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THE VISION
Compassionate medical care for our working neighbors

Annual Breast Screening Continues to Target Underserved



Tina from Rex Healthcare shares information on breast health with exhibit participant

October's Breast Screening event held on October 3rd at Alliance Medical Ministry and co-sponsored by Rex Cancer Center continues to meet the needs of minority, uninsured women in the Wake County area. In honor of Breast Cancer Awareness month, the event reached 80 women, many who received their initial education and breast-screening exam. Volunteers for the event included medical providers, interpreters, nurses and organizations such as Encore Plus, El Pueblo, Planned Parenthood and Wake County Human Services. There were exhibits informing participants about breast health, mammography and service providers in the community. "The value of our partners and volunteers can never be overstated" says Regina Heroux, RN, Director of Outreach/Programs. "There is always such a positive turnout of volunteers and participants, and the positive patient feedback is what allows us to continue making this an annual event and priority for the community."

Thank you to all who participated!

Alliance selected as recipient for GlaxoSmith Kline's First Annual IMPACT Awards in RTP Region

Alliance Medical Ministry will be presented with a \$40,000 check at the GSK IMPACT awards ceremony in December at GSK's headquarters in Research Triangle Park. For the last three years, IMPACT Awards have been granted to community organizations in the greater Philadelphia area near GSK's North American headquarters. In 2009 GSK introduced the IMPACT Award program to the Triangle area. Organizations were selected based on how they positively impact the health of their community.



Special thanks go to Elaine Rothbauer of GSK and Sandra Rodriguez of the Triangle Community Foundation for their efforts in helping Alliance become one of the first local nonprofits to win this coveted award. The unrestricted funds will be used to support the general operations of the clinic.

Duke Divinity Intern joins Alliance Team

Ivan Martinez, a native of Miami and a Masters of Divinity student at Duke University's Divinity school, has joined Alliance as an intern through April 2010. Ivan is in the second year of a four-year dual degree program working toward a Masters of Divinity from Duke and a Masters of Social Work from UNC-CH. Ivan's primary role will be offering spiritual counseling and pastoral services to Alliance patients. He will also increase Alliance's presence in the Wake County faith-based community and assist in projects like AMM's Community Garden. Ivan's interests are in the areas of spiritual counseling, social justice, faith communities and serving the poor. He is married with a three month old boy named Ezra. He and his family reside in Durham.



Alliance Meditation Garden Complete — Dedication and Donor Reception to Honor Milestone



On October 20th, 2009 Alliance hosted The Alliance Meditation Garden Dedication and Reception in recognition of completing the last phase of Alliance's Hope & Healing renovation. The event brought donors, community partners, board members, staff and members of the faith-based community to celebrate the programs at Alliance. Special honorees included members of the Phoenix Family who supported the Meditation Garden through the Fenwick Foundation, the Cary MacGregor Rotary Club and Alliance Board member Neil Morris who honored his father with a gift to the Garden.

Patients, staff and friends will have access to the Alliance Meditation Garden which will provide a place for reflection and contemplation.

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Outreach Events with Alliance Medical Ministry

- Sept. 20, 2009** Greystone Baptist Church Missions Fair
- Sept. 24, 2009** RBA Mission Resource Fair
- Sept. 30, 2009** Combined Federal Campaign Kick-Off Event
- Oct. 3, 2009** Annual Breast Cancer Screening — free mammography for age appropriate patients
Held at Alliance Medical Ministry 8:30 - 11:30 am
- Oct. 11, 2009** White Presbyterian Church Missions Event
- Oct. 17, 2009** Cary First Christian Church Community Outreach Day
- Oct. 17, 2009** Annual Community Health Fair with North Raleigh Rotary
Sponsored by: El Pueblo & Rich Adelman Held at the Hope and Healing Wellness Center
- Oct. 25, 2009** First Baptist Church of Raleigh ????
- Nov. 14, 2009** Edenton Street United Methodist Church Health Fair
- Jan. (TBD) 2010** Cervical Screening Event
- Feb. 13, 2010** Rex Mobile Mammogram Day
Held at Alliance Medical Ministry

Support Alliance Medical Ministry through the Combined Federal Campaign.

