

You Create HEALTHIER Communities

CONTRIBUTIONS

Will YOU Support El Rio's Heart Health Program with Your Gift for Blood Pressure Cuffs?



Hypertension is a major modifiable risk factor for the top causes of death and disability in this country: heart disease, stroke, and kidney failure. After decades of improving control in the US, in 2020 a large study showed that hypertension control got worse and resulted tragically in increased cardiovascular deaths. Health centers, as the nation's safety net providers, are addressing this with the help of partners, like you, especially for economically challenged and minoritized populations. El Rio Health has been part of a three-year national collaborative working on a systematic, team-based approach with our patients and colleagues that showed our patients improved hypertension control from an initial low of 55% to close to 75%! Clinical trials have shown that lowering blood pressure (BP) reduces cardiovascular risk by 20% - 25% for myocardial infarction, 35%-40% for stroke and by 50% for heart failure. The only way to know whether our patients' lifestyle changes, diets, exercises, or medications are working is to check blood pressure regularly. **Your gift for Blood Pressure Cuffs for those who cannot afford them can change and, in some cases, might save a life. Each BP cuff cost \$36.00. Will you support El Rio's Heart Health program?**



Amount Increased for 2024 Arizona Qualifying Charitable Organization Tax Credit



El Rio Foundation is an Arizona Qualified Charitable Organization (QCO). Individuals and Married Couples filing jointly can make cash contributions to charitable organizations like El Rio and claim a tax credit on their Arizona Personal Income Tax return.

The maximum QCO credit donation amount for 2024: \$470 single, married filing separately or head of household; \$938 for married filing jointly. **Arizona assigned El Rio Foundation code is # 20212, and please use Arizona form 321 to claim your credit.** This credit is an addition to school tax credits and foster care tax credit.

According to Arizona Department of Revenue, effective in 2016, all credit eligible contributions made on or before the 15th day of the fourth month following the close of the taxable year may be applied to either the current or the preceding taxable year and are considered to have been made on the last day of that taxable year.



Meet Joshua Anderson, El Rio Foundation Director of Development – Special Events

Joshua, a transplant to Arizona in 2021 from CO, brings 25 years of experience in development, fundraising and special events. Most recently, he served as the Executive Director of Handi-Dogs, Inc., a service dog training organization for people with disabilities in Tucson. Joshua is Bi-lingual (Spanish-English) and holds a B.A. in international studies with a focus on Latin American studies from Miami University in Ohio where he grew up.

Joshua is a strong advocate for health and is thrilled to join El Rio. He collaborates closely with committed board members and Vecinos volunteers. Having helped organize with El Rio Vecinos the "London Calling" Block Party, he is eager to foster strong relationships with donors, corporate sponsors, partners, and the community in support of El Rio's mission and patients.

DONOR APPRECIATION

2024 Donor Appreciation Valentines Luncheon

Dr. Clinton Kuntz, CEO thanked donors who are part of the Foundation's Giving Clubs for their 2023 contributions. In 2023 we received \$1.4 million in charitable gifts, which helped provide dental services, vision screening, cancer screening and treatment, children's books, teen health care, LGBTQ support, medical services, immunizations, maternal health, street medicine outreach, youth mental health, family wellness services, patient resources, and education. Vanessa Seaney, our Chief of Behavioral Health and Dr. Andrew Arthur, Medical Director of Pediatrics and HealthOn Tucson shared exciting updates in their areas of care and how donor support impacts and transform our patients' lives.



We recognized a new member into our Legacy Society, who confirmed a bequest gift to El Rio through their estate plans. Larry Abramson representing the Connie Hillman Family Foundation, Patty Boggs, and Sandy Zimberoff of Quilt For a Cause, Inc. and Monica Vargas, Market CEO, Carondelet Health Network were honored for becoming part of our Platino Giving Level.

Eleven Individuals and Corporate partners were acknowledged as part of our Oro Giving Level - AGM Container Controls, Inc., BWS Architects, Inc., Ms. Jil Feldhausen, Mr. Robert & Mrs. Diana Gomez, Hughes Federal Credit Union, Humana, Pima Heart & Vascular, Roche Tissue Diagnostics, Dr. Lisa Soltani & Victor Braitberg, PhD, Dr. Lawrence & Mrs. Jacqueline Stern, Ms. Patricia Wallace & Mr. Jan Konstanty.

