

The semi-annual newsletter of the Venice Family Clinic Spring 2006

Encounters



Simms/Mann Health and Wellness Center Dedicated

as nation's first health and wellness center at a free clinic. Story on page 4.



Message from the Chair

It has been an honor to serve as Chair of the Board of Directors of Venice Family Clinic, to work with people empowered by their commitment to community service and their compassion for those who would otherwise have no access to primary health care. And, it has been a very special pleasure to work with Liz Forer and her remarkable staff.

As the 2005 recipient of the American Hospital Association's Foster G. McGaw Award, Venice Family Clinic was recognized as a national leader in outstanding community service. The prize also reflects the vital relationships the Clinic has forged with its hospital partners, UCLA, Saint John's Health Center, Cedars-Sinai Medical Center, and Centinela Freeman Health System.

And although treating the sick will always be an essential part of the mission of Venice Family Clinic, in this new era, thanks to Vicki and Ron Simms, the Clinic is now at the forefront of preventative medicine and integrative care. With the recent dedication of the **Simms/Mann Health and Wellness Center**, the Clinic has extraordinary resources to look at new ways to address children's nutrition and exercise so that we can slow the spread of diabetes—the fastest growing cause of sickness and death in our community. And with new integrative techniques for pain management, we can help people feel better and prevent the deadly spiral of depression. On behalf of the members of Venice Family Clinic's Board of Directors, we are profoundly grateful to Vicki and Ron Simms for their vision, generosity, and trust.

As I give my seat as Chair to the very able Dr. Frank Matricardi, I know the Clinic's Board of Directors will continue its commitment to compassion and innovation. I am very grateful that I have had this opportunity to serve.

Marsha Temple, Esq

In Memoriam

Our condolences to the families and friends of our departed supporters.

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Frank G. Wolf

Agustin Milan, a dedicated staff member of the Clinic's Children First program, died April 14. A role model for clients and colleagues alike because of his ability to reach so many people with his generous spirit, Agustin will be deeply missed but will always serve as an inspiration to others.

OUR MISSION

To improve the health of people and communities through accessible, quality care.

Encounters

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Photography by Margaret Malloy

On cover: Ron & Vicki Simms with Los Angeles Mayor Antonio Villaraigosa at March 29 dedication.

VFC Patient finds Health and Wellness through Integrative Medicine

When Lourdes Boria visited the Simms/Mann Health and Wellness Center she had been in pain for two months and was unable to lift her arm above her waist. Lourdes recently had undergone shoulder surgery at a local hospital but the outcome was not what she or her physician expected. No treatment, thus far, gave her full use of her arm.

Without care Lourdes would become one of the 50 million Americans who live with chronic pain and experience higher stress levels and depression. In one research report, 80% of Americans felt pain was an inevitable part of growing older and two thirds would only seek medical care if their pain became unbearable. For people like Lourdes, without health insurance or enough financial resources for medications, there are few options.

At the Simms/Mann Health and Wellness Center, Don Buck, supervisor of interns from the Emperor's College acupuncture program, demonstrated how in four minutes acupuncture could improve the quality of her life.

Lourdes said, "Before I couldn't move my arm, now no more pain."

Lourdes will be back for two more sessions. The prognosis is very good that she will resume full use of her arm.

Says Buck: "This is an excellent example of how the integrative approach works. A patient needed conventional surgery; the outcome wasn't completely successful; we help the patient become more well."



Lourdes Boria with acupuncturist Don Buck, L.Ac.



Lourdes Boria receives an acupuncture treatment.



Lourdes Boria raises her arm without pain.

Co-Directors of Integrative Medicine

Myles Spar, MD



Dr. Myles Spar is Co-Director of Integrative Medicine for Venice Family Clinic. As a VFC staff member he is also the Director of HIV Services. Dr. Spar has a strong commitment to both evidence-based practice and a coordinated, multi-disciplinary approach to healing. He has been doing research involving quality of care and integrative medicine since 1998.

Dr. Spar, a volunteer with Doctors Without Borders since 2001, was stationed in Azerbaijan treating TB in an Armenian enclave when he noticed that patients who were treating themselves with herbs and other home grown remedies were handling the after effects of the strong TB medicine better than others. When he returned home he began training in the field of integrative medicine. As a board-certified Internist and faculty member of the UCLA School of Medicine, Dr. Spar teaches medical students and residents and engages in research on the care of patients with chronic disease.

Mary Hardy, MD



Dr. Hardy is Co-Director of Integrative Medicine for Venice Family Clinic. She is the former Medical Director of Cedars-Sinai Medical Center Program in Integrative Medicine and is currently the Director of the Simms/Mann Integrative Oncology Program at the Ted Mann Family Resource Center at UCLA.

Dr. Hardy is a recognized expert in the field of integrative medicine and a fifth generation doctor in a family that goes back to pre-Civil War days. She completed advanced training in botanical medicine at the Institute for Medical Herbalism and has studied with practitioners in the United States, Peru, Kenya, South Africa, China, and Morocco.

