

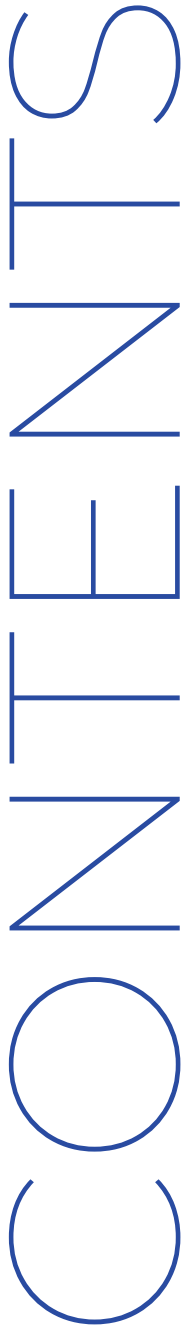


Lander Free
Medical Clinic
A VOLUNTEERS IN MEDICINE PARTNER

Lander Free Medical Clinic Annual Report

2023

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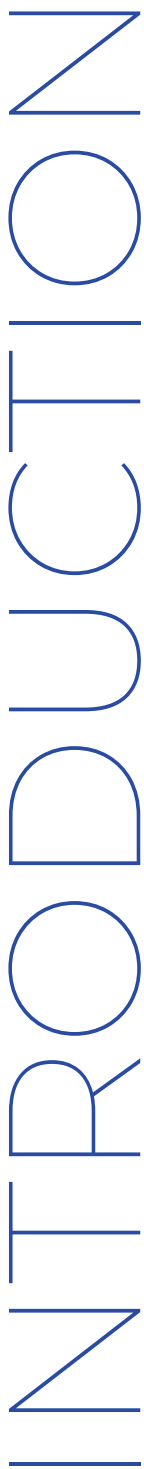
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The Lander Free Medical Clinic is a 501c3 nonprofit organization founded by local healthcare professionals and concerned citizens to address the vital healthcare needs of our low income population in Lander and Fremont County.

If you live in Lander, WY, you know that we are hundreds of miles away from just about everything, in every direction. Access to definitive healthcare is one of the most urgent and pressing issues facing residents of our city and county. The Lander Free Medical Clinic was founded because we recognized that the roughly 300-400 uninsured residents of Lander had nowhere to go to see a doctor without bankrupting themselves or going to the emergency for triage treatment when things really hit the fan.

Opening officially on Feb 6, 2023, our volunteer nurses, providers, and lay volunteers have helped over 100 residents of Lander and Fremont County receive vital and life saving healthcare services. Our 10 volunteer providers have saved both life and limb of patients who came to us in terrible shape after years of neglect in the for-profit healthcare system. Diabetic patients who came to us with out of control blood sugars are now back in control and having less infections and side effects. Patients who came to us with wildly out of control blood pressures are now having less headaches and less risk of heart attacks and strokes.

We are more than a medical clinic, though, we are place where our patients can find hope. Our volunteer providers and staff, with a combined 150 years plus of medical experience, have helped diagnose and treat conditions that have vexed other providers because we spend time getting to know our patients. We also make sure to help our patients with needs that extend beyond clinic care, we help them connect to other social services so their whole health needs can be addressed.

We have helped our patients access SNAP food benefits, housing through Almost Home Wyoming, financial assistance through the First Stop Help Center, eyeglasses, dental care, specialty visits, Medicare and Medicaid, transportation, disability services, and much more. When our patients come to us with a problem that might effect their health, we don't say "sorry, can't help," they hear that too much from everyone else. We say, "how can we better serve your needs." Our patients aren't numbers, they are our neighbors and friends.

MESSAGE FROM OUR EXECUTIVE DIRECTOR

What began as an idea between two local physicians to roll around Lander in a van taking care of the medical needs of our unhoused populations became the Lander Free Medical Clinic officially in March 2022 when we received our 501c3 status. In February 2023, thanks to the hard work of our board of directors and steering committee, we finally completed all of the legal, medical, regulatory, and financial requirements to open our doors to see patients.

