

UNDER THE SUN

FOR THE BEST OF EVERYTHING

OCTOBER 2008

**HALLOW
HAUNTS**

**5 SPOOKTACULAR
PLACES TO
CELEBRATE**

**BEAUTY TO
FALL FOR**
TRANSITIONING
YOUR LOOK
INTO FALL

**AMY
GRANT**
WHY SHE
BELIEVES IN
THE POWER
OF GIVING

Everyday American **HEROES**

THE SUN SALUTES THE NON-PROFITS AND VOLUNTEERS
MAKING A DIFFERENCE IN OUR COMMUNITY

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ONE HAND,
ONE HEART, ONE
CAUSE AT A TIME

Touching lives

Vista Community Clinic provides quality health care and education to those less fortunate

760.631.5000 // ADDRESS: 1000 VALE TERRACE, VISTA, CA 92084 // VISTACOMMUNITYCLINIC.ORG

Volunteer Spotlight:

NAME: Barbara Bergholz
BEGAN VOLUNTEERING: February 2000

WHAT PROMPTED YOU TO GET INVOLVED? I truly believe in Vista Community Clinic's mission and I really wanted to help children, in particular. I decided to serve on the clinic's Holiday Homes Tour Committee because it is the only fundraiser for the "Kids Kare Fund" [which funds medical care for uninsured children] and I thought it would be a great way to give back while using my interior design experience.

WHAT'S THE BEST THING ABOUT VOLUNTEERING? The best thing about volunteering for the clinic is the satisfaction I feel when the Holiday Homes Tour brings in funds for the children's program and that people are receiving good care at the clinic. I love to hear people say they "can't wait for the next tour" or "I have been coming to the tour for 20 years." Every ticket sold is important.

HOW HAS THE CLINIC TOUCHED YOU PERSONALLY? Three of my grandchildren received medical care at the clinic when my daughter worked for a company that did not provide health insurance. When I think about how much the clinic helped my daughter, I feel so fortunate to be able to give back through my contributions as a volunteer.

Vista Community Clinic was founded in 1972 by community volunteers who saw the need to provide affordable primary medical care and health education to low-income residents in North San Diego County. The clinic's first home was a donated space in the Vista Animal Shelter. Since then, it has grown at an average rate of six percent a year, keeping pace with the increasing demands of the community. Vista Community Clinic currently, operates five primary care clinics throughout the North County region, serving marginalized populations including the homeless, migrant farm workers, teens, pregnant women and young children. About half of the 52,000 patients treated annually are children; 11,000 of those are uninsured. In

addition, the organization's clinical and health promotion programs reach more than 100,000 residents each year with education on breast health; parenting; diabetes prevention and self-management; childhood obesity prevention; alcohol, tobacco and other drug prevention; and comprehensive after-school programs for teens.

In July 2008, the clinic broke ground on a 12,000-square-foot facility in Vista which will provide pediatric, OB/GYN, family medicine, health education and pharmacy services to the community. With the capacity to treat 16,000 patients a year, (doubling its current capacity), it will serve as a health care safety net for thousands of families across the region. UTS



HOLIDAY HOMES tour

volunteer Barbara Bergholz at a house she designed in Fallbrook. The tour is the only fundraiser for Vista Community Clinic's "Kid's Kare Fund."