



AmeriCares Free Clinics

Providing quality health care to the uninsured

SPRING/SUMMER 2011

Norwalk Clinic Renamed for Founder

Bob Macauley was in his New Canaan, Conn. office in 1992 when a news report about the uninsured flashed on the television screen. In his home state, 9 percent of state residents were uninsured and just as many were underinsured. Bob reacted to the statistics just as he did to news of floods, landslides, earthquakes and other disasters halfway around the world – help was on the way.

“Bob was a man of action and decided a free clinic was needed,” said AmeriCares Free Clinics Executive Director Karen Gottlieb. “We have been helping the uninsured in Connecticut ever since.”

Bob, a paper company executive who founded AmeriCares in 1982, knew little about the business of health care when he set out to open the Norwalk clinic, but he didn’t let that stop him. Clinics in Danbury and Bridgeport followed.

“You have to have the audacity to make a commitment and go. That’s when the miracles happen.” –Bob Macauley



AmeriCares founder Bob Macauley



Norwalk clinic patient Kevin, age 12, thanked Mrs. Macauley for starting the clinic with her husband Bob. “It was such a great idea,” he told her.

300 doctors, nurses, interpreters and administrative volunteers donate their time and expertise to help their neighbors in need. Patients are treated for episodic illnesses as well as chronic health conditions such as heart disease, asthma and diabetes.

“One of Bob’s mottos was ‘make things happen’ and he did – whether it was sending aid to a war-torn nation or to people suffering from extreme poverty here at home,” Gottlieb said. “As Bob once said, ‘You have to have the audacity to make a commitment and go. That’s when the miracles happen.’”

Now the Norwalk clinic, our flagship location, has been renamed in honor of the man who went to great lengths to help people in need, whether around the world or around the corner. Bob passed away in December at the age of 87. His family, clinic volunteers, staff, and community leaders will be on hand for a dedication ceremony on June 22 at the clinic now known as the Bob Macauley AmeriCares Free Clinic.

Dr. Robert Macauley Jr., a pediatrician in Vermont, said his father was a spiritual man who felt a responsibility to help those who could not help themselves.

“And nowhere was my father’s passion for helping those in need more evident than in the AmeriCares Free Clinics, where I had the honor of volunteering as a physician,” the younger Macauley said. “He felt that everyone had the right to be cared for with dignity and respect, and the Free Clinics have helped so many people who otherwise wouldn’t have access to health care.”

Today, our three clinics provide \$5 million worth of free medical care to 3,000 Connecticut residents annually. Over



AmeriCares Free Clinics Executive Director Karen Gottlieb (left) shows Leila Macauley the clinic’s new exterior sign bearing her husband’s name.

**For every \$1 donated we can provide patients with \$4 worth of free medical care.
To donate, go to www.AmeriCaresFreeClinics.org**

Karen's Corner



AmeriCares file photo

Karen and Bob at the Norwalk Clinic opening in 1994

Dear Friends,

We have had the honor and privilege of bringing one of Bob Macauley's dreams to reality. Who would have thought in 1994 that an idea hatched in his corner office in New Canaan would one day benefit over 20,000 Connecticut residents? Watching CNN, Bob became aware of the vast number of state residents suffering without health insurance. The ultimate visionary, Bob immediately put together a task force to open the first AmeriCares Free Clinic. Bob was a leader; he knew what he wanted and how to get it. He had confidence in those who worked for him and expected results. He got them by inspiring his staff to be everything they could be. Bob always said, "There is no 'I' in the word team." He lived that credo, rarely taking credit for the program's successes. He preferred to recognize the team around him. He was quick to say, "you're doing a great job" and "thanks" – and equally quick to offer advice, direction and support.

Now it is our turn to say thanks. Thanks to a man who saved countless lives around the world and right here in Connecticut. Thanks to a man who empowered volunteers to feel the joy of helping those in need. Thanks to our friend, supporter and mentor who gave us a life-altering mission and legacy to fulfill his dream. Bob will be greatly missed by all whose lives he touched. His memory will live on forever in our hearts.

With gratitude,

A handwritten signature in black ink, appearing to read "Karen".

Karen Gottlieb, RN, MBA
Executive Director
AmeriCares Free Clinics

New Evening Hours in Norwalk

To better serve our patients, we are adding a Tuesday evening session at the Norwalk clinic. Since most of our patients work jobs that do not offer paid sick time, the new hours will increase their access to health care protecting both their health and their income. We anticipate 600 additional patient visits in the coming year as a result.

