

## SAVE THE DATE

**JUNE 22, 2022:**  
Summer Solstice  
Celebration  
@ Inn Marin  
Novato

**2022 Community  
Health Champions**

**Erik Schten, MD**  
Novato Site Medical Director

**Marian Huntington**  
Executive Director  
NovatoSpirit

**OCTOBER 3, 2022:**  
Golf Tournament  
@ Meadow Club  
Fairfax

**Want to learn more?**  
Email:  
events@marinclinics.org

**Health Resources &  
Services Administration  
Awards**



## PATIENT PERSPECTIVE

### Meet Armando: How a Health Scare Led to a Transformation

When Armando, 64, comes in for a check-up, he's typically in good spirits. Armando has been a patient for the better part of the past decade. He considers Marin Community Clinics his trusted medical home. He's quick to praise the Clinics' services to any friend or colleague in need of a quality health care recommendation. Armando didn't become a regular of the Clinics by choice. He was diagnosed with diabetes in the summer of 2012 and routine check-ups are an important part of monitoring his condition. His trust, however, runs deeper than that – he credits the Clinics for saving his life.

It was a Thursday in 2016, and Armando remembers feeling off. An avid runner, it was unusual for him to feel so lethargic. "My legs were swollen, which is something I hadn't experienced before," Armando recalls. Fortunately, he knew where to turn. He drove himself to the Larkspur Clinic, where **Front Office Supervisor Maria Dominguez** arranged for him to be seen right away.

Armando met with **Carolyn Shore, MD**, and explained his symptoms. Upon checking his vitals, Dr. Shore needed no further explanation. She explained that Armando was experiencing heart blockage and that he would need to go directly to the hospital. He began to reach for his car keys, assuming he would drive himself, but was informed that an ambulance was already waiting.

Within hours, Armando had a permanent pacemaker inserted at Marin General Hospital

(now MarinHealth Medical Center) and a controlled heartbeat. While the experience was terrifying, he feels incredibly grateful for Dr. Shore and the Clinics staff who acted in the moment.

Today, the heart procedure is a distant memory, but one that sparked a life-changing transformation: Armando walks 40-60 minutes per day for exercise, eats nutritious foods, doesn't smoke or drink, and is able to work two jobs to provide for his family. The incident had a silver lining: it was his gateway to a healthier lifestyle and embracing the Clinics' preventative care services.

*"Our patients' trust in us contributes to amazing success stories such as this one."  
– Maria Dominguez, Front Office Supervisor*

Armando still visits the Clinics regularly, whether for an immunization, an optometry appointment, or his usual check-up. He knows he's in good hands. When asked how life might be different had he not known about Marin Community Clinics all those years ago, his answer is simple: "I certainly wouldn't be here talking about it. It's crazy to think that, but it's true." This reflection prompted a piece of wisdom he wanted to share – and for Armando, they're words to live by: "My advice is for people to not wait when they feel something is wrong," he said. "Marin Community Clinics can help. There's no reason to wait."

# CAMPAIGN FOR THE NEXT DECADE:

## Growing a Resilient & Responsive Health Care System

Back in 2008, Marin Community Clinics was at a tipping-point. The non-profit was already an essential community safety net providing medical services to the most vulnerable in Marin, but the amount of patients receiving care – about 16,000 per year at the time – was more than its two modest locations could comfortably accommodate. The Clinics took action.

Spearheaded by community leaders, a capital campaign was launched. With the help of local officials and generous donors, the 2008 campaign allowed for an expansion and new services in the San Rafael Canal neighborhood and Novato. It was a bold investment, and with it, the Clinics grew substantially – earning the community’s trust and support along the way.

### The Growing Need

In 2022, the Clinics are facing another pivotal moment, but things are different. Now, nearly 40,000 patients – from children to older adults and entire families – rely on the organization as their trusted medical, dental, and behavioral health care home. The Clinics partners with Marin County and community organizations, is a prominent local employer, and offers comprehensive and preventative health care services.

While the Clinics’ impact has soared, the need for services has grown exponentially. The COVID-19 pandemic may or may not be here to stay, but the economic fallout and hardship it has created isn’t going away. “We’re in a position where we must do something,” said **Mitesh Popat, MD, MPH, CEO**. “We must respond to the need and growing demand for services.” Marin Community Clinics has always found a way to keep the doors open – through power blackouts and throughout the pandemic.