Dr. Hardy believes that there should be no barrier to what is the best treatment for patients as long as measurements and research monitor the work to determine what is effective and what is not without sacrifice to safety. Since 80% of the world's population uses home remedies, it makes sense that patients be directly involved in the management of their own care.

Vicki & Ron Simms



REMARKS FROM MARCH 29 DEDICATION

Vicki Simms - All four of our grandparents were immigrants. My grandparents came to this country penniless. They often spoke of how hard life was but how grateful they were for the help they received from various programs, such as the homestead act. They felt lucky to be in a country where they had a chance for their dream of a better life to come true. Through this opportunity, our parents became productive and contributing citizens.

Through the sacrifice and hard work of our grandparents and parents, our families were able to grow and prosper. Only two generations ago, my grandmother, Sarah, was on a boat leaving Russia for a far away country. I wear her ring every day as a reminder of her strength, courage, and character and in recognition of the sacrifices she made to make the lives of her children and their children healthy and promising. It is truly amazing that two generations later, Ron and I stand here dedicating the Simms/Mann Health and Wellness Center at the Venice Family Clinic. I guess only in America!!!!

Our grandparents and our parents, in turn, stressed to their children the importance of giving back to the community. No matter how little they had, they always reached out to help others. This health and wellness center represents to our family the tradition that was passed on to us - that we must be accountable and responsible for the care and betterment of the society in which we live - and the society that has given us so much!!

Ron and I are honored to be in the position to be giving a helping hand to those in need; whether immigrants like our grandparents, or anyone struggling to better themselves, so they too can share in building a better and more solid future for us all.

We thank Liz Forer, and all the doctors and staff, for making this dream come true. We believe that this integrative medicine model will greatly improve the health and lifestyle of many generations to come, giving all individuals quality of life, better productivity, and a more positive attitude. Thank you for making history with us.

Ron Simms - Approximately nine months ago - about 3:00 a.m. in the morning - my wife woke me up. At that moment I didn't understand what she had in mind. Even after 38 years of marriage a guy never knows why his wife is waking him up.

Frankly, after you have raised your children and they are out of the house, you expect to be able to sleep at night, but not in my situation. Vicki does a lot of creative thinking in the middle of the night.

Today is the result of a very long talk at 3:00 a.m. in the morning nine months ago. Vicki had an idea for the Venice Family Clinic, and it became my job to get the idea implemented.

Vicki's idea was to take her passion (which if you haven't already guessed has become our passion) of health, wellness and integrative medicine and make it available to those in Los Angeles who couldn't necessarily afford this approach to good health.

We have now, together, pursued this goal on a national basis. We believe that everyone should have access to excellent health care services that focuses on the whole person.

I have a special and unique partner. She sincerely cares about other people and their well being. Helping people toward peace of mind about health is her goal and our mission.

Introducing the Simms/Mann Health and Wellness Center

On March 29, 2006, Venice Family Clinic Chief Executive Officer Elizabeth Benson Forer presided over the dedication of the ground-breaking Simms/Mann Health and Wellness Center.

Joining over 200 Clinic representatives and guests for the historic occasion were Los Angeles Mayor Antonio Villaraigosa, Los Angeles County Supervisors Zev Yaroslavsky and Yvonne Braithwaite Burke (namesake of the former Burke Health Center, now renamed as the Simms/Mann Health and Wellness Center), Los Angeles City Councilmember Bill Rosendahl, Santa Monica Mayor Robert Holbrook and Gerald Levey, MD, Dean, David Geffen School of Medicine at UCLA.

Thanks to a generous gift from Vicki and Ron Simms and the Simms/Mann Family Foundation, Venice Family Clinic has launched the Simms/Mann Health and Wellness Center - the first multi-disciplinary care model promoting health, wellness and integrative medicine offered at a free clinic in the United States.

Since the Clinic works collaboratively with local schools and community groups to deliver a message of health and disease prevention, low-income patients will now have the advantage of conventional and evidence-based treatments that focus on the whole person and the whole family.

Programs include obesity prevention and management for age two through adult, chronic pain management, nutrition and exercise counseling, diabetes care and stress management. The Center includes integrative medicine physicians, acupuncture, chiropractic and osteopathic clinicians, as well as a health and wellness coordinator and social workers.

The Simms/Mann Health and Wellness Center will conduct outcome studies through a series of clinical pilot programs and a diverse set of interventions to measure efficacy and cost effectiveness. Interns and residents already rotating through Venice Family Clinic will now have the opportunity to learn about an integrative approach to medical care.

Says Forer, "We are profoundly grateful to Vicki and Ron Simms for ennobling Venice Family Clinic to pioneer new models of care to benefit the most needy members of our community."

Pilot Programs in Action at Simms/Mann Health and Wellness Center



Integrative Medicine

Acupuncture Services

The Chronic Pain Clinic offers acupuncture services as well as chiropractic services, osteopathic manipulation and traditional Chinese medicine to patients suffering from chronic pain. At left is an example of pulse diagnosis, a part of acupuncture services that diagnoses the state of the internal organs and is an indication of the overall constitution of a person.

