



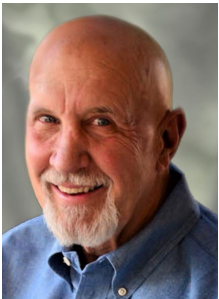
**Clínica  
Amistad**

*A Project of Amistad y Salud*  
CELEBRATING 20 YEARS

# NEWS

SEPTEMBER 2023

## Letter from the President



Hello and welcome to the fall 2023 edition of the Clínica Amistad newsletter and thank you for your interest in our organization. Clínica Amistad is a free clinic that serves the underinsured population of southern Arizona. Our focus is the management of chronic disease processes through primary care services. Our ability to continue to do what we do is funded primarily through

the generosity of individuals who believe in the work that we do and helping the population we serve. Your continued support is critical to the success of our organization. If you are not currently a supporter, but believe in the work that we do, please go to [clínicaamistad.com](http://clínicaamistad.com) and click on the donate button and select the amount that you would like to contribute. If you are feeling particularly generous, please make it a weekly donation. Again, thank you for your support and we hope you enjoy the newsletter.

Brian Bickel  
President of the Board  
Amistad y Salud

## COMING SOON

Watch for our latest  
Annual Report and special  
announcements coming soon  
including 20th Anniversary  
Celebration events, volunteer  
events and more!

## Welcome our new Clinic Manager Hector Rico



Hello, everyone! My name is Hector Rico, and I am excited to introduce myself as the new Clinic Manager at Clínica Amistad. I am thrilled to be part of this amazing team and contribute to the important work we do in providing much needed healthcare services to our patients and community.

My journey with Clínica began six years ago when I joined as a volunteer. The past 3 years, I have had the privilege of serving as the Referral Coordinator and Data Manager, which allowed me to gain invaluable experience in patient care coordination and ensuring the smooth functioning of our clinic's operations. I received a Master of Public Health in Health Services Administration in 2022 from the University of Arizona. Witnessing the incredible impact we have had on the lives of those in need inspired me to pursue a career in healthcare administration and address broader health equity issues affecting underserved populations.

I am truly excited to step into the role of Clinic Manager and continue our mission. With the support of our incredible staff and dedicated volunteers, I am confident that we can continue to improve the health and well-being of those we serve. Outside of clinic I enjoy playing slow-pitch softball, cheering on my favorite sports teams, and spending time with friends and family.

Thank you for welcoming me into this new role. I look forward to working together!

# CELEBRATING 20 YEARS

## 9th Annual Gala kicks off 20 years of service

In March Clínica Amistad turned 20! We hosted our 9th annual gala dinner and 20th birthday celebration to kick off a year of recognition, celebration, and care for our community.

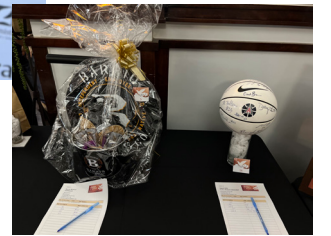
Our gala gives us the opportunity to publicly honor our board, providers, staff and volunteers – all the people who so diligently give their time and effort to provide free primary health care to those who need it the most. This year, we had the opportunity to honor our founders who had a vision of starting a free health clinic on the south side of Tucson. We are also honored Rick Small from the Stonewall Fund at The Community Foundation of Southern Arizona, who received the Clínica Amistad Community Impact Award and Southwest Gas, who received Clínica Amistad's Community Partner Award. Our recipients have tirelessly served our community for many years and have made an impact on Clínica Amistad.

Our Founders shared a profound concern about the lack of a true free clinic in Tucson that would meet the needs of those who could not afford preventive and primary care and envisioned this free clinic having seen a great need for medical services in the area, spearheaded a committee to establish the 501(c)3 known today is Amistad y Salud, which officially began in 2003. They strived to develop a model integrative health center, Clínica Amistad, where education, nutrition, and alternative therapies would be integrated into the care provided, rather than depend solely on medications.

Since its inception, Clínica Amistad's mission has been rooted in humanitarian perspectives. Clínica Amistad has demonstrated an innovative, changing approach to health service delivery for those individuals throughout southern Arizona who have "fallen through the cracks" of the national healthcare system. It has become a safety net helping to provide primary health care to patients who are under-served.

Today, 20 years later, the need for Clínica Amistad continues to grow. This past fiscal year we served over 1,350 individual patients and provided 2,400 appointments to our community. We are so grateful to all who attended and contributed to the gala in March and to those who make contributions throughout the year. Without your help we would not exist.

Watch for special announcements throughout the year as we recognize and celebrate our patients, volunteers, staff and community and mark your November 16, 2024, for our 10th Annual Gala.