### The Campaign For the Next Decade

Fourteen years after its first capital campaign, the Clinics is once again scaling-up operations and calling supporters to action. To meet the critical demand for services head-on, and to secure the future of equitable health care in Marin, the Clinics’ goal is to raise \$8 million for four key initiatives:

#### 1. Respond to Marin’s Burgeoning Dental Need

Today, the dental team operates 7 days a week, but only half of medical patients receive dental care; which means that the other half do not. Simply put, the Clinics need more chairs to boost access to dental services. “We’re learning that more and more patients – including children and older adults – have delayed visiting the dentist for several years,” explained **Connie Kadera, DDS, Chief Dental Officer**. “Regular dental care is essential to overall health and well-being.”

*The purchase and renovation of the dental office complex located at 411 Fourth Street in San Rafael*



#### 2. Increase Adult Care, Including Services for Older Adults

To better serve Marin’s booming population of older adults, we’ve opened a new clinic in Greenbrae that is conveniently located near MarinHealth Medical Center and several specialists. With 11 state-of-the-art exam rooms and counseling and education rooms, our multi-disciplinary team addresses the complex needs of adults, including older adults.

*The Dennis & Susan Gilardi Medical Clinic is at 1260 South Eliseo Boulevard, Greenbrae.*



#### 3. Expand and Enhance Medical and Behavioral Health Services

To improve patient experiences and access to care, including telehealth services, a new medical and behavioral health clinic will improve access to patients living in San Rafael, San Anselmo, Fairfax, and surrounding areas. It will also serve as the Clinics’ innovation center – a space to pilot program improvements, expand telehealth services, and more.

*Coming Soon: West San Rafael Clinic at 1618 Second Street*

#### 4. Invest in Top Healthcare Professionals

Competition, high cost of housing, and an industry-wide shortage of medical professionals makes recruiting and retaining clinicians challenging. A Provider Recruitment and Retention Fund will provide signing and retention bonuses, student loan repayment packages, and relocation costs. “The fund will enable us to maintain the precedent we’ve set in recruiting outstanding medical providers,” said **Melanie Thompson, DO, Chief Medical Officer**.



## SPRING CLEANING

**MAKE SURE YOUR INFORMATION IS UP-TO-DATE!**

## HELLO FRIEND!

We want to make sure we have your contact information correct.

Stay updated on news, events, invites, and important happenings at Marin Community Clinics!

Name:

Email:

City:

ZIP:

**Everything look good? If so, great!**

**If not**, please take a moment to update your profile by doing *one* of the following:

1. Type [bit.ly/marinclinics-update](https://bit.ly/marinclinics-update) into your web browser’s address bar.
2. Email your updated information to: [communications@marinclinics.org](mailto:communications@marinclinics.org)
3. Scan this QR code on your device and complete the form:



# GET INVOLVED

Act now to support these crucial initiatives. Donor recognition and naming opportunities are available. You or your business can contribute now or pledge to contribute over time. Contact [gifts@marinclinics.org](mailto:gifts@marinclinics.org) or visit [marinclinic.org/campaign](https://marinclinic.org/campaign) to learn more.



PO Box 5008  
Novato, CA 94948

NONPROFIT  
U.S. POSTAGE  
PAID  
SAN RAFAEL CA  
PERMIT NO. 2

## Stay Connected

with us at:

[marinclinics.org](http://marinclinics.org)



@marinclinics



@marincommunityclinics



Marin Community Clinics

Marin Community Clinics  
is a not-for-profit,  
501(c)3 organization.

# Connections



## CEO MESSAGE

Welcome to our first newsletter of the year – and not just any year: I’m thrilled to announce that 2022 marks Marin Community Clinics’ 50th anniversary! Fifty years ago, the Clinics was founded by a small team of volunteer physicians and nurses working from a church basement.

Today, with our modern technology and facilities, exceptional team of physicians and nurses, and sophisticated treatment and preventative care services, almost everything has changed. Everything except for the basic principle by which we were founded back in 1972: the belief that everyone should have access to quality healthcare.

Our founders would be proud of where we are today – still guided by that same belief, and on the brink of expanding access to our services even further. So this year, join me in celebrating not just our own accomplishments, but those that helped get us here, and those leading the way for a healthier future in Marin: our staff, volunteers, community partners, and donors.

**This is a special year, and I hope to see you at one of our events!**

Mitesh Popat, MD, MPH, CEO



**Want a convenient way to donate? Go to [marinclinic.org/support-us](http://marinclinic.org/support-us)**