

A N N U A L  
R E P O R T

2018



COMMUNITY  
HEALTH  
*Care*

MEDICAL • DENTAL • PHARMACY

# COMMUNITY HEALTH *Care*

MEDICAL • DENTAL • PHARMACY

As we start 2019, we would like to reflect with you on the many successes of Community Health Care in 2018. This is our 50th year of providing care to Pierce County and currently 1 in 19 Pierce County residents use us as their healthcare home.

In 2018 a total of 46,288 patients were served through 169,314 patient visits. This is an increase of 2.18% in patients and a 1.86% increase in patient visits over 2017. It is also a 58% increase in patients and a 53% increase in patient visits since 2013.

In 2018, Prompt Care service was added to all clinics. Each of our health centers now has a provider on staff whose job is to provide health care services without an appointment. This helps us better serve our patients who have needs that are best served quickly.

Also in 2018, a Pharmacy Residency was added to our array of residencies (including Family Practice Physician, Nurse Practitioner, and Dentist). Residency programs are important since they expose new healthcare professionals to community health and prepare them to serve underserved, uninsured, and underinsured populations.

As we complete a year of great accomplishment, we look forward to 2019 and beyond. One of our goals in 2019 is to expand our partnerships with local schools and start school based health centers in the Bethel School District. Southern Pierce County has a fast growing population but limited health and human services to help those in need. Starting clinics in schools place services, including medical, dental, and behavioral health, where they can benefit children when their health challenges are seen in schools.

We are improving our patient care by working with partner agencies to co-locate specialty behavioral health services (including mental health and substance abuse treatment) with our already integrated primary care and behavioral health consultant teams. Our current behavioral health team provides brief interventions and short-term therapy through warm hand offs. Our expanded partnerships will give us the ability to offer our patients on-site a larger spectrum of care, including more intensive therapies for more severe behavioral health concerns.

As stated earlier, this year we will celebrate our 50th anniversary. In 1969, physicians, led by Dr. George Tanbara, and concerned community leaders met to discuss the gaps in services for low income residents in Pierce County who could not afford the health care they needed. The meeting soon led to the start of two volunteer clinics. One clinic, the Eastside Clinic, was located in the low-income housing area of Salishan. This clinic started first in an empty Quonset hut and later it was located in Lister Elementary School. The other clinic, the Family Medical Clinic, was started in the basement of the nurse's convent on the grounds of St. Joseph's Hospital.

We at Community Health Care hope that you will continue to support us in our mission "To provide the highest quality health care with compassionate and accessible service for all", in our community.

Sincerely,



Gary Walmer - Board Chair



David Flentge - President and CEO



# Community Health Care has the **BEST** volunteers

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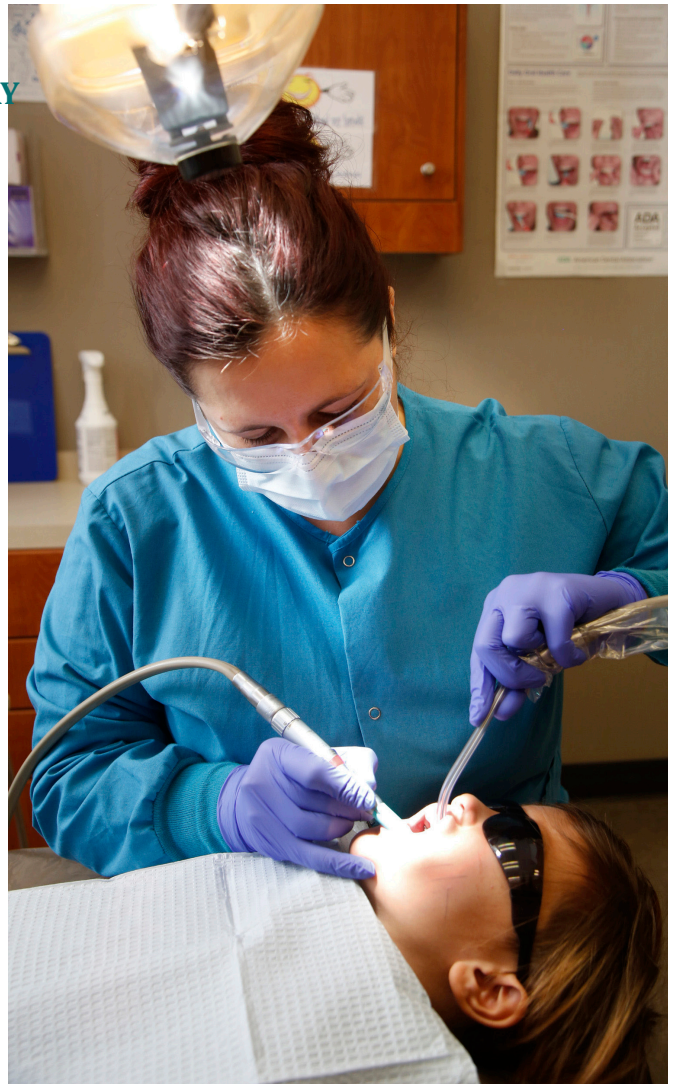
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*Did you know?*