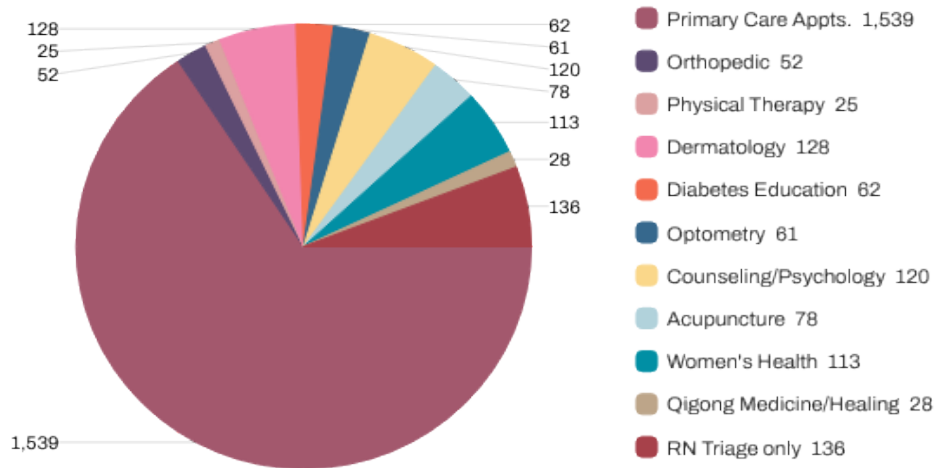
# HOW YOUR SUPPORT MAKES A DIFFERENCE IN OUR COMMUNITY

## KEY FACTS ABOUT WHO WE SERVE

In the fiscal year from July 1, 2022 to June 30, 2023, with the clinic being open on Wednesday and Thursday evenings, and one Saturday morning every month; we held 2,370 appointments. We saw 1,343 individual patients with 226 of them being new to our clinic this year. There are 37 licensed healthcare providers who volunteer time at the clinic. Other volunteers number more than 110, with many being students in various healthcare fields at the University of Arizona and Pima Community College.

Watch for our Annual report to be issued later this fall.

## PERCENTAGE OF PATIENTS SEEN BY SPECIALTY (1st Qtr of Fiscal Yr 22/23)



## HOW YOU CAN HELP SUPPORT OUR MISSION:

*To provide free primary health care, preventative services, and education to those in need and without access to health care throughout the greater Tucson area.*

- **Donate through the website.** [clínicaamistad.org/donate](http://clínicaamistad.org/donate). It's fast and easy.
- **Write a check.** Send your contribution to: Clínica Amistad, PO Box 27284, Tucson, AZ 85726.
- **Make a tax credit donation.** Your donation can reduce your tax bill or increase your refund DOLLAR-FOR-DOLLAR, through the Arizona Charitable Tax Credit. Unlike deductions, which reduce a person's taxable income, credits are dollar-for-dollar reductions in tax liability: For every dollar in credits that you take, your tax bill drops by a dollar, up to \$800 per couple or \$400 for individuals.
- **Planned Giving.** Make a lasting gift of support.
  - Estate Gift**- name Amistad y Salud as a beneficiary of your will.
  - Donor Advised Funds**- direct your Donor Advised Fund to make a donation to Amistad y Salud.
- **Matching Gifts.** Some businesses and organizations will match charitable contributions made by their employees. Double your impact by checking with your employer today.
- **Tribute Giving.** Did you know that you can make a donation to Clínica Amistad, a Project of Amistad y Salud "in memory of" or "in honor of" someone special? Tribute Giving is a thoughtful way to recognize, remember, honor, and celebrate people and events that are important to you by giving back to your community in their name and we will send a personalized note to the individual you want to recognize.

**When you click on [www.clinicaamistad.org/donate](http://www.clinicaamistad.org/donate) you can provide health care, comfort and hope to your neighbors that need it most.**

**For more details on how to make a donation, contact Nicole at (520) 237-5075.**

Clínica Amistad is a non-profit 503(c)3 organization. Our Federal tax ID number is 75-3060875. Our AZ CQO number is 20284.



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CELEBRATING 20 YEARS

# *Save the Date*

*A special event for our  
volunteers, patients  
& community leaders*

## *Celebrating 20 Years of Service*

**Saturday, October 28th, 2023 | 1pm-3pm**

**Clínica Amistad**

**101 W. Irvington Road, Bldg 3C**

**Tours • Treats • Raffles • Awards • Music, and more!**

*More information coming soon.*

### **GO DIGITAL**

Continuing to Go Digital In our continuing effort to conserve energy and resources, Clínica Amistad is trying to go as digital as possible. Therefore, if you are currently receiving this newsletter by U.S. Mail and would like to receive it via email; or if you have any recent changes to your mail or email address, please contact us by email:  
**[exec@clinicaamistad.org](mailto:exec@clinicaamistad.org)**

### **DID YOU KNOW?**

If you are 70½ years old or older, you can take advantage of a simple way to give to Amistad y Salud and receive tax benefits in return. You can give up to \$100,000 from your IRA directly to a qualified charity without having to pay income taxes on the money. Contact Executive Director, Nicole Glasner at [exec@clinicaamistad.org](mailto:exec@clinicaamistad.org) for more information.



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**CLÍNICA AMISTAD** El Pueblo Neighborhood Center, 101 W Irvington Road, Bldg 3-C, Tucson, AZ 85714

**FOR APPOINTMENTS CALL 520-305-5107 • Fax: 520-300-8468 • ALL CORRESPONDENCE PO Box 27284, Tucson, AZ 85726-7284**

**HOURS OF OPERATION** Wednesday & Thursday: 5-9pm • First Saturday of Every Month: 10am-2pm

[Manager@clinicaamistad.org](mailto:Manager@clinicaamistad.org) • [www.clinicaamistad.org](http://www.clinicaamistad.org) • *Se habla español*