Our first patient was a man in his late 50's who lives in Fort Washakie and works part time. When he came to us, he suffered from uncontrolled high blood pressure, chronic lung disease from years of working without proper protective equipment in the maritime industry, heart disease, and diabetes, among other ailments. It was costing him \$150 every time he had to see a doctor and another \$150 for his prescriptions. Living on a meager social security check, and some very inconsistent work, he had given up on being able to afford his prescriptions and doctor visits. He often had to choose between food and medicine. That's until he heard about us. Now he is stable on his medications, has normal blood pressures and blood sugars, and more energy to get back to work and continue contributing to the community.

In the ensuing months, we have seen over 100 patients, mostly in Lander, but also from Jeffrey City, Riverton, Fort Washakie, Ethete, and Shoshoni. Our volunteer doctors, nurse practitioners, and physician assistants have treated everything from STD's to heart failure to broken bones and depression. We have diagnosed cancers and gotten our patients world class treatment at places like Hunstman Cancer Institute in Salt Lake City. Without any exaggeration I can say that there are many more people alive and thriving in our community today because of the hard work of our providers and volunteers.

That brings me to another point. This has been a completely volunteer effort. Combined, our Providers, Medical Director, Executive Director, and Board have volunteered well over 5,000 hours to this endeavor. Our only employment expenses have been for our AmeriCorps VISTA volunteer at \$1970. I cannot think of another nonprofit that has accomplished this much with so little overhead. The billable monetary value of the medical services we have provided is over \$400,000 including over \$65,000 in billable encounters with providers and nurses. We have done all of this on a budget of about \$80,000. That means every dollar you give to the Lander Free Medical Clinic results in over four dollars in healthcare services for our patients. There is no better deal in healthcare in Wyoming than the Lander Free Medical Clinic.

Finally I want to speak to what is in my heart about this work. A patient in his thirties told me after a visit with one of our providers "I have never had a doctor show that much care for me in my life." What sustains us in this important work is the relationships that we build with our low income patient population. Our patients are working hard at the gas station, the grocery store, the hardware store, waiting tables, or doing any other number of important and integral jobs in our local economy. We are helping sustain them so they can continue to help sustain you. Our patients are the heart of our practice and we do everything within our power to advocate for them in a fractured, fragmented, and incredibly unfair healthcare system. We are extremely grateful for the support of our Lander community and beyond, we hope that you will continue to support us in this life saving and life changing endeavor.


Kevin Wilson, MSN RN

MAJOR ACCOMPLISHMENTS

We never stop advocating for our patients within the greater healthcare system. We work with pharmaceutical patient assistance programs, business managers at specialty practices, and charity care programs within larger healthcare systems to fight for our patients to receive the care they deserve.

01

Cancer Treatment

Through our partnership with Main Street Dental, we were able to identify mouth cancer in one of our patients and then work with Enroll Wyoming to get her a \$0 healthcare plan to pay for all the cancer care she has needed in Salt Lake City in the ensuing months. Her cancer care costs have totaled tens of thousands of dollars that would not have been possible for her to pay without the help of our team and partners.

02

Advanced Imaging

We have been able to secure imaging rates ten times less than market value for our patients to get everything from xrays to MRI's to CT scans to PET scans. We secured a \$7,000 PET scan from St. Johns for a cost to the clinic of only \$350 after charity care. All told we have saved more than \$40,00 for our patients in advanced imaging costs vs. private market self-pay rates.

03

Pharmaceutical Savings

We all know that the cost of many pharmaceuticals can be jaw dropping. Safeway and Palace Pharmacies have been excellent partners in getting us the lowest generic rates possible. We have also utilized the Wyoming Medication Donation Program, Direct Relief International, and Patient Assistance Programs through companies like Abbvie and Novo Nordisk to obtain over \$60,000 in free medications for our patients.

LFMC BY THE NUMBERS

If we could measure hope, our contribution to the community would be off the charts. Unfortunately we can't quantify units of hope per patients served, but we are proud to provide a few data points to illustrate our tangible impact in the community.

