



Mission Statement

Cabrini Clinic provides a holistic approach toward meeting the primary health care needs of economically disadvantaged residents of southwest Detroit and beyond. We serve those who fall through the medical and social safety net and help them connect with basic resources.

We offer education, prevention and treatment without charge, but with deep compassion and respect for the people we serve and their needs.

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HAPPY HOLIDAYS CABRINI FAMILY

As I reflect with all of you on 2015 and Cabrini Clinic, I can see the vision that we had hoped for coming to fruition. We are into our second year of Medicaid expansion and most of our patients have learned to use their insurance. We all took advantage of the opportunity for EMR training and are slowly implementing it at the clinic.

I'm excited to report that we've had our first and second sessions of "Cooking Matters." This program was held through Gleaners and jumpstarted our wellness plan to equip our patients with the information that they need to become healthier by controlling diabetes and hypertension.

We stretched ourselves even further (pun intended) with two successful sessions of gentle, Yoga exercise. During "6 Weeks of Yoga," we monitored each participant's daily steps with a Fitness Pal pedometer. We are continuing to track BMI and blood pressures.

We have also been busy expanding health literacy by educating our patients on different chronic diseases and preventive health issues. Through sharing posters, distributing handouts, and showing videos with pre- and post-surveys, we've been able to determine and understand the needs of our



2014 Volunteers pose with the Christmas tree.

patients and identify opportunities for further educational activities.

We continue to take pride in being a site that offers an educational experience to students from the surrounding colleges and universities that are rotating throughout the clinic. After all, they are our future healthcare team.

As always, I have enjoyed working with all of you this past year and appreciate everything that you do at Cabrini Clinic to keep our patients both physically and mentally healthy.

Be Blessed with Safe and Happy Holidays,

Alisa Smith

Alisa Smith, DNP, FNP-BC
Clinic Nursing Director

A Special Thank You from One of Our Patients...

With my greatest gratitude, I wish to thank all the staff of the Cabrini Clinic, especially Teresa for her social work, the group of doctors and all the other staff for that love and professionalism with which they perform their work. Every month I receive very cordial and friendly treatment; assisting me with medical care and necessary medication.

I am diabetic and because of this, my vision deteriorated

to such a degree that my right eye had lost 90% visibility, and in my situation I cannot receive any benefits such as Medicare, Obamacare, etc. However, the clinic staff spared no effort nor time to seek the necessary help for my operation. Cabrini Clinic's knocking on doors for me became the light of hope. And, because there were people who did not deny their help, Dr. Miller and Dr. Shanbom, my operation was done and my eye again saw

the light; I came out of the shadows. Institutions like Cabrini Clinic and people like those who give their support, are those angels on earth that enable people like me to be benefited.

My family and I are very grateful to God for you. May God multiply all your donations. Cabrini Clinic, thank you for thinking of us.

Sincerely,
Bertha V.



Dr. Dayton O'Donnell, physician volunteer and a founding medical director at Cabrini Clinic



Msgr. Russ, guests and the Billy Rose Trio



Dr. Shanbom



Volunteers, Mary Ellen King and Sr. Charlotte, RSM & ED Kelly Herron – getting ready for the celebration



Cabrini Volunteers



HAP sponsored guests



Sisters of Mercy celebrated with Cabrini



Dr. Kolbe, his wife and guests

2015 Gathering OF Friends

St. Frances Cabrini Clinic's annual fundraising dinner, "A Gathering of Friends" at the Detroit Historical Museum on October 29, 2015, was a strolling success. The streets of old Detroit became a true health history celebration. This event helps maintain our mission at Most Holy Trinity of providing primary healthcare to Detroit's uninsured poor, the underinsured and newly insured who are learning to use coverage for the first time.

It was a true celebration of 65 years of service in the community. Dr. Bernard Miller gave an inspiring address regarding the collaboration between himself, Cabrini and Dr. Shanbom. Because of this, many people receive much needed vision care and even cataract surgery. Cabrini patients, Bertha V. and Micaela R. attended with their families and shared with everyone the impact Cabrini, and the eye care, has had on their lives. Cabrini is so grateful to Dr. Miller and Dr. Shanbom for all they do for Cabrini Clinic patients.

A real blessing was the presence of so many supporters and friends of Cabrini, including two sons of one of our founding Medical Directors, Dr. Dayton O'Donnell. Chris and Mike attended and had many great stories to share. World Medical Relief provided an historical medical items display as part of our health history timeline exhibit.

