

## Spotlight on...

### Sage Foundation

- ◆ *Las Fuentes: Healing the Mind, Body & Spirit*
- ◆ *Sojourner Center: Supporting Survivors of Domestic Violence*
- ◆ *Naturopathic Care Yields Results at Body Positive*

#### SAVE THE DATE

The Red Ball 2007 • Saturday, April 21, 6 – 11 pm  
 Phoenix Art Museum • Seating is limited  
 RSVP: 480-222-9229 • [www.sagefoundationforhealth/redball](http://www.sagefoundationforhealth/redball)



Dr. Matt Baral with patient at Hamilton Clinic

Health set out to accomplish 3 major goals: First, to expand services and increase the number of patients receiving care; Second, to help offset the cost of providing free care at 10 community sites around the Valley of the Sun; and Third, to introduce more people to Naturopathic Medicine and to Southwest College. We are succeeding on each account.

Peace,

Paul Mittman, ND, DHANP  
 President and CEO

# SCNM SPOTLIGHT

feb  
2007

## Spotlight on Sage Foundation

### CHANGING LIVES — ONE PATIENT AT A TIME



#### SAGE Foundation for Health

Most people are surprised to learn that Naturopathic physicians treat thousands of people who lack insurance, and in some cases, access to any other kind of healthcare. This undermines the prevailing notion that Naturopathic and other forms of complementary and alternative medicine is reserved for the well-educated and well-to-do. In fact, medically underserved populations suffer disproportionately from conditions like Diabetes and Hypertension among adults, and Asthma and recurrent ear and respiratory infections in children. They need Naturopathic Medicine's emphasis on sound nutrition, increased activity and safe, effective natural therapies as much as anyone.

Over the past four years, Sage support helped improve and expand care at Hamilton Elementary School, Sojourner Center, Royal Assisted Living Center, Body Positive, Arizona Pathways, Las Fuentes, the 7th Avenue Clinic and Guadalupe Clinics. The Sage Foundation helps pay physicians, and in some cases, covers supplements, prescriptions, lab tests, x-rays and other diagnostic studies.

On April 21, our 3rd Red Ball will raise funds to expand care at several sites and advance our partnership with Phoenix's Murphy School District community and the Phoenix Rotary 100. With the help of Rotary International, a new community center is being built that will bring an array of services to this economically impoverished (over 90% of the families live below the poverty level), yet wonderful area. Based on the success at the Hamilton Elementary School Clinic, the community asked Southwest College to run the Center's clinic. Together with the Hamilton Clinic we will provide healthcare to over 2400 children and their families.

Southwest College's Naturopathic medical students benefit as well – Hamilton, Mission of Mercy and Sojourner and other Sage related sites, are among students' most popular clinical rotations. In addition to great clinical training opportunities, they afford students a chance to have an impact on people's lives in a very significant way. In fact, changing the world is one of the primary reasons our students chose Naturopathic Medicine as a career. The Sage Foundation is part of a partnership that is accomplishing this goal, one patient at a time.



Dr. Matt Baral with patient at Hamilton Clinic

In 2001, Dr. Klee Bethel, the Chairman of SCNM's Board of Trustees, suggested creating a foundation that would help support and grow the College's ability to provide high quality free healthcare in medically underserved communities. The Sage Foundation for

Health set out to accomplish 3 major goals: First, to expand services and increase the number of patients receiving care; Second, to help offset the cost of providing free care at 10 community sites around the Valley of the Sun; and Third, to introduce more people to Naturopathic Medicine and to Southwest College. We are succeeding on each account.

Over the years, many Hispanic families have also relocated in Guadalupe. American and Hispanic community, Guadalupe was founded by Yaqui Indians who fled their homeland to avoid persecution and enslavement by the Mexicans around the turn of the century. Between Phoenix and Tempe at the base of South Mountain, Guadalupe is a Yaqui Native Guadalupe, where 22 percent of its 6,000 residents do not have access to healthcare. Located contribute to this gap in adequate healthcare. This lack of access is particularly prevalent in of money, language skills, education, transportation and documented tribal membership licensed physicians. Indian Health Services funding does not fully support the staffing and equipment needed to assist the population of Native Americans. In addition, barriers such as lack

