



## Mother of three ignores illnesses — until VIM

When Judith Aldana first came to VIM, she had not seen a doctor for more than a year. Judith had lost her health insurance when the restaurant she was working for became a franchise and no longer offered health benefits.

As a mother of three children ages 15, 13, and 11, she knew she needed to stay healthy. She already was working out three times a week and eating well.

“With not having insurance, you have to make sure you stay healthy, because one illness can really hurt,” Judith says. When ill, she self-medicated with over-the-counter medications to avoid doctors’ fees.

Her first visit to VIM, Judith sought care for a lingering flu. She was grateful to find VIM because her status as a part-time student of health care administration did not provide better access to health care.

By last October, though, Judith started needing naps soon after she arose each morning. She marked it down to the pressures of a busy schedule: mother, college student, and part-time worker with Office Team.

“I was always tired, and took a couple of naps a day,” Judith says. “I thought I was staying up too late, or getting up too early. I always brushed it off.”

When she started to feel heart flutters, Judith says

she could no longer ignore her symptoms. A visit to the VIM clinic revealed she had severe anemia. She was scheduled for an immediate blood transfusion.

Judith has changed her whole diet, with lots of vitamins, supplements, and foods to counteract her anemia while more investigation into her illness is made. Because VIM has specialists who volunteer, in addition to primary care doctors, Judith is able to see a cardiologist at the clinic. She says she wants to take care of this, but without VIM, the cost of care would have been prohibitive.

“I would have had to pay out of pocket to see a specialist,” Judith says. “And really, I just don’t know how I could have afforded it at all.” ❖



**VIM patient Judith Aldana**

## A volunteer in all ways: Dr. Steven Marks, MD



**Volunteer provider, board member, and VIM Medical Advisory Board Member Steven Marks, MD**

Imagine a medical director who works a full day, every day, coming into a full night of volunteer practice almost once a week for 10 years and calling this evening assignment “relaxed and enjoyable.” That gives you a sense of the commitment Steven Marks, MD, has made to VIM and

this community by not only providing patient care, but also serving on the Board of Directors and the Medical Advisory Board of Volunteers In Medicine Clinic.

“This is a very energizing and rewarding way to practice medicine because the people are so grateful,” Dr. Marks says. “It also isn’t a schedule that you have to see to productivity, to see four to five patients per hour, and it is a delightful staff to work with.”

Dr. Marks has been with VIM since the beginning, since before VIM opened its doors, when Sister Monica Heeran brought the concept of a free clinic for the uninsured to the community in 1999.

“I was enamored by the whole idea, the whole

*Continued on p. 4*

## Board of Directors

Duncan McDonald  
*Chair*

DeLeesa Meashintubby  
*Executive Director*

Steven Marks, MD  
*Vice Chair*

Steve Ritchie, CPA  
*Treasurer*

Douglas G. White  
*Secretary*

Liz Cawood

Wesley Jacobs, MD

Sandra Mattson

Pauline Putman

Daniel Reece

Rick Roseta

Sarah Zachem



**Thank you  
for making our  
newsletter so colorful!**

## Q&A with DeLeesa

### Will the need for VIM ever go away?

I personally feel there will always be a need for VIM. Even with health care reform, we will still have people who will be unable to afford the premiums. Plus, there is a shortage of primary care providers. Unless we get a lot more primary care providers in our community, under health care reform, those primary care practices that do receive low-income patients will fill up quickly. VIM will always work hard to keep a healthy-sized pool of providers to see these patients.



**VIM Executive Director  
DeLeesa Meashintubby**

### What's one goal you have for VIM in the next year?

To better coordinate all the providers. We're working on better coordinating the schedule of volunteers, to match their expertise to patients and their illnesses.

### What has changed most about VIM in the last 11 years?

We've diversified the kind of volunteer providers at VIM. When we first started, we had mostly, if not all, primary care physicians. Now our volunteers span the spectrum of specialties, from gynecology to cardiology to physical therapy.

### What is one of the most exciting things happening at VIM?

There are too many exciting things to name just one! But one thing is we have the most school affiliations in our history. It helps us and it helps the students to get good clinical skills under their belt. We have connections to high schools from the health occupation courses and for Spanish translation. And we have many connections to internship programs, including the University of Oregon, Northwest Christian University, and Portland State University for counseling; the Oregon State University pharmacy program; and Pioneer Pacific College and Lane Community College for both their nursing and medical office assistant programs.

## Follow VIM!



[www.facebook.com/VIM.of.Lane.County](http://www.facebook.com/VIM.of.Lane.County)



[twitter.com/LaneCountyVIM](http://twitter.com/LaneCountyVIM)



Find more stories, information online, at [www.vim-clinic.org](http://www.vim-clinic.org)

## Our Vision

May we have eyes to see those rendered invisible and excluded, open arms and hearts to reach out and include them, healing hands to touch their lives with love and, in the process, heal ourselves.

## Our Mission

Our mission is to understand and serve the health and wellness needs of the medically underserved and other household members who live and work in the greater Lane County area.

# Premed students commit time, money



**University of Oregon students and VIM volunteers Anna Berenbeym (left) and Rohan Borkar (right)**

University of Oregon senior Anna Berenbeym says the college campus offers so much to students. But as a premed student, she wanted “to broaden her outreach.”

Through her work with the UO Asklepiads, a student-run club for premed students, Anna, club president, says she has rounded out her experience, on campus — and off.

“The club is more campus-oriented, and through volunteering, I get a feel of the community more,” says Anna, who has volunteered in the VIM Dispensary since January 2011.