Thank you to our sponsors, especially the Dinan Foundation, Cracchiolo Foundation and HAP. Because of the generosity of people and organizations, we are able to provide health care and enabling services to very vulnerable people in our community. **Thank you!**

✝ YEAR END GIVING

Thank you to our donors, supporters and friends for their generosity in 2015. Please be on the look out for donation acknowledgement. If you have a special request, please contact Kelly Herron directly at: kherron@cabriniclinic.org

Victor Can See Again



Victor (not his real name) is a 34 year old male who cannot get health insurance. He came to Cabrini Clinic in the fall of 2014; he was having trouble seeing. Cabrini Clinic referred Victor to Dr. Bernard Miller for an eye exam; Victor probably needed glasses. Dr. Miller's eye exam revealed that Victor had cataracts, his vision was 20/400 in both eyes, and could not be corrected with surgery. After many months, and an exhaustive search for someone to perform the cataract surgery, Dr. Miller found Dr. Shanbom of Berkley, MI. who agreed to do the surgery for free. Because of Cabrini Clinic and its extensive network of volunteers, community partners, and the generosity of people like Dr. Miller and Dr. Shanbom, Victor can see again. On behalf of Victor and all the patients helped at Cabrini clinic, thank you.



FREEDOM HOUSE, ANEW LIFE AND CABRINI

This year, a very special story unfolded at Cabrini due to our collaboration with Freedom House and Anew Life. Unfortunately, due to a need for privacy, we cannot share much – yet! However, it was just too good of news not to share something! When someone loses a limb, it is always a long journey to healing. When that someone is uninsured – it can be even longer. Our three organizations worked together to support a person in need of a limb. As a result, our mutual person received a prosthetic leg, medical care, emotional support, housing and more. When asked, each organization had this to say:

What drives your organization to help

Many people know the bible verse that says, "I was blind but now I see." And, it is often spoken in gratitude for what Jesus has done for a person. Jesus also said that we, as people, would do greater things than him. John 14:12-14 says, "In solemn truth I tell you, anyone believing in me shall do the same miracles I have done, and even greater ones, because I am going to be with the Father. You can ask him for anything, using my name, and I will do it, for this will bring praise to the Father because of what I, the Son, will do for you. 14 Yes, ask anything, using my name, and I will do it! Using all our gifts, all our talents, all our efforts and through the grace God gives – we truly are doing amazing things – even helping people to see where they never could before.

Finding Trust and Community at Cabrini Clinic

I came to Cabrini Clinic as a Mercy Volunteer because I wanted to be a part of a community of people that took it upon themselves to help others. I was looking for a community that was as supportive, compassionate, strongly bound, and merciful as the communities I had been a part of before. What I have found at Cabrini Clinic has amazed me beyond my expectations. Knowing that there are over 130 volunteers that are dedicated to the Clinic's mission to help the uninsured, underinsured and those falling through the medical-social safety net every month, continues to astound me. The clearest way I see the clinic achieving its mission, and doing a great job at it, is through the trust that the people that come to Cabrini Clinic put in the staff and volunteers. Some of our patients are downtrodden because life has been very hard for them. But I feel honored as a member of the Cabrini Clinic community that these patients, who are not only sick, but have been made vulnerable by our society, choose to trust us. Our patients make the choice to make us a part of their support system, and I hope that Cabrini Clinic continues to be a place worthy of their trust.



Daniella Kawamba
2015/16 Mercy Corp Volunteer

people in need?

Cabrini Clinic: Our commitment to every person having access to quality health services that support their unique journey and, that they receive those services with respect.

Chris from Anew Life: Our mission is to help people; to provide pain relief, aid in their recovery and their ability to return to ambulatory lifestyle.

What has been the most rewarding moment for you about helping our mutual patient?

Cabrini Clinic: When we saw each other for the first time after the patient received the prosthesis. We both smiled, laughed and taught each other how to say "beautiful, so beautiful" in

our respective languages.

Chris from Anew Life: Our mutual patient has an amazing smile. To see that smile return with confidence has been most rewarding.

What do you want people to know about our collaboration?

Cabrini Clinic: It happened because we kept asking for help; we knew there was someone out there meant to provide "a leg."

Chris from Anew Life: Our collaboration is not unique. Everyone has a part to play. Don't be afraid to network, listen for other's needs and do what you can. Ask yourself, how can I make a difference in someone else's life?



**St Frances
Cabrini Clinic**

**Most Holy Trinity
Catholic Church**

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PLANNED GIVING

What Will Your Legacy Be? Bequests, or gifts from estates, have helped shape Cabrini Clinic into one of the most powerful means for doing good in Detroit. We have Trinity Community Services Foundation, the Sr. Mary Ellen Endowment Fund and St. Frances Cabrini Clinic of Most Holy Trinity Church set apart for planned gifts to America's oldest free clinic. Since 1950, people have looked for ways to keep caring for people who seemed hard to reach, hard to care for and marginalized – on the fringes of society. Cabrini Clinic can help you find a way to realize your dream and shape your legacy. Reach out to Kelly Herron for details. kherron@cabriniclinic.org or 313.961.7863, ext. 6.

PRAYERS FROM OUR PATIENTS



Every week, Cabrini Clinic patients and others place their prayer requests into a container at the clinic. Every week, we reverently read and pray for their intentions and requests. Please keep them in your thoughts and prayers – as you walk, pray or enjoy your life. A small gesture of remembrance and blessing goes a long way! Every thought or hope offered in earnest is indeed a prayer joined to theirs.



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