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# PROGRAMS AND SERVICES

## MATERNITY SUPPORT SERVICES

In this specialized program, expectant mothers have a nurse, social worker, and nutritionist available any time. The goal of the program is to provide education and access to community resources to help the mother and child have a healthy start to their life together.

## WOMEN'S HEALTH AND MATERNITY

- Obstetrics and Gynecologists
- Prenatal Care
- Deliveries performed at local hospital
- Specialized maternity program with home visits, referral services, and pregnancy and infant care education.

## CARE FOR CHILDREN

- Pediatricians and family practice physicians to care for children.

## RYAN WHITE PROGRAM

This is a Federal program to help prevent the spread of HIV/AIDS and to provide medical care and other resources to those living with the disease.

## INSURANCE ENROLLMENT ASSISTANCE

In-person Insurance Navigators help families work their way through the process in order to enroll them into insurance programs.

## OUTREACH WORKERS

Outreach workers help patients access referral services they can afford when needed care is beyond the scope of Community Health Care. They also connect patients with community resource services and provide interpreter services.

## FAMILY MEDICAL CARE

Family medicine for children, adults, and seniors

- Preventative care
- Physicals and immunizations
- Referral assistance to specialty care
- Assistance connecting to community resources

## FAMILY DENTAL CARE

All dentists have completed Access to Baby and Child Dentistry (ABCD) training and are certified to care for very young children, expectant mothers as well as adults.

- Family Dentistry
- Preventative and restorative services
- Nitrous available
- Emergency dental care
- Ryan White HIV programs

## PHARMACY

- Medications are provided on a sliding-fee scale so that everyone can afford the medications they need.
- Anti-coagulation clinic
- Tobacco Cessation Services

## BEHAVIORAL HEALTH

Our Behavioral Health Consultants offer assistance to patients when habits, behaviors, stress, worry, or emotional concerns interfere with your daily life. They also offer substance abuse support and referrals to specialty services.

## SCHOOL OUTREACH

- Early screening and sealants for children

## HILLTOP REGIONAL HEALTH CENTER

Family Medicine -- Urgent Care  
Family Dental Care -- Pharmacy  
Women's Health -- Pediatrics

1202 Martin Luther King Jr. Way  
Tacoma, WA 98405  
Medical: (253) 441-4742  
Pharmacy: (253) 441-4779  
Dental: (253) 441-4743

## KIMI & GEORGE TANBARA, MD HEALTH CENTER

Family Medicine -- Pharmacy  
Family Dental Care -- Women's Health  
Prompt Care

1708 East 44th St.  
Tacoma, WA 98404  
Medical: (253) 471-4553  
Pharmacy: (253) 84-2226  
Dental: (253) 72-7002  
Women's Health: (253) 597-4163

## LAKWOOD HEALTH CENTER

Family Medicine -- Pharmacy  
Women's Health -- Pediatrics  
Family Dental Care -- Prompt Care

10510 Gravelly Lake Dr. SW.  
Lakewood, WA 98499  
Medical: (253) 589-7030  
Pharmacy: (253) 589-7190  
Dental: (253) 589-7188

