

Sherwood Cares Foundation's Funding Prevents Illness

That can quickly put a family into debt and loss of housing.

BY LISA SAFAEINILI, CEO/EXECUTIVE

NAME OF YOUR ORGANIZATION?

Westminster Free Clinic & Community Care Center

HOW DID YOU GET INVOLVED WITH SHERWOOD CARES?

Friends who live at Lake Sherwood told me about Sherwood Cares.

HOW HAS THE FUNDING FROM SHERWOOD CARES DIRECTLY IMPACTED ON YOUR NON-PROFIT?

- 1. Helped us sustain and expand free health services to local vulnerable, low-income, working people serving our community
- 2. Helped us develop emergency response capabilities during fires, earthquakes, etc.

3. Helped us engage more youth in serving their community through our 2-year healthcare internship program, providing a career pathway for many and a love of service for most.

WHAT PROBLEM IS YOUR NON-PROFIT TRYING TO SOLVE?

- Preventing homelessness by keeping people well so they can continue to work and care for their families. One stroke or surgery can make a family lose everything.
- Informing people on how they can help themselves by providing cancer screenings, diabetes and high blood pressure screenings
- Giving low-income people tools to stay well through free mental health and nutrition counseling, health education,
- Offering weekly hearty health foods (no added fat, salt or sugar) for free, so low-income people have the opportunity to be healthy, well and improve their health issues (food as medicine)
- Offering early access to free medical, vision, dental and mental health services to prevent the need for more costly care later on.
- We operate in donated spaces so we have low overhead.

WHAT'S YOUR MOST SUCCESSFUL PROGRAM AND WHY?

WFC has 2 signature programs that are very successful, have measurable impact and have been presented a National Conferences:

Our Corazones Sanos (Healthy Hearts) Program- Decreasing weight, A1c and blood sugar levels, lipid levels



and blood pressure are challenging for everyone, but especially the low-income community who have limited food options. WFC is successful at helping people decrease the measurable health markers that show people are at risk of serious health issues and sustaining the change over time through a whole person approach that includes decreasing stress, healthy eating, medical supports as needed and socio-emotional factors that help low-income people experience success.

Our 2-Year Teen Healthcare Training & Internship Program-

This program gives teens job skills in clinical care and public health, gives them the opportunity to help their community in a meaningful way, offers a career path in a growing workforce sector, mentoring and training by healthcare professionals, and a pathway out of poverty for low-income youth in the program (the majority of our teens). We are successfully breaking the cycle of poverty and giving youth the opportunity to be change makers in their community. We have numerous success stories from this program over the past 25 years of how the program changed the future of our students as well as their families. We are also helping fill an important gap in the



healthcare workforce where there are shortages of healthcare workers.

GIVE ME THE BEST EXAMPLE OF THE WAY YOU'VE SEEN YOUR ORGANIZATION'S WORK MAKE A DIFFERENCE.

Local teens, whose parents clean our homes, work in restaurants, or care for our elders, who were part of WFC's 2-Year Teen Healthcare Training &

Internship Program helping their community have access to healthcare while they were in high school are now in biotech, physicians, dental hygienists, computer programmers, nurses, etc. working in fields where they have health insurance and earning incomes where they can assist their parents and inspire siblings to dream bigger, breaking the cycle of poverty.

WHERE DOES MOST OF YOUR FUNDING COME FROM?

Almost all funding comes from Foundations and individual donors. We do not receive federal funds. 2/3rds of our budget is from donated goods and services that make our services possible as well.

WHAT ARE YOUR MOST URGENT NEEDS?

- Unrestricted funding for Westminster Free Clinic & Community Care Center to fill gaps and meet needs as they arise. We are grateful to the Sherwood Cares Foundation for the support you provide. It makes a huge difference!
- Economic supports for the families we serve-hygiene products, gift cards to Target for food and other household needs, fresh produce from people's yards to give out at our weekly food as medicine distribution that happens in Thousand Oaks. Gently used clothing and household goods. These economic supports help families use what funds they do earn to pay for rent.
- Annual funds for 30 laptops to give to our low-income teens, that don't require the internet to do homework (not a chromebook), and about 5 graphing calculators for advanced math classes a year to help our low income high school student interns reach their goals and show what they know at school.

For more information or to get involved go to <https://westminsterclinic.org/>