We also honored donors who have reached the Plata level - Dr. Christina Arredondo, Arizona Medicare Helpers, Lindsey Baker, Bobby Bakos, Sue Ann Breems & David Tiers, Steve Celis & Angela Mattix-Celis, Contact One Call Center, Dependable Health Services, Inc., Encompass Health Corporation, Finley Distributing Co., Ms. Peggy Goulding, Mr. Jaime & Mrs. Linda Gutierrez, Mr. Lars & Mrs. Ann Larson, Mr. Paul Loucks, P3 Health Partners LLC, Pyramid Credit Union, Dr. & Mrs. Greg Raglow, Dr. Jay & Mrs. Kristina Schlabach, and Mr. Frank Valenzuela & Ms. Donna Whitman.



Thank you to our incredible donors, colleagues, and board members for making our Valentine luncheon a heart-warming event. Thank you to Board member, Dominique Ortega for the wonderful photos.

El Rio Foundation Donor Giving Levels

El Rio supporters are vital to the success of fulfilling El Rio's mission in improving the health of our community through comprehensive, accessible, affordable, quality and compassionate care.

Legacy Society - Donors who have made provisions in their estate to make a lasting impact after their passing. El Rio Legacy Society members designate a portion of their estate like individual retirement accounts, real estate, life insurance and other forms of assets and securities.

El Rio 1000+ - A special group of individual donors who invest \$1,000 or more annually. Our long-term goal is to engage 1000+ individuals, giving \$1000 + annually.

Plata - Donors whose cumulative donations are \$10,000 – \$24,999

Oro - Donors whose cumulative support totals \$25,000 - \$99,999

Platino - Donors whose giving has totaled \$100,000 and above.

As a participant in our giving levels, your benefits include invitations to special programs/ events, personal clinic tours, the opportunity to meet Board members and clinic staff, newsletters, and a copy of our annual report. To learn more about our Giving Levels, please contact John Fung, CFRE, Major Gifts Officer at (520) 309-2415 or john.fung@elrio.org.

STAFF APPRECIATION

Did you know El Rio Health employs 1,898 people, including 368 providers and residents including MDs, DOs, OB/GYNs, Midwives, Nurse Practitioner, Providers, Dietitians, Psychiatrists, Dieticians? **If you or someone you know is interested in a Career with El Rio Health, please visit: elrio.org/careers**

El Rio Provider Spotlight & Recognition

- **Dr. Alona Sukhina** was honored as a 2024 Emerging Leader Award Recipient by the National Association of Community Health Centers!
- **Dr. Lisa Soltani** was selected to serve as co-chair for the Clinician Education Committee on the National Round Table for Cervical Cancer for the American Cancer Society. "We are within sight of elimination of cervical cancer as a public health problem in the U.S. At El Rio Health we are aiming to prevent cancer through HPV vaccination and by screening 80%+ of our eligible patients."
- **Sarah Carter, MSN, MPH, Heather Bachman, MCS, RN and Emma Tyano, DNP, FNP-C, ENP-C** were awarded the Climate and Health Organizing fellowship award by Cambridge Health Alliance and Harvard Medical Teaching hospital. Climate change is a public health and health equity crisis. This six month online program for health professionals is rooted in the belief that effective training in community organizing can support health professionals in creating the climate solutions our world needs. healthequity.challiance.org.
- **Dr. Imran Patel** was part of a national workgroup that developed an Obstructive Sleep Apnea Indicator Report (See the report: sleepeducation.org/get-involved/count-on-sleep).



Dr. Alona Sukhina



Dr. Lisa Soltani



Sarah Carter, MSN, MPH



Heather Bachman, MCS, RN



Emma Tyano, DNP, FNP-C, ENP-C

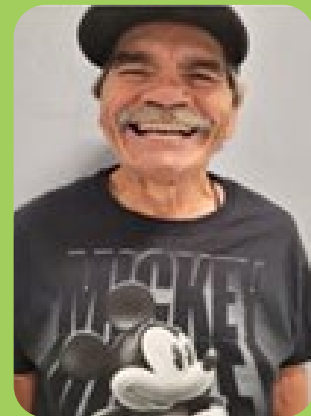


Dr. Imran Patel

Patients Share Their Appreciation



"Thank you for your help and support through the Adopt-A-Family program. After the passing of my son, I became responsible for the full-time care of my disabled granddaughter. The food gifts cards, medical care and help I receive for my granddaughter from El Rio staff and people like you have really helped me during the ups and downs."



"I am very grateful this happened to someone like me. I cannot believe it! We need more people like you in the world. I did not have the money to get dentures, could not eat well and was embarrassed of my smile. That has all changed thanks to your help!"