## SPANAWAY HEALTH CENTER

Family Medicine -- Women's Health  
Family Dental Care -- Pharmacy  
Prompt Care

134 188th St. South  
Spanaway, WA 98387  
Medical: (253) 847-2304  
Pharmacy: (253) 847-8752  
Dental: (253) 210-5270

## PARKLAND FAMILY CLINIC

Family Medicine  
Women's Health  
Pharmacy

11225 Pacific Ave.  
Tacoma, WA 98444  
Medical: (253) 536-2020  
Pharmacy: (253) 536-6257

# LOCATIONS



# 3RD YEAR RESIDENTS



Buu Bui, DO



Caroline Barrett, MD



Diana Ponsford, DO



McKenzie Vorhies, DO



Olga Lutsyk, DO



Sarah Garey, DO

# 2ND YEAR RESIDENTS



Brian Rhodes, DO



Christine Wang, DO



Margaux Chan, DO



Nate Gorham, DO



Selena Sideras, DO



Tuyen Nhan, DO

# 1ST YEAR RESIDENTS



Victoria Acosta, DO



Travis Podbilski, DO



Angela Steichen, MD



Logan Danielson, DO



Christopher Komisarz, DO



Michael Hemming, DO

# FAMILY MEDICINE RESIDENCY

Community Health Care's family physician residency program, which launched in 2014, is affiliated with the University of Washington Family Medicine Residency Network. We are dually accredited for osteopathic (DO) and allopathic (MD) residents. The program accepts six residents each year, for a total of 18 residents for the three-year program.

Inaugural class members graduated in June 2017 and all successfully passed their board exams on the first try. They accepted jobs at a variety of local, state and national organizations – including Community Health Care. The program focuses on provider retention within Tacoma and Pierce County. Our second class of six residents graduated from the program in June of 2018.

Our family medicine residency emphasizes training family physicians in the full-spectrum care of a diverse urban patient population – including outpatient, inpatient, and obstetric care. An innovative program, we are currently part of an inter-disciplinary residency training program that also includes dental, nurse practitioner, and pharmacy residents.







Erin Dunnington, ARNP



Paige Gibbens, ARNP

## NURSE PRACTITIONER RESIDENCY

Community Health Care's Family Advanced Registered Nurse Practitioner (ARNP) residency is one of the first of its kind in the nation. The program launched in Fall 2012 with the addition of two ARNP residents. This is a 1-year training program. This intensive program's goal is to train and retain highly effective, competent, and autonomous outpatient primary care nurse practitioners in the federally qualified health center (FQHC) setting.



Hira Waqar, DMD

## DENTISTRY RESIDENCY

Community Health Care's dental residency launched in July 2013 with the addition of two residents sponsored by New York University Medical Center's (NYUMC) AEGD program. Community Health Care's dental department has affiliated with NYUMC in the establishment of a dental residency program. NYUMC's goal is to ensure access and equity in oral health care for all underserved communities. Residents will conduct approximately 1,500 patient procedures during the training year.



Emily Owens, PharmD

## PHARMACY RESIDENCY

The purpose of the Post Graduate Year One (PGY1) pharmacy residency program is to uphold the mission of Community Health Care (CHC) in providing the highest level of healthcare with compassionate and accessible service to all. The program will integrate residents into the surrounding community allowing them to identify with underserved and low-income families and deliver comprehensive services to a greater number of eligible patients.



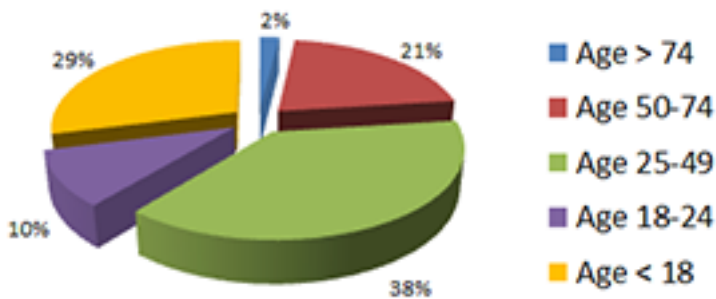
*Did you know?*

In 2018,  
Community Health Care  
pharmacies filled 153,474  
prescriptions.