Support the work of Alliance Medical Ministry and help provide quality medical care for the working uninsured by making a gift through the Research Triangle Area Combined Federal Campaign.

Designate your gift to Alliance Medical Ministry using code **89394**

Alliance In-kind Donations July through September 2009

Alliance is grateful to the following donors for their in-kind gifts of service and/or supplies for the clinic.

Allscripts
Bland Landscaping
Sun Butler, Interfaith Food Shuttle
Concrete Sawing Solutions
Crittenden Advertising
Duke Raleigh Hospitals
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WakeMed Health and Hospitals
White Plains United Methodist Church
Mr. Peter Williams

Mission of Alliance Medical Ministry

Alliance Medical Ministry is a faith-led medical ministry serving the uninsured working poor in need of affordable primary medical care.

Alliance is a registered 501 (c)(3) nonprofit charitable corporation that relies on donations from individuals, corporations, the faith-based community, and foundations to serve the uninsured working people of Wake County.

Letter from Executive Director



Dear Friends,

Have you ever thought about the most effective ways you can improve your health? If you are like me, it probably begins with the obvious activities like exercising, eating well, reducing stress, seeking balance and wholeness, and, when I do get sick, having access to quality medical care.

This parallels the findings from a recent study from the Center for Disease Control and Prevention that outlined the impact the health system had on a person's health. While the general conclusions were consistent with my assumptions, the relative impact different categories had in comparison to each other was startling. They

concluded that 50% of the factors impacting health are related to one's lifestyle, 20% are related to one's immediate environment, and 20% are related to genetics. So what about the other 10%? Well, the CDC concluded that only 10% of the factors impacting health are related to the health care delivery system.

Does that mean we should fold up the Alliance Medical Ministry tent and open a Gold's Gym, Whole Foods and patient counseling center for the needy? Not at all, but it does mean we must think more broadly in how we care for our patients.

While delivering outstanding primary and acute medical care is and will remain our main goal, we have introduced programs that, according to the CDC, can have a significant impact on long-term health.

First, in partnership with local congregations, businesses and The Boys and Girls Club, we converted a section of our property to a community garden to grow fresh vegetables which will be given to Alliance patients. In only one month, rows of spinach, arugula, Swiss chard and other varieties of greens are already six inches out of the ground. In a matter of weeks, we will begin the initial harvest, and the cycle will be repeated once again in the spring.

As part of the community garden initiative, we will offer cooking programs in our onsite demonstration kitchen taught by registered dietitians on healthy food selection and preparation. The cooking programs will be tailored to various groups (for example, specific classes for diabetic patients) and will be open to adults and to children so the entire family can benefit from the education.

Next, our clinical staff, in partnership with counseling and social work interns, will make for a healthier Alliance patient population. We certainly need the physicians, nurses and pharmacists to effectively treat illness and disease, but with the help of our Duke Divinity School and NCSU School of Social Work interns, we are expanding the ministry to promote both health and wholeness. Finding ways to link the practice of health care to spiritual counseling and social services, we will assist and equip our patients with the goal of improving their overall health.

We have an opportunity at Alliance to promote health and wholeness. To provide the much needed medical care, but also encourage physical, mental and spiritual health. We are just beginning this journey, but the impact will be lasting.

Thank you for being a partner in Alliance Medical Ministry,

Sean Harrison, Co-Founder & Executive Director

Health Care Reform and Alliance

The national attention on the need to provide affordable health care options for Americans may cause some to consider the fate of clinics for the uninsured, like Alliance Medical Ministry. The Bill currently being considered in Congress will no doubt change the landscape for organizations like Alliance, but whether or not the number of working uninsured will change, remains unclear. During this dynamic time, the Board and staff of Alliance are watching and analyzing the effects of the public debate carefully, and will provide supporters with perspective on the

debate — from the standpoint of a clinic serving the uninsured in Wake County.