Patients	Volunteers	Results
Over 100 individual patients served in FY 2023.	20 Volunteers	Lowered Hemoglobin A1c (diabetes marker) in 8 patients. Lowered Blood pressure in 20 patients. Over 309 prescriptions provided free of charge!
Over 376 unduplicated patient encounters	Over 5000 volunteer hours since Nov 2021	Over 50 medical specialty referrals and over 75 referrals to other providers.
Over \$84,000 in billable visits with our providers to our patients free of charge.	10 Volunteer Providers (2 MD, 1 DO, 5 Nurse Practitioners, 2 Physician Assistants)	Over \$400,000 in medical services rendered to our patients!

A Day at the Clinic

Here are some of the ways we might be helping our patients on any given day at LFMC:

- Obtaining medical records from multiple different providers
- Coordinating referrals to specialty providers
- Obtaining dental and vision examinations
- Obtaining dental surgeries
- Ordering eyeglasses
- Driving patients to/from necessary appointments
- Coordinating with Almost Home Wyoming for housing assistance
- Coordinating with First Stop Help Center for help paying rent, employment, utilities, food security, Christmas baskets, and more.
- Drawing labs (We have a nurse and phlebotomist on staff)
- Helping patients enroll in Medicaid
- Helping patients enroll in the Affordable Care Act Marketplace
- Advocating for Social Security Disability Benefits
- Coordinating with Legal Aid for free legal advice
- Coordinating with attorneys for help with wills
- Advanced care planning
- Obtaining free charity care for patients with local and regional hospitals and specialists
- Helping patients obtain vital records like birth certificates, ID cards, voter registration, death certificates, and more.
- Obtaining grants for patients through the Wyoming Foundation for Cancer Care
- Distributing NARCAN to the community to help prevent overdose deaths
- Obtaining free prescriptions for patients through the Wyoming Medication Donation Program and Prescription Assistance Programs.
- Obtaining free surgeries for patients through local and regional hospitals
- Providing free psychiatric services for patients
- Sending patients home with blood pressure monitors and blood glucose monitors
- Sending clients home with toiletries, dental care, jackets, hats, and household supplies from the First Stop Help Center.
- Calling patients to check in on health and wellbeing
- Visiting patients homes to deliver medications, supplies, and provide education
- Providing rides on the senior bus
- SO MUCH MORE than your typical doctor's office!

Expanding Services Every Day

Our flexible model of governance allows us to meet our patients where they are and take care of needs that extend far beyond the exam room. Since February we have been able to expand our services to include vision, dental, complementary and integrative medicine, physical therapy, psychiatric services, orthopedics, counseling, gastroenterology, cardiology, general surgery, neurosurgery, otolaryngology, social services, and more!

Our Patients

Our patients are the heart of our practice

10/10



10/10 of our patients rate our service as excellent (the highest rating available on our survey).

78%



Almost 8/10 of our patients are working members of the Fremont County Community

“Thank you so much for everything
The experience was amazing.”

“Awesome visit, thanks for listening”

-Real patient comments on our patient satisfaction survey.

Because of our advocacy and partnerships in the community, we are helping care for our patients as whole human beings, not just their medical symptoms. We have provided eye exams and eyeglasses for four patients, dental exams and extractions for eight patients, and surgeries and diagnostic procedures for dozens of patients. Our patients come to us often not knowing that charity care programs and cancer screening programs through the state are available to them. Our patients have received mammograms, colonoscopies, endoscopies, cardiac workups, incision and drainage procedures, and even neurosurgery for free through our advocacy and persistence. Our patients have often come to us via the emergency room or self pay at another clinic where they are not informed about all of the programs available to help them with their medical and social service needs. We take the time to know our patients and get them the care they deserve.

100%

Percentage of our patients who have successfully received services from other providers or agencies due to our advocacy.

OUR GRATITUDE

We are extremely grateful to the following providers, volunteers, organizations, businesses, and practices that have helped our patients over the past year.