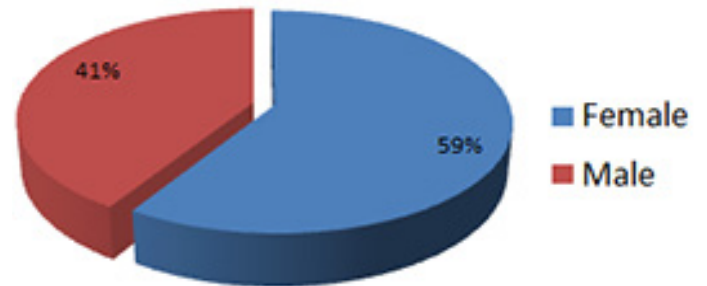


# DEMOGRAPHICS

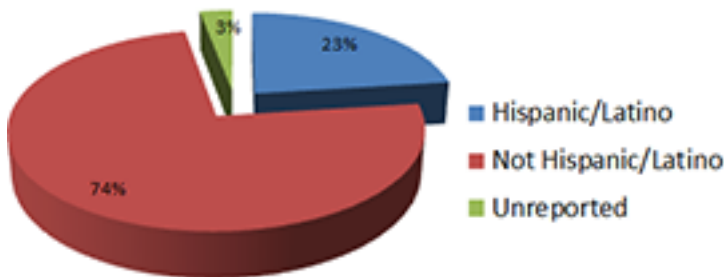
## Patients by Age



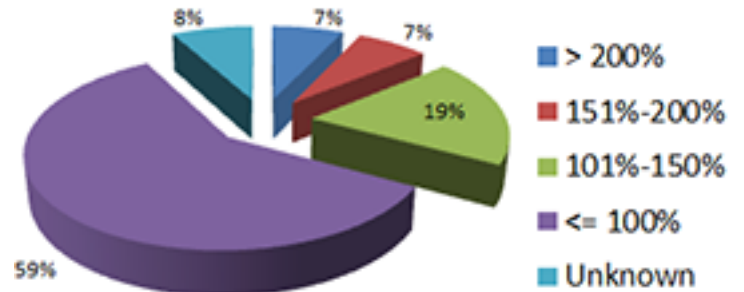
## Patients by Gender



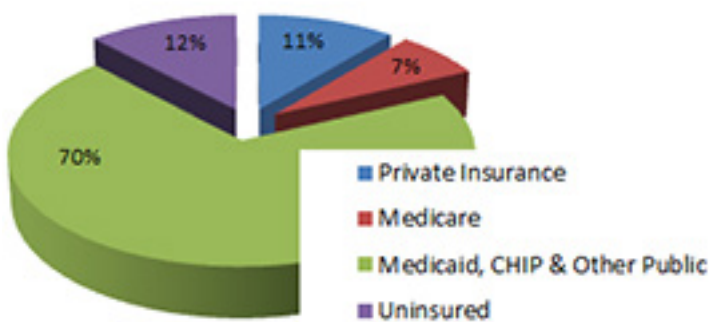
## Patients by Ethnicity



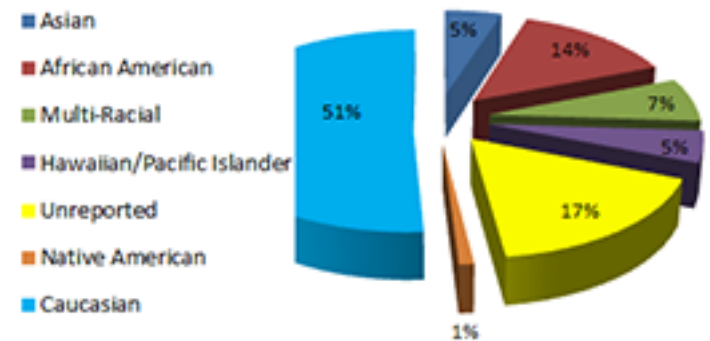
## Patients by Income



## Patients by Insurance



## Patients by Race

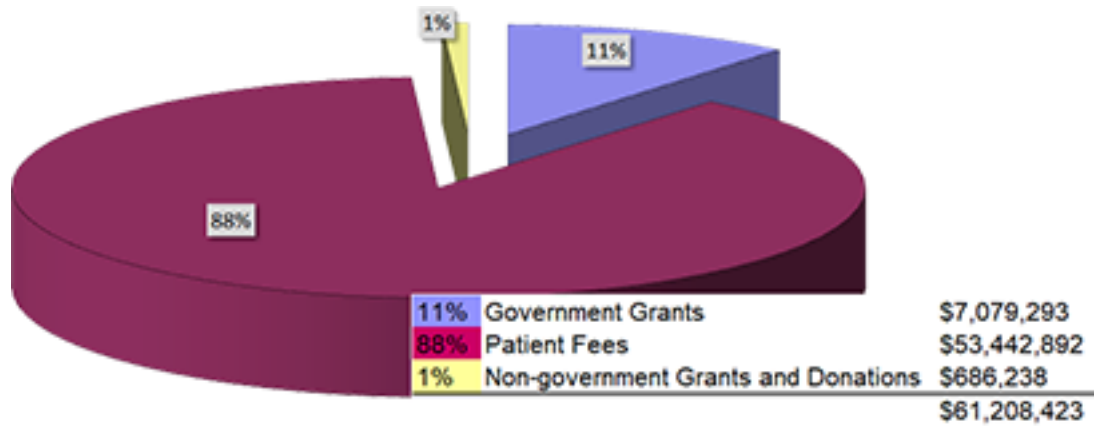




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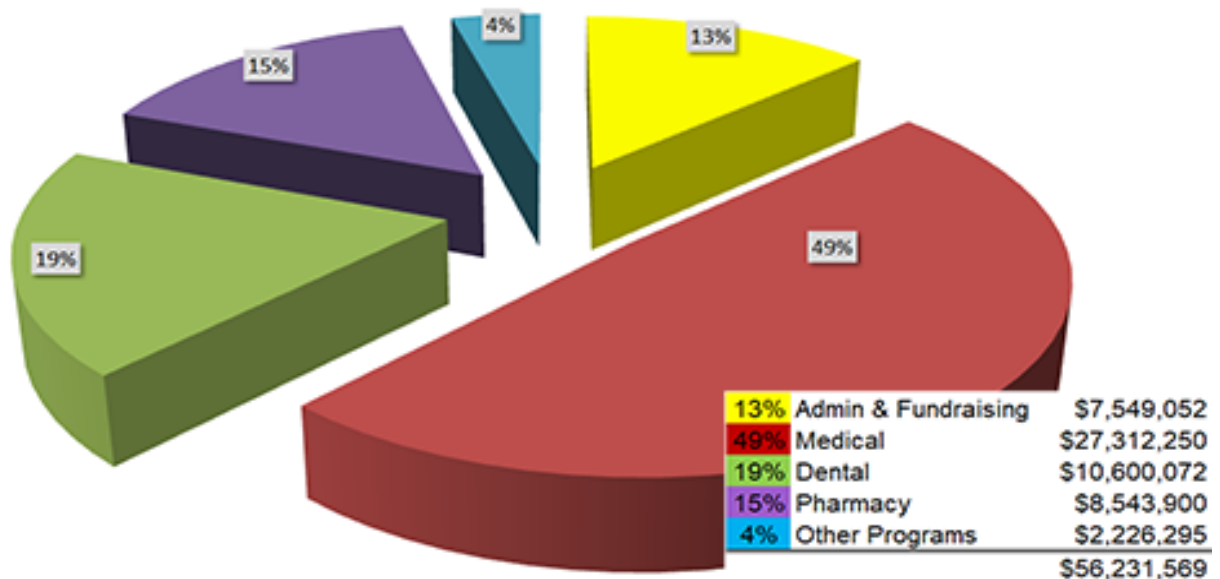
## Total Operating Revenues by Source

Fiscal Year June 1st 2017 - May 31st 2018



## Total Operating Expenses by Program

Fiscal Year June 1st 2017 - May 31st 2018



### Our mission:

*To provide the highest quality health care with compassionate and accessible service for all.*



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# ENDOWMENT FUND

The Kimi & George Tanbara, MD Endowment Fund for Patient Care was created by acclamation in 2018 and is currently accepting gifts from patients, friends, and a grateful community.