Obesity Prevention and Treatment

Family weight management and fitness

Family weight management and fitness classes are based on a curriculum developed by Kaiser Permanente. Children will perform fun physical fitness activities and games. Parents will receive information on how to prepare healthy foods, make healthy food selections, and utilize weight management techniques involving the entire family.

Improved Fitness program

The Improved Fitness program increases families' physical activity. Through "Reach Out and Play," it will create a prescription for children to "play hard" for 30 minutes each day. Health care providers will be given these prescriptions to children at their medical visits to encourage children to increase their physical activity. The Clinic also will offer fitness opportunities to patients in the waiting room and counsel them on how they can incorporate physical fitness into their lives.

Join us!

for a weekend of art, architecture,
music and fine cuisine benefiting Venice Family Clinic

Saturday May 20

Sunday May 21

2006

Venice Family Clinic's

venice
art
walk
& auctions

Venice Art Walk & Auctions Weekend



Feeling Lucky? Win a Sculpture or Car!



Untitled, 2005-06, unique cast bronze, 2 1/2 x 4 3/4 x 2 1/4 inches, value: \$5,000. World-renowned Venice artist Robert Graham has generously donated this sculpture to the Venice Art Walk & Auctions. Tickets are \$10 per chance. Call 310-392-9255 for more information.



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Enter to win a lease on a 2006 SLK 280 convertible.
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SATURDAY, MAY 20 NEW DATE! Bergamot Station, Santa Monica NEW VENUE! 6 - 10 pm NEW TIME!

AUCTION party NEW EVENT!

- LIVE AUCTION featuring works by Carlos Almaraz, Chuck Arnoldi, Larry Bell, Robbie Conal, Laddie John Dill, Doug Edge, Ron English, Ed Moses, Raymond Pettibon, Astrid Preston, Ed Ruscha, Judy Stabile, Robert Weingarten and more...

Co-Hosts: Will Ferrell & Viveca Paulin | Auctioneer: Robert Berman

- SILENT AUCTION (formerly at Westminster School)
Bid on over 375 pieces of art by Los Angeles artists
- FOOD, COCKTAILS, ENTERTAINMENT

SATURDAY, MAY 20 Ocean Front Walk, Venice, 12 - 4 pm

ARCHITECTURE AS ART

- SELF-GUIDED TOURS of eight architecturally distinctive residences

SUNDAY, MAY 21 Westminster School, 1010 Abbot Kinney, Venice, 11 am - 6 pm

VENICE ART WALK & AUCTIONS

- STUDIO TOURS, including more than 60 private artists' studios, homes and special exhibits
- FOCUS ON PHOTOGRAPHY Silent Auction NEW!
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For tickets, visit www.veniceartwalk.info or call 310.392.9255

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“Gourmet on Fire” Benefits Clinic

Saturday, May 20, 3-6 pm Loews Santa Monica Beach Hotel.

Kick back by the beach at Loews Santa Monica Beach Hotel for a Gourmet afternoon and support Venice Family Clinic. Hot new wines. Sizzling cuisine. Cool cocktails. Ten percent of ticket sales benefit the Clinic.

To purchase tickets and for event details, call 1-800-679-0397 or visit gourmetscoop.com/fire. \$85 per person.

Venice Family Clinic & Celebrity Online Auction

Icon, the first fashion brand to print art onto leather shoes, handbags and personal accessories, is collaborating with some of Hollywood's top celebrities to create the ultimate collector's item. The handbags will be placed for sale via an online auction in conjunction with this year's Venice Family Art Walk & Auctions on May 20 & 21, 2006 in Venice, CA. Bidding will commence on the evening of Saturday, May 20, 2006 on leading online charity site www.charityfolks.com. All proceeds will benefit Venice Family Clinic. VFC supporters Dennis Hopper, Viggo Mortensen, Camryn Manheim and Christopher Gorham were the first to sign on to the project.



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October 11, 2005 – April 12, 2006

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Silver Circle Thank You Dinner

VFC Medical Director, Karen Lamp, MD, and Board Member Dave Daniels presented the 2006 Community Service Award to Quest Diagnostics' Joyce Schwartz, MD at the Clinic's Silver Circle Thank You Dinner on March 19. Dr. Joanne Jubelier received the Irma Colen Leadership Award. The annual event recognizes and thanks the Clinic's most generous donors for their support. One million dollars was raised for the Clinic's medical programs and services.



Rossman-Davidson Lifetime Achievement Award

Dr. David Campion was awarded the Rossman-Davidson Lifetime Achievement Award at the December 3, 2005 Board of Directors meeting. Dr. Campion is an adjunct professor of medicine at UCLA and a neurologist in private practice in Santa Monica.

For the past 18 years, Dr. Campion has been performing nerve conduction velocities and electromyograms on our patients at no charge. Having these very useful and very expensive diagnostic tests available has helped our staff to sort out our patients' complex neurological signs and symptoms.

Upon receiving the award, Dr. Campion said: "It has been a real privilege to serve you and Saint John's and I really enjoy helping your patients. I was the youngest of eight in a poor family in New Zealand and I will never forget my mother —a proud English lady – having to ask the local family practitioner for a reduction in his fee. No one should be denied care, and a little "do unto others" can go a long way."