Our Volunteer Medical Providers

Dr. Brian Gee, MD
Dr. Garth Reber, DO
Dr. Elizabeth Marshall, MD
Kristy Cardinal, FNP
Chris Parrish, FNP
Dr. Heather Judkins, DNP
Tony Leonard, FNP
Alicia Palazzolo, FNP
Julia Fairbank, PA-C
Joe Farrell, PA-C

Our Volunteer Allied Health Professionals

Dr. Erin Terry, DPT
Robin Larson, RN
Tiffany Sanders, RN
Kevin Wilson, RN
Audrey Zanetti, NCPT

Lay Volunteers

Maya Macdonald
Liz Lightner

Our community and statewide partners in care

Main Street Dental
Oak Haven Dental
Safeway Pharmacy
Palace Pharmacy
Fremont Orthopedics
Wyoming Cardiopulmonary
Wyoming Gastroenterology
St. Johns Health
Lander Medical Clinic
SageWest Healthcare
Casper Medical Imaging
Converse County Memorial Hospital
Dr. Eric Schubert
Banner Wyoming Medical Center
Community Health Centers of Central Wyoming
Lander Vision Center
Lander Women's Care
Teton Oral Maxillofacial Surgery
Fremont Counseling Service
Wyoming Department of Health
Main Street Chiropractic
Teton Therapy
Fremont Therapy Group

Social, human services, business, and nonprofit organizations that have helped our patients

Dave Brinda, CPA
LOR Foundation
Foundation for the Episcopal Church in Wyoming
First Stop Help Center
Almost Home Wyoming
Lander Senior Center
Lander Care and Share Food Bank
Direct Relief International
NAFC
Volunteers in Medicine
Husch Blackwell Law Firm
Holland Hart Law Firm
Trust Law
Legal Aid of Wyoming
Athena Health
Practice Fusion
Radio Shack
Henry Schein
Department of Family Services
Fremont County Public Health
Tech Soup

LOOKING FORWARD

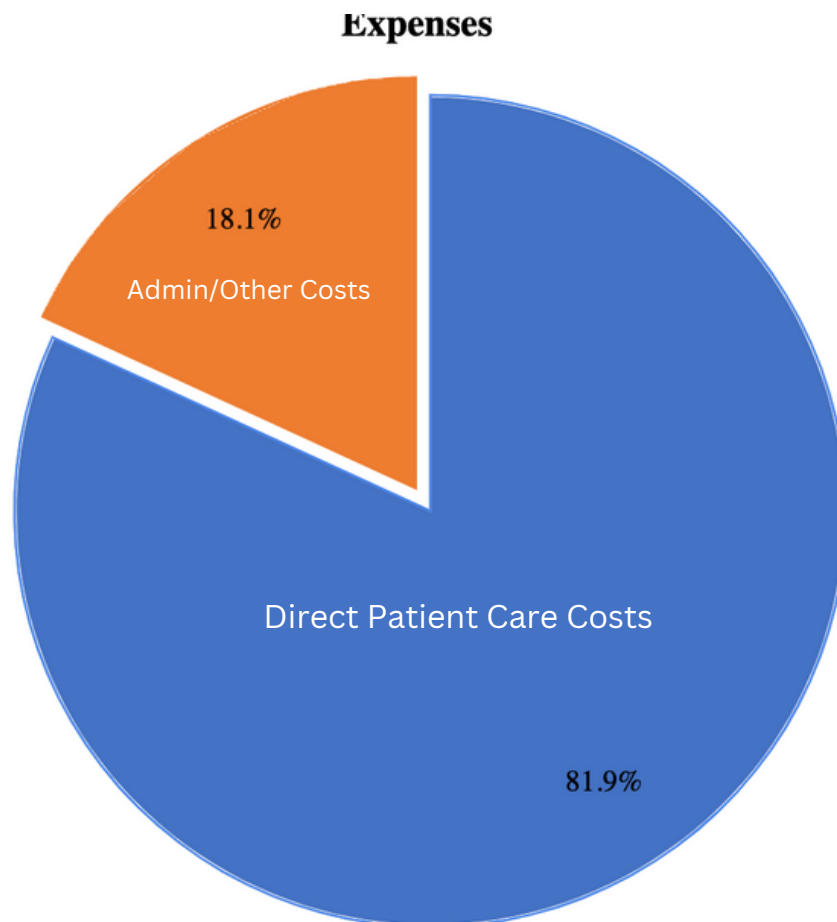
We maintained great fiscal responsibility throughout 2023, so we are excited to say that we will be open through 2024!

The following page shows a breakdown of our budget from 2022-2023 and our budget estimates for 2024.