The Permanent Endowment at Community Health Care was kicked off with a matching gift of \$100,000 by a local family in October of 2018. Any donation to the Permanent Endowment will be matched dollar for dollar until the total of new donations equal \$100,000.

The income from the Endowment is used to give a medical hand-up to patients with the least ability to pay for primary health care.

Thank you to our  
endowment donors!

Al Cosio  
Karen Goon & Stephen Shelton  
Ann Kawasaki-Romero & Rocco Romero  
Peter Kram  
Rick & Maggie Oldenburg  
Michael & Janet Olejar  
Peter & Andrea Shelley  
Roger Simms  
Jim Walton  
Colleen Waterhouse

# A Life in Care



Jaci and her sons, Kenji and LP

Health conditions can hold anyone back from having the life they want to live. Whether it is pain, discomfort, or a disability, anything that causes challenges in your day-to-day activities can make it hard to make the most of your time at work and with your family. At Community Health Care our greatest priority is to ensure our patients are healthy and comfortable so they are able to work and contribute to our community. One shining example of success is Jaci, a patient for whom Community Health Care has provided care for more than 20 years.

Jaci was born with congenital anomalies. One of which prevented her from walking until she was three years old. The muscles in her legs spiraled down her legs making her feet face backward. She spent three years in heavy braces before learning to walk. Jaci used a wheelchair, crutches, and canes from age 15 to 23. Through numerous extensive surgical procedures to re-orient her feet and physical therapy, she was finally able to walk without having to rely on her wheelchair, walker, or cane. Jaci went back to the wheelchair again from age 32 to 40, adding service dogs to assist her.

Currently employed by Personal Best Services, Jaci is the Clinical Director, Nurse Delegator, and Supervisor of the CNA staff. Personal Best Services provides in-home nursing and respite care to more than 40 Veterans. She works every day “paying it forward” to those in need. However, she can’t do this alone. Jaci suffers from arthritis and severe fibromyalgia which, if left untreated, is completely debilitating due to extreme pain.

Jaci’s provider Kimberly Sales, ARNP, has worked incredibly hard to develop a treatment plan for managing her fibromyalgia and arthritis. She uses a series of injections intended to block the pain caused by Jaci’s condition. Working together Kimberly and Jaci’s pain specialist, Dr. Kenneth Bakken at Bayview Medical, have been able to bring Jaci’s condition under control. Every two weeks Jaci comes to our clinic to receive her shots and in coordination with her pain specialist; our team has been able to manage her condition for the past 20 years. Kimberly has cared for Jaci through two high-risk pregnancies and continues to provide pediatric care for both of her children. Kimberly has been there to ensure that Jaci and her two sons have every opportunity to live happy, healthy lives.



Jaci and her provider, Kimberly Sales, ARNP

When asked what she would do without our care, Jaci had the following to say, “I’d be lost because no other family clinic would be able to do what this one does. I wouldn’t get the same kind of care anywhere else. Kimberly helped me through both my pregnancies and helped me to function without the use of my wheelchair. She continues to support me in my efforts to maintain the highest level of mobility. If it wasn’t for Community Health Care I literally wouldn’t be able to do what I’m doing... I wouldn’t be here today.”

This is what we do best at Community Health Care. We extend our patients a hand and walk them through every health challenge they face. Without our constant care thousands of patients, like Jaci, would be incapable of working, living, and growing here in the Pacific Northwest. Good health is what drives us every day. Without it, there’s no telling where our patients would be.

Please consider supporting hundreds of patients like Jaci, make a gift to our Patient Care Fund today. Learn more about Jaci and her story at [www.commhealth.org/jaci](http://www.commhealth.org/jaci)