Many Southwest Native Americans do not have access to conventional medical care facilities and In 1995, with help from the Council of Indian Nations and local businesses, Dr. John Molina founded the Las Fuentes Health Clinic in Guadalupe, Ariz. Dr. Molina is of Apache, Yaqui Indian and Hispanic descent and grew up in Guadalupe seeing residents suffer due to cultural and socio-economic barriers. He decided to make a difference in the lives of those less fortunate by becoming a doctor in order to provide affordable medical care to his community. The mission of Las Fuentes is "To provide affordable, comprehensive medical care to the people of Guadalupe and surrounding communities while acknowledging and respecting the cultural uniqueness of each individual." The clinic started with just one small exam room, along with some storage and administrative space in a building loaned by a local Presbyterian Church. The response from the community was overwhelming, and the clinic has grown immensely. Today it is funded largely by donations and grants and has nearly 6,000 patient visits per year.

Las Fuentes provides a variety of medical services including family medicine, women's health, acupuncture, chiropractic, Naturopathic and traditional medicine. Their community outreach program provides health education to local community schools, organizations and events. Las Fuentes also serves as a clinical training site for medical residents, students, assistants and nursing students. Diabetes remains the major cause of early disability and death in Guadalupe. Las Fuentes provides diabetic patients with education and treatment to control their diabetes. A major focus is on developing healthy eating habits and exercise. Health information and regular physical examinations assist the child to incorporate healthy behaviors and reduce their risks for diabetes, obesity and drug abuse.



The Southwest College of Naturopathic Medicine (SCNM) began providing Naturopathic care at Las Fuentes six years ago. Dr. Jennifer Nevels has been the supervising physician for student rotations at Las Fuentes since 2003. After graduating from SCNM, Dr. Nevels completed the residency program and became an instructor and then Interim Chair for the Women's

## LAS FUENTES: HEALING THE MIND, BODY, AND SPIRIT

By Tamara Torres

Integrative Medicine Department. According to Dr. Nevels, "At Las Fuentes, we utilize different botanical, and nutritional supplements, making dietary and lifestyle recommendations and providing acupuncture treatments." Naturopathic physical manipulation therapies and homeopathy are also utilized, along with prescription medications when necessary. Patients at Las Fuentes also have the opportunity to receive chiropractic treatments from another SCNM graduate, Kenneth McWilliams, DC, ND.

**"The doctors are really good and bilingual. They are on a personal level and get to know the patients. They make you feel comfortable." Las Fuentes patient**

Dr. Molina believes that Naturopathic medicine fits well with traditional Native American medicine in various fashions. He explains, "First, the quality of the healer, the Naturopathic physician, is like the medicine man/woman who takes time to know the patient, their social milieu, and their family. Secondly, the medicinal interventions are natural, in line with the philosophy of Native healers who take their medicine from the earth. Thirdly, Naturopathic medicine looks at root causes of symptoms, maybe emotional or spiritual, like the Native medicine people who also seek these root causes and relieve them by performing ceremonies. This type of intervention highlights the holistic approach that Native healers also use on their patients. Finally, there is much counseling as a way to prevent and control disease, like Native healers who give counsel to their patients."

Dr. Nevels agrees stating that "The patients at Las Fuentes resonate well with the Naturopathic philosophy. They appreciate that the body, when given the right tools, can heal itself. They also understand the importance of finding the underlying cause to their ailments instead of treating the symptoms." She adds, "Rotations at Las Fuentes expose students to a different population with different needs. It's a great opportunity to watch patients health conditions respond and improve so quickly to Naturopathic treatments."

**"I can honestly say our collaboration with SCNM has been a tremendous experience for our clinic and patients!" Dr. John Molina, Medical Director**

Wendy Wells, a fourth-year Naturopathic medical student shared her experiences stating, "At Las Fuentes, I learned how to quickly and thoroughly assess the needs of the patient and decide on a plan of action. Time management is a crucial tool to learn as we make the transition into being physicians. It is important to be compassionate and understand the culture of the patient when asking them to make diet and lifestyle changes. This clinic experience gave me this opportunity. I also enjoyed Dr. Nevels' fun and easy going nature. She is truly a bright light in Las Fuentes. Patients there are naturally open to alternative medicine and so grateful for our care."

Dr. Nevels states, "More donations would benefit the Naturopathic services offered at Las Fuentes because without them we are unable to give the care patients are seeking and deserve." SCNM's Sage Foundation for Health helps support the Naturopathic physician's salary and supplements, but more donations are needed to have an adequate supply of vital supplements such as essential fatty acids and multivitamins that almost every patient would benefit from.