We are proud to operate this nonprofit with the greatest amount of transparency and accountability. If you have any questions, please feel free to reach out to our Executive Director at kevtherev@landerfreeclinic.org.

Lander Free Medical Clinic
Operating Statement and Proposed Budget

	Actual/ Projected <u>2023</u>	Actual <u>2022</u>
Support		
Grants	\$ 42,432	\$ 26,608
Individual Gifts	<u>46,326</u>	<u>34,355</u>
Total Support	<u>88,758</u>	<u>60,963</u>
Expenses		
Direct Patient Care Costs	62,970	7,587
Other Costs	<u>13,953</u>	<u>8,021</u>
Total Expenses	= <u>76,923</u>	= <u>15,608</u>
Net Asset Change	\$ <u>11,835</u>	\$ <u>45,355</u>
Beginning Cash	\$ 45,355	\$ -
Ending Cash	\$ 57,190	\$ 45,355



ACKNOWLEDGEMENTS

We want to especially thank all our donors who have helped us save lives this year.

Amy Andersen & Tim Wilson, Anne Magnan, Missy White, Jim and Susan Butts, Kristen Gunther, Alan Frost, Jennifer Lamb and Jim Hutchison Andy Eckart, Liz Tuohy, Hart and Josey Jacobsen, Lightner Sams Foundation of Wyoming, Carol Harper and John Laird, Jennifer Wilson Julie and Paul Cornia, Kristy Jones, Elisabeth Lewis, Linda Lindsey and Monty Hettich, Scott Harnsberger and Teddi Winge, Jeremy and Cindy Newman, Amy Skinner, Roberta Palmer, Briana Brower, Alice M. Guschewsky, Sophie Barksdale, John and Debbie Larsen, Martha Delehanty, Nancy M. Debevoise, Claudia Elzay, Mary Herber, The Inn at Lander, Carol and Bruce Campbell, Jazmyn McDonald, Kathryn Martin James O'Donnell, Nancy Rot, Jill Moeller, Debby Johnson, Linda Hudson Dick and Julie Lefevre, Bill and Nancy Alley, Jim and Donna Orr, Barbara and Bob Oakleaf, John Burrows, Linda Serdiuk, The Bridge Girls, Gloria Stuble, Gina Colovich, Christopher Brauneis, Tod and Betsy Schimelpfenig Judy & Mark Crawford, Lorrie Pozarik and Ken Schreuder, Rich and Susan Brame, Ariel and Mary Greene, George and Paula Hunker, Marjane Ambler Cynthia and Chris Russell, Nancy Phipps, Craig Bromley, Mark Roy & Rachael Price, Eric Levy and Julia Fairbank, Lisa Hillmer, Bryan Neely Joel and Robin Otto, Gil and MaryAnne Rau, John Gans and Stephanie Kessler, Leann Woodhouse, Eva Crane, Virginia Purdum, Mark and Rita Peterson, Sandy Mossbrook, Caryn and Tom Throop, Polly Hinds and Lynda German, Mad Dog and the Pilgrim Booksellers, Courtney Larson, Karen Wendt, Betsy and Ken Richardson, Barbara and Bill Locke, Louise Fairbank Don and Judy Legerski, Artery Construction, Perry Cook, Gary Blackwelder Bill and Patricia DeClue, Beverly Swistowicz, Eric and Sandy Martinez Piette Beth, Carol & Ron Smith, Margaret Monsen-Johlic, Kathleen Milligan-Hitt, Ron McCall, Pete Gosar, Susan K. Luxem, Justin Moore, Erica Hoin, Douglas Bakker, Whiteley Wheeler, Bonnie Moore, Bruce and Peg Palmer, Elizabeth Marshall, Tom Rangitsch, James Klaczko, Mary Absolon, Lia Anderson, Millard F. Cranch, Janet Wilson, Brian Gee, Buddy Gee, Joanne Gee, Sarah Gach, Jordan Cranch, Kirk Rasmussen, all of our anonymous donors, and all those who have helped the clinic in any way!

We thank you for your continued support.

CONTACT

Lander Free Medical
Clinic
860 S. 3rd St.
Lander, WY 82520
307-349-0363

www.landerfreeclinic.org