While much remains unclear about the outcome of the Health Reform, one fact is clear: no change will be implemented until 2013. For Alliance, this means, a continued rise in the number of working uninsured in Wake County, and increased need for our services. Thanks for your continued support while we transition through this historic legislation

Alliance Day of Service Sprouts New Community Garden



On September 19th, 2009 Alliance staff, along with members of the Edenton Street United Methodist Church, the Raleigh Boys and Girls Club and other community members, planted the inaugural seeds in Alliance's Community Garden. "With so much open field on the clinic property, a community garden is an ideal use for the property," says Alliance's Executive Director, Sean Harrison. "We look forward to using this garden as a way to bring various groups in our community together and provide free healthy food and nutrition counseling to our patients." Kids from The Raleigh Boys & Girls Club, adjacent to Alliance, will volunteer regularly in the garden. Special thanks go to Bland Landscaping and Sun Butler, Farm Manager with Interfaith Food Shuttle for their guidance and service on this project. Interested in getting your hands dirty? **Contact Regina at (919)250-9254 x 422 to get involved!**

2009 Love Thy Neighbor Campaign Update

Alliance's Love Thy Neighbor Campaign, now in full swing, is our biggest effort to raise the unrestricted funds which directly support the high-quality medical care provided to the working uninsured. Enclosed is an opportunity to recognize a family member, colleague or friend with a gift in their honor or memory as part of our Holiday Gift program. Please return your form by December 21st and Alliance will send a personalized card in recognition of your gift.

Please give a generous gift of health as a part of the 2009 Love Thy Neighbor Campaign by December 31, 2009.

Contact the development office at (919) 250-9254 or visit our website at: www.AllianceMedicalMinistry.org to make an easy online donation today!



Patient Feature: Acute Care Visit Turned Permanent Health Care Home

Earlier this summer a 44-year old African American woman came into Alliance's new Acute Care Clinic complaining of chest pain. Her initial exam and blood work indicated that she had high blood pressure, high cholesterol and diabetes. It was also determined that she had congestive heart failure. Concerned for the woman's well being, Alliance Medical Director Dr. Tara Lewis referred her to the Alliance Primary Care Clinic. Now a permanent patient, she has a health care home with Dr. Lewis as her primary care provider and the Alliance team providing health education and medications in a program that she can afford. Alliance has helped her, and countless others who have come to the new acute care clinic, stay out of the hospital emergency room and find an affordable health care home.

Alliance Acute Care Update

Alliance's new Acute Care Clinic, running at full time since August, has served over 600 patient visits and brought over 250 new patients to Alliance where they now have a health care home. This pilot program, started in June with a grant from the Blue Cross & Blue Shield Foundation of North Carolina, is vital to reducing the number of Wake County residents who use local emergency rooms for non-emergency related issues. Alliance is currently securing outside funds through local and state-wide foundations to make this a permanent program at Alliance.



Alliance Angel - Kim Conklin (left),
Volunteer Angel - Roberta Farewell (middle)
and Alliance's Robin Schroeder (right)

Roberta Farewell Named AMM Volunteer Angel

We are continually blessed to have many volunteer angels who support Alliance. Roberta Farewell is one of our long-time volunteers who has been with us for three years and counting. Her commitment to helping create efficient office operations is relentless and invaluable. She volunteers weekly to file or pull charts and seldom misses a day, unless her grandchildren are in town for a visit. We can always count on Roberta. Her quiet but kind demeanor adds great balance to a hectic day in the clinic. She is a tireless worker and is focused on even the smallest details in all that she does. We thank Roberta for being such a dedicated angel!