## RED BALL 2007: SAVE THE DATE



More than 18,000 underprivileged men women and children will receive free medical care from funds raised by the third annual Sage Foundation for Health Red Ball scheduled for Saturday, April 21 at the Phoenix Art Museum. The Red Ball is the only local charity event raising monies to provide quality natural and conventional healthcare to the medically underserved children and adults of Arizona.

Red Ball guests will have exclusive access that evening to the *Rembrandt and the Golden Age of Art* exhibit during the evening, as well as an opportunity to enjoy the newly renovated museum and gardens.

The first Red Ball, held in 2004, was originally established to honor Victoria Lund, the late granddaughter of Walt Disney. Victoria was an active volunteer in bringing quality care to the medically underserved children of the Valley. Each year the Red Ball keeps Victoria's vision alive by presenting a special Humanitarian Award to individuals who have notably improved the lives of those in need. This year's honoree for the Humanitarian Award is Sherry Lund.

Lund is receiving the recognition for her commitment of time and gifts to healthcare organizations in the Valley which have primarily served the needs of children. As president of the Victoria Lund Foundation, she has been involved in awarding multiple grants to the Sage Foundation which supports medical services for children at Hamilton Elementary School in the Murphy School district. The Victoria Lund Foundation also gifted the Boys and Girls Clubs of the East Valley in 2006.

Sherry Lund has devoted countless hours to community service and charitable work. She is former president of the Sage Foundation for Health and served on the Board of Trustees of Southwest College of Naturopathic Medicine.

"This year's event is really special because we are honoring a wonderful individual – Sherry Lund," said Dr. Paul Mittman, N.D., President and CEO of Southwest College of Naturopathic Medicine. "Through her kindness and vision, the Sage Foundation for Health has flourished over the years."

Prior to a multi-course Italian-themed dinner, guests will enjoy signature cocktails and hors d'oeuvres while socializing and browsing silent auction items. During dinner, individuals whose lives have been touched through the generosity of the Sage Foundation will speak. A live auction will be the showcase of the evening, featuring a luxurious stay at the renowned Hotel Milano with airfare provided by Alitalia. Other exciting auction items will include spa packages, concert tickets and celebrity memorabilia. The night will conclude with a live band and dancing.

Tickets may be purchased for \$250 individually and tables of 10 starting at \$2,500 by calling 480-222-2224.

For additional information, visit

[www.sagefoundationforhealth.com](http://www.sagefoundationforhealth.com).



Sherry Lund with Cathleen Field at Red Ball 2005

## THE SOJOURNER CENTER Supporting Survivors of Domestic Violence

By Kristina Hopkins

According to the National Coalition Against Domestic Violence, every four days a woman is murdered by her husband or boyfriend in Arizona. The Sojourner Center is the largest shelter in the state and works to prevent this statistic from growing by providing a safe haven from violence while empowering women to break the cycle of abuse.

In 1977, a group of twelve concerned individuals created Sojourner Center in response to the need they saw in the population of women leaving prison. After four years of helping these women avoid recidivism, they began to see a pattern of domestic abuse in the women's lives, often leading to homelessness or incarceration. Due to the prevalence of domestic violence, the mission of the Sojourner Center changed in order to serve survivors of this pervasive issue.

Since then, Sojourner has grown from a run-down 28-bed facility to be the largest shelter for sufferers of domestic abuse in Arizona and one of the largest in the country. The main campus consists of 124 beds, complete with a dining facility, community area and child care center; a new campus adds 100 more beds to the total. Sojourner also maintains 15 transitional apartments as an additional step between the shelter and complete reintegration into society.

Sojourner offers four areas of service: residential programs, including a 24-hour crisis hotline, healthcare and emergency and transitional housing; advocacy and employment assistance; lay legal advocacy to assist in the Maricopa County superior court; and family enrichment, including prevention groups, childcare and parenting classes.

Southwest College of Naturopathic Medicine (SCNM) works with the Sojourner Center as an extended site for service, committed to providing free, natural healthcare to individuals who have sought help at Sojourner. By sending physicians and clinical students to Sojourner, the facility's residents benefit from the assistance of Naturopathic care and the clinical students gain invaluable learning opportunities. Dr. Patricia Gaines has supervised SCNM's involvement at Sojourner since 2003 and sees first-hand the impact Naturopathic care has on the patient population. For instance, "Because of the nature of the population there tends to be a lot of emotional issues such as depression and anxiety," said Dr. Gaines. She has been effective treating these types of conditions using homeopathy.