VECINOS BLOCK PARTY

Vecino's Block Party Raises Over \$150,000 for El Rio's Cancer Screening & Treatment Fund – New Milestone Achieved With \$1,000,000+ Raised for Patient Care Since Their Inception.

The April 6th "London Calling" Block Party was a tremendous success thanks to event chairs, Gustavo Corte & Cori Rodriguez, Vecinos, sponsors, partners, guests, and volunteers! Guests enjoyed incredible entertainment, food & beverages from local partners, casino gaming, watching the Final Four on big screens and purchasing raffle tickets to win a Phoenix Suns Suite. Vecinos honored their Founder, Dan Chambers posthumously and presented his wife, Tina Chambers, with the "Vecinos of the Year" award. Thaks to everyone's support Vecinos exceeded their net goal of \$150,000 to benefit El Rio's Cancer Screening and Treatment Fund! Candace Carillo and her son were excited when they learned they had won the Phoenix Suns suite and signed jersey. This was an exciting night as Vecinos surpassed the \$1,000,000 raised for El Rio patients and programs since their inception.

THE VECINOS BLOCK PARTY
EL RIO FOUNDATION
Vecinos

London Calling

THANK YOU TO ALL OF OUR 2024 SPONSORS

For more information, visit
elriovecinos.com

GOLD SPONSORS

Hughes Federal Credit Union; Adam & Sarah Kaiser; Pain Institute of Southern Arizona; Sonora Quest Laboratories of Tucson/Laboratory Sciences of Arizona; Southwest Gas; The Mahoney Group; Trinity Building & Development, LLC; Tucson Federal Credit Union

SILVER SPONSORS

Arizona Medicare Helpers; Banner Plans & Networks; Blue Cross®Blue Shield® of Arizona; Encompass Health; Bradley & Anita Feder; First Interstate Bank; Jani-King Southwest; Lovitt & Touché, a Marsh McLennan Agency, LLC; Lloyd Construction; NatureMed; Sandoval Creative; The Schaefer Team; TMC Health; Watson Chevrolet/Infiniti of Tucson

BRONZE SPONSOR

Axios Builders; Commerce Bank of Arizona; Freedom Sourcing, LLC; Brenda Goldsmith; Clinton & Kendra Kuntz; DeConcini McDonald Yetwin & Lacy, PC; Nancy & Lane Johnson; Mamahood Photography; Massage in the Pines; Oden Construction, Inc; Pima Dermatology; Royal Automotive Group; Doug & Patty Spegman; Zinburger

MARKETING SPONSORS

Alexis Chavez Real Estate Team - Realty Executive Arizona Territory; Alliance Bank of Arizona; Arcos De Oro; Cynthia Gomez- Realty One Group; Pyramid Federal Credit Union; Strongbuilt Enterprises

BEVERAGE PARTNERS

Batch; Borderlands; Breakthru Beverage; Century Room; Elliott's on Congress; Hensley Beverage Company; Highwire Restaurant; Playground Bar & Lounge; Professional Bartenders; Tucson Tea

FOOD PARTNERS

Beyond Bread; Commoner & Co.; Flora's Market Run; Locale Neighborhood Italian; Prep & Pastry; Sauce Pizza & Wine; Si Charrol; Sonoran Moonshine; Trident Grill; Vivace

EVENT PARTNERS

Arizona Party Rentals; Arizona Sands Club; Bluespan; Carlos Chavez Photography; Crain + Co Events; Go AZ Promo; Jani King #56; Chris Kopach; Phoenix Suns; Plaza Palomino; Sandoval Creative; Stark Electric, Inc.; Total Lighting Support; VetSec Protection Agency; Waterfall Designs

MEDIA PARTNERS

Arizona Bilingual Magazine; Arizona Daily Star; Biz Tucson; Bustos Media; Cumulus; Dominic Ortega; iHeart Media; KVOA News 4 Tucson; Arizona Lotus Corporation; Tom Spitz Photography; Tucson Lifestyle



photos by:

COMMUNITY CONTRIBUTIONS

The Health Resources and Services Administration (HRSA) Honors

EL RIO HEALTH IS HONORED TO HAVE RECEIVED NATIONAL RECOGNITION IN THE FOLLOWING AREAS FROM HRSA.



Chronic Pain Care: Translating Successful Models into Action Advocacy Night

On February 8, 2024, pain care and policy experts, researchers, health care payors, and health care providers convened to identify and celebrate best practices for an integrated approach to managing chronic pain. "Implementing an Integrated Approach for Chronic Pain Care: Translating Models into Action," featured experts in integrated medicine and integrated pain care and examined integrated care from a physician, patient, and systems perspective. As a demonstration of putting research into practice, two successful models of integrated pain care were also presented: The Comprehensive Pain Program at the University of Vermont and The Buena Vida Integrated Pain Clinic (BVIPC) at El Rio Health.

