from El Salvador, has learned to overcome it. Change has become a constant in her life ever since she lost her mother at four years old. Shortly after her mother's death, most of her siblings moved to the United States, where her father permanently resided. She migrated to the United States on her own, to fulfill her hope of reuniting with her siblings.

"When I first arrived in the United States, I spoke no English, I was desperate to..."

Embracing Our Challenges Looking back at 2020

¡Bienvenidos! New Board Members



Haylin Lovo
Luis Angelo Gomez
Brizeida Santos
Salomé Martinez

La Clínica is led by a Board of Directors who provide fiscal oversight and strategic direction that meets monthly and is comprised of community leaders, businesspersons, and clients who support the organization's mission. La Clínica del Pueblo is required to have a Board majority of 51% patients, recruiting directly from the community it serves. Our patient-majority board is one of our core strengths, ensuring the voice of our community is represented at the highest levels of leadership in our organization, and this past year they each played an exceptional role as the organization navigated a global public health crisis. We are happy to welcome our four newest members who will enrich our work with their diverse perspectives and experience.

La Clinica in the Media

The Impact of Culturally Competent Care

This past month, La Clínica del Pueblo appeared in Health Affairs Blog, as an organization that properly tailors food access programs to best serve low-income Latinx immigrant patients. The article shares how food redistribution at La Clínica is designed to respond to structural barriers by providing services in patients' preferred language and distributing food that reflects cultural preferences.

International Day of Friendship -July 30th-

Make it Monthly!

"Giving monthly helps ensure the safe space that honors our community's life experiences and offers medical care and social support to help them be well. To have a place like that is absolutely **essential**."

-VERONICA VELA
Board Member and
Amig@ del Pueblo
since July, 2020



Amig@s del Pueblo, our monthly giving program, is vital to our ability to plan, project, and meet the ongoing needs of our clients and the broader Latinx community. More than 90 individuals have made the commitment to give \$5, \$10, \$25, or more each month to ensure all members of our communities can access health care when they need it most. Click on the "Make it Monthly" button and be on your way to being part of a circle of friends that are making a lasting impact in our region.

"Before the COVID-19 pandemic, more than 35 million Americans faced food insecurity. Now, more than 50 million are food insecure, with children and families accounting for a substantial part of the increase. Food insecurity disproportionately impacts racial minorities and low-income populations, and it is especially problematic for those with chronic conditions."

As They Take On Food Insecurity, Community-Based Health Care Organizations Have Found Four Strategies That Work

Jacob P. Tanumihardjo, Kathryn E. Gunter, Monica E. Peek

JUNE 23, 2021

10.1377/hblog20210616.615098



Embracing Our Challenges Looking back at 2020

This week we also welcomed the crew from **PBS/ WETA's** show, If you Lived Here. Catalina Sol was interviewed (in our new Salud sin Barreras shirt) for a special program featuring the Mount Pleasant neighborhood. She shined a light on the story of the Latino community in the Mt. Pleasant neighborhood and La Clínica's impact on the area throughout time. We are looking forward to seeing the segment when released in the coming months.



HEALTHY TIPS

Stay hydrated this summer with our Beet, Arugula, Chard, and Apple Salad !!

Summer vegetables such as **Beets**, Tomatoes, Cucumber, Bottle gourd, and Pumpkin are great for your body in the summer! These vegetables contain water which keeps your body hydrated. They protect you from sunstroke, dizziness, and feeling fatigued. Today, we want to share with you a **healthy recipe**, from our health promotion team, that will boost your energy and help keep you **hydrated during these hot summer months!**

Become an Amig@ del Pueblo!

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