Dr. Gaines explains that the care she provides during her weekly shift includes only homeopathy, nutritional supplementation and botanical medicine, but she is pleased with the results she sees. SCNM clinical student Brandie Gowey has observed the impact of Naturopathic Medicine on patients at Sojourner and plans on opening a shelter herself in a few years. "I see how this medicine can impact women and children in such a positive way... I have seen homeopathy, acupuncture, etc do so much for them... it is amazing in a way I can't describe," she said.

But perhaps the most important aspect of the care to the patients is the fact that the care is free. "When they hear about that they get very excited," said Dr. Gaines. "Many have nowhere else to go,

## NATUROPATHIC CARE YIELDS RESULTS AT BODY POSITIVE

By Kristina Hopkins

Body Positive, an HIV and AIDS Research and Resource Center, is a unique community-based non-profit organization in Phoenix. Body Positive was organized to address the needs of the HIV positive, and in 2004 served more than 1,700 men, women and children infected with HIV and AIDS. Through both patient services, such as education and healthcare, and clinical trial programs, Body Positive strives towards its vision to "reduce infection, improve quality of life and contribute to worldwide research."

Southwest College of Naturopathic Medicine (SCNM) supports the important work of Body Positive by providing Naturopathic medical care at the organization's site in Phoenix. Body Positive has been afforded the presence of physicians and students from SCNM to assist in providing care to the hundreds of individuals who seek help. The support role of the Naturopathic doctors who work at Body Positive is invaluable to the overall mission of the organization, and the learning opportunity provided to the clinical students working at Body Positive is a very important part of medical education.

SCNM physician Dr. Jami Kupperman, who began working at Body Positive in 2006, explained, "There are no allopathic medical services offered at Body Positive, but all of the NDs' patients must be under the care of a primary care provider (PCP), who then refers them to us for Naturopathic care." Since Body Positive believes in whole-body care, like the tenets of Naturopathic Medicine, the presence of the NDs helps the organization to achieve an important aspect of the mission. "Patients have access to truly integrative, comprehensive care—a model which is seen in few, if any, HIV communities," said Dr. Kupperman of the integrative approach employed at Body Positive.

Alternative and complementary medicine has been proven effective in treating symptoms of HIV and AIDS. Natural treatments have helped with side effects associated with medication, improved quality of life and helped to increase the effectiveness of some drugs. SCNM clinical student DeAnna Woeller worked with a Hepatitis C patient at Body Positive, providing IV therapy and acupuncture to ease his swollen liver, and said she witnessed his transformation "from looking like he had a shoebox under his ribs to normal." Visible results such as these may not be the norm, but results are observable in many other ways. "Naturopathic medicine is extremely well-received in the HIV community in Arizona, as evidenced by the fact that all four of our NDs are booked to capacity," said Dr. Kupperman, "In fact, new patients often tell me 'if I had known how good I would feel after this visit, I would have come in sooner!'" At Body Positive, wellness means treating the whole person. The therapies offered by the NDs work with the traditional treatments, with the goal being to help the patient maintain as healthy a body and mind as possible.



little funds and no support system. They have lived a life of abuse and come to Sojourner fearful and hopeful for a new life," said SCNM clinical student Shana Spector, whose background in social work gives her a unique perspective on how to face the issues at Sojourner.

Since Sojourner Center is a shelter, one of its functions is to ensure that the individuals who stay do not become dependent on the space. However, Dr. Gaines acknowledged, the transience of the population creates one of the greatest challenges in providing quality care. Gowey has noticed the same challenge. "You have to live in the moment, and do the best you can, prescribe the best remedy or the best supplement, or give the best acupuncture treatment you can, and hope it has made an impact because you may never see them again," she said.

Despite the challenges, Dr. Gaines and her clinical students continue to provide quality care and are encouraged by the appreciative women. "They are surprised at the level of care we give, of how in depth our intakes are, of how much we try to pool our limited resources to help them out," said Gowey. MaryK Martin, a recent SCNM graduate, recognizes the need for Naturopathic Medicine at Sojourner from her clinical rotation experience. "The brave families who are escaping domestic abuse at Sojourner really need compassionate, 'whole-istic' care. They need to be empowered in their own mind, body, and spiritual healing." And through the outstanding programs offered by Sojourner and the excellent care given by Dr. Gaines and the clinical students, the survivors of domestic violence served at Sojourner become equipped to break the cycle of abuse and heal.