BVIPC is an integrated chronic pain clinic that is available to patients who have a primary care doctor at El Rio. The mission of BVIPC is to improve the health and well-being of El Rio's patients whose quality of life is diminished by chronic pain through trauma-informed, accessible, affordable, quality care. BVIPC is located on the second floor of the HealthOn University building. Services available include medical services for chronic pain, behavioral health, psychiatry, nutrition, medical acupuncture, sports medicine, case management, osteopathic manipulation, physical therapy, and Health Builders exercise classes. The focus of the clinic is on non-medication ways to help patients manage their pain and improve their quality of life. The program improves health outcomes for patients with complex, chronic pain and demonstrates an innovative Federally Qualified Health Center whole health comprehensive pain care model.

Partnering with Others to Help People Needing Food

El Rio Health partners with the Community Food Bank of Southern Arizona to host a food distribution at two of our health centers monthly from 8-10AM. Free produce is offered to El Rio patients and community members. No identification required. The event is first come, first served.

El Rio Southeast Health Center - 6950 E Golf Links Rd.
 May 13, June 10, July 8, August 12, September 9,
 October 14, November 11, December 9

El Rio Grant Health Center - 3655 E Grant Rd.
 May 25, June 22, July 27, August 24, September 28,
 October 26, November 16, December 28

Preparing for baby in the 4th trimester
 Starting April 6th

Bringing baby home is a joyful and stressful time full of lots of changes. Learn about the 4th trimester (three months after baby arrives) and how you, your baby, and family can thrive.

Who: Pregnant mama's and their support systems are welcome. You do not need to be an El Rio patient to participate in this program.
 Cost/Where: FREE 90-minute virtual class.
 When: 1st Saturday of every month at 12:30-2:00pm.

EL RIO HEALTH

Register using QR code OR call (520) 309-2084

HEALTHCARE RECIPIENTS

How YOUR 2023 Donation Positively Impacted our Patients! THANK YOU

 21,735 Free Books Given at Well Child Visits through the Reach Out and Read program	 933 Youth, Ages 12+, Seen by El Rio Behavioral Health Professionals	 56 Families Received Gift Cards Through the Adopt-A-Family Program
 17,809 Children Received Oral Health Screenings, Free Varnish and Educational Resources	 204 Free Mammograms Provided for Women with No Health Coverage	 32 Children Received Emergency Dental Care
 8,832 People Received Care in Shelters, Clinics, and the Streets by El Rio's Street Medicine Teams	 200+ LGBTQ Youth Served Through the Affirming Wardrobe Project	 25 Patients Assisted with Cancer Treatment
 3,415 Teens Served by Other Teens and Our Health Teams Through the Reproductive Health Access Project	 147 Colonoscopies Covered for Uninsured Patients	 15 Adults Received Dentures
		 14 Vision Screeners Purchased to Perform Important Eye Screenings

Health Builders – Free Classes for El Rio Patients & Employees

Did you know El Rio offers over forty-two free classes at multiple locations each week including: Yoga, Tai Chi, Better Backs, Zumba, Sit, Fit, Walking Workout, Better Balance? We also offer free Health Improvement Programs for our patients like Good, Health, New Vitality, Diabetes Empowerment Workshop, powerful Families, Weight Management for Optimal Health, Family Bonds and Self Care for Families. You can also visit You Tube El Rio Health Builders online for classes.

For questions, please call (520) 309-2084 or email healthbuilders@elrio.org

Start moving today register here!





You Create **HEALTHIER** *Communities*

*You Can Give
the Gift of
Health Today*



Whether it is a gift of money, stock, life insurance or a gift of time and talent, we are grateful for the caring support of our donors and volunteers.



Thank you!

Scan the QR code, gift online at elrio.org/foundation/donate, call us at 520-205-4947 or mail your donation to El Rio Foundation, 839 W. Congress, Tucson, AZ 85745.

SAVE the DATE

El Rio Foundation Gala

Benefitting Care Coordination
and 24/7 Nurse Triage Line

Saturday, October 26, 2024 | 6:00 p.m. - 10:30 p.m.
The Westin La Paloma Resort & Spa | 3800 E. Sunrise Dr.

For sponsor and ticket information email
joshua.anderson@elrio.org or call 520-205-4947