Anna is one of many student members of the Asklepiads who not only have donated their time but money in the past few years. With bake sales, raffles of a Kaplan MCAT prep course, and other fundraising activities, the Asklepiads have raised nearly \$900 annually, which they have donated the last two years to VIM.

But sophomore and Asklepiad fundraising chair Leigh Martin, 19, says “money only goes so far.”

For her, the volunteering shows sincere caring for the community. That students go beyond the campus borders to help others. Leigh says the reward is also having her work at VIM bring meaning to her studies because she’s not practicing medicine at this time.

“It shows you what your future can be,” she says. Because of VIM, she is considering not moving directly from an undergraduate to a graduate

program, but volunteering for a year between, to gain more experience.

Rohan Borkar, a UO sophomore in biology, says his experience at VIM “has

contributed a lot to my understanding of how the medical system works,” he says. “I definitely understand better how people work together, and all the systems that come together.”

Rohan, 20, started volunteering last year, racking up more than 120 hours, and will continue to volunteer until graduation.

For their differing intersections with the volunteer experience at VIM, the student volunteers coming



**UO Student and VIM volunteer Leigh Martin schedules patients.**

from the Asklepiads share one thing: the notion that volunteering at VIM has instilled in them a sense of giving back now, as students, and in the future, as professionals.

“Everyone who volunteers here is an exceptional person,” Anna says. “I want to be a part of something like that when I’m older, as well. Working here has made me more excited about doing that.” ❖

*For more on this story, view the video at [www.youtube.com/LaneCountyVIM](http://www.youtube.com/LaneCountyVIM)*



## Save the Date!



Mark your calendars for VIM’s unparalleled summer fundraiser

## Swingin’ Summer Night!

Wednesday

August 1, 2012 at Sweet Cheeks Winery!

Satin Love Orchestra will be there. You can be, too!

**For more information:**

**Nicole Gauron,  
458-205-6366**

**[ngauron@vim-clinic.org](mailto:ngauron@vim-clinic.org)**

Thank you to  
**The Register-Guard**  
for its ongoing support  
of our advertising needs!

Thank you!  
A sincere thanks to KVAL for  
its continued support of VIM’s  
public service announcements!



# Volunteer with VIM!



## We have opportunities for both medically trained and nonmedical volunteers, including

Behavioral Health Counselor	Pharmacy Technician
Clinical Support	Phlebotomist
Dispensary Lead	Physicians, Nurse Practitioner,
Eligibility Screener	Physician Assistant
Fundraising and Special Events	Receptionist
Greeter	Scheduler
Medical Records	Spanish Translator
Pharmacist	

To complete an online application, go to:  
[www.vim-clinic.org/volunteer-application](http://www.vim-clinic.org/volunteer-application)

To learn more about these opportunities: DeLeesa Meashintubby,  
(541) 686-3797, [dmeashintubby@vim-clinic.org](mailto:dmeashintubby@vim-clinic.org)

## Contact Us

### Sister Monica Heeran

Founder  
458-205-6362  
[mheeran@vim-clinic.org](mailto:mheeran@vim-clinic.org)

### DeLeesa Meashintubby

Executive Director  
541-686-3797  
[dmeashintubby@vim-clinic.org](mailto:dmeashintubby@vim-clinic.org)

### Nicole Gauron

Special Events Coordinator  
458-205-6366  
[ngauron@vim-clinic.org](mailto:ngauron@vim-clinic.org)

### Susie Goss

Business Manager  
458-205-6363  
[sgoss@vim-clinic.org](mailto:sgoss@vim-clinic.org)

### Dr. James Hylton

Medical Director  
[jhylton@vim-clinic.org](mailto:jhylton@vim-clinic.org)

### David Meredith

Development Director  
458-205-6361  
[dmeredith@vim-clinic.org](mailto:dmeredith@vim-clinic.org)

### Tracy Ilene Miller

Communications &  
Grants Director  
458-205-6364  
[tmiller@vim-clinic.org](mailto:tmiller@vim-clinic.org)

**NOTE:** These phone numbers are local. 458 is a new, local area code!



## Volunteers In Medicine Clinic

2260 Marcola Road • Springfield, OR 97477 • 541-685-1800  
[www.vim-clinic.org](http://www.vim-clinic.org) • [www.facebook.com/VIM.of.Lane.County](http://www.facebook.com/VIM.of.Lane.County)

### Continued from p. 1

concept of providing a service for people who didn't have insurance but who were working hard to make ends meet," he says.

As medical director (retiring this June) of PacificSource Health Plans, an insurance company, Dr. Marks says he could see directly the people struggling to get access to health care, and he wanted to use his clinical skills for this kind of community service.

In addition to VIM, Dr. Marks also has volunteered for international health care work over the last four years, with three medical trips to remote villages in Uganda.

"I guess I've always had a volunteer ethic. It seems like a good way to give back to the community," Dr. Marks says. "You just feel like you are getting a lot of positive feedback for the service that is being provided."

And, he added with a smile, "We don't have to send out bills. This is much more relaxed and enjoyable, in many ways, than an office practice. A lot of those burdens are lifted off your shoulders." ❖

## Heading to the UO?

This 2011-2012 school year,  
the baristas at

**The Duck Store**  
are donating all tips to  
**Volunteers In Medicine!**

When at the UO, grab your  
favorite coffee drink at The  
Duck Store, drop a tip, too,  
and thanks for your support!

**Your tips add up!**