We are seeking volunteers to staff the new 4 p.m. to 7 p.m. session which begins July 19. Current clinic volunteers should e-mail Associate Director Terri McCartney at tmccartney@AmeriCares.org. New volunteers can find an application on our web site www.AmeriCaresFreeClinics.org

VOLUNTEER NEWS

A warm welcome to our new volunteers

Bridgeport

Jeff Curran, RN
Jonathan Curtis
Barbara Roach, MD
Nayda Torres

Danbury

Najely Berndbe
Khusbu Bhavsai
Vikram Chand, MD
Patricia Chandler, MD
Erin Gunther, RN
Marcio Lasaro

Jessica Maurer
Angela Trujillo, MD

Headquarters

Lorraine Larkin

Norwalk

Katy Close, MD
Tamika Cope, RN
Ethan Dodge
Judy Finney, RT
Jennifer Flick
Norma Higgins Franco
Lauren Hunt

Kristen Kelly
Vasso Kelly, RN
Diana Lyanguzova, RN
Judy Montes
Deanne Ondash
Basil Papaharis, MD
Steven Rosario
Pablo Ruiz
Fiorella Velasquez
Lauren Wachtel
Ian Weir, MD
Beth Williford
Gasong Yun, RN



Photo by Chris Rowan

Marcio Lasaro (right) a new volunteer at the Boehringer Ingelheim AmeriCares Free Clinic of Danbury interprets for a Portuguese-speaking patient.

NEW DONORS

We would like to thank the following new, corporate donors for supporting our efforts to provide free medical care for our neighbors in need:

Covidien
Rite Aid Foundation
The United Illuminating Company
Wells Fargo Foundation



AmeriCares Free Clinics board member Carol Bauer welcomes supporters.



AmeriCares Free Clinics volunteer Dr. Arnold Pearlstone with his wife Marion and daughters Leslie Shain and Martha Borrero.



Imagine Committee Co-Chair Audrey Lederman and her husband Douglas – the doctor on call for the Giving Tree.

Imagine Wine Tasting

It was a special evening on Saturday, April 2, when over 150 supporters joined us for the Imagine Wine Tasting. Guests sampled fabulous wines, ate delicious hors d'oeuvres, bid on wonderful silent auction items and tried their luck at the always popular restaurant raffle. Westport musician Gene Pino played classical guitar throughout the night.

As guests were inspired by the personal experience of one of our Norwalk clinic patients, all were reminded of the reason we had gathered together – to spread the word about AmeriCares Free Clinics and to raise much-needed funds for the program.



Gene Girden of Westport with Imagine Committee Co-Chair Pam Levine of New Canaan.



Guests sampled wines from Ancona's Wines and Liquors.



Mary Ellen Kranzlin of the Bunting Family Foundation (left) with Lois Amador of Wilton (center) and Connie Bertkau of AmeriCares (right). The Bunting Family Foundation offered a matching grant in support of the Bridgeport clinic.



Marc Kurzman of Stamford with Imagine Committee member Louise Stern of Stamford.

Photos by AmeriCares staff



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Headquarters
88 Hamilton Avenue
Stamford, CT 06902
1 (800) 486-HELP
www.AmeriCaresFreeClinics.org

**Weisman AmeriCares Free Clinic
of Bridgeport**

115 Highland Avenue
Bridgeport, CT 06604
(203) 333-9175

**Boehringer Ingelheim AmeriCares
Free Clinic of Danbury**

76 West Street
Danbury, CT 06810
(203) 748-6188

**Bob Macauley AmeriCares Free Clinic
of Norwalk**

98 South Main Street
Norwalk, CT 06854
(203) 899-2493

A Patient's Story: Siu Lu

Last summer, Siu Lu began having shortness of breath and muscle pains. At first, the 26-year-old thought an allergy problem was to blame, but then she began losing weight. She was shedding pounds rapidly, dropping 40 pounds in three months, and she feared the problem could be more serious. So she went to the AmeriCares Free Clinic in Norwalk – her only source of health care since she moved to Norwalk from Costa Rica nine years ago. A college student who works full-time as a nanny to pay tuition, she cannot afford to purchase private health insurance.

Since 2005 the clinic's volunteer doctors had done a good job of helping her control her diabetes with diet and exercise, so Siu Lu was hopeful they could figure out what was wrong. After a battery of tests and a weeklong stay at Norwalk Hospital, she was diagnosed with an autoimmune disease. Now with treatment, including medication, she is back in good health again.

Siu Lu was blown away by the clinic team's determination to find out what was making her so ill.

"They called the doctors at the hospital and they helped me until they found out what it was," she said. "They really care about you. The people there are now like family to me."

Siu Lu shared her story and her gratitude for the program with supporters during the Imagine Wine Tasting fundraiser on April 2.

"I'm very thankful for AmeriCares Free Clinics because they are the ones who have treated me all these years for my diabetes and helped me through a frightening health scare," she said. "I don't know what I would do without them."



Norwalk clinic patient Siu Lu (center) with Norwalk Clinic Director Barbara McCabe (left) and Patient Care Coordinator Gail Banigan (right) at the Imagine fundraiser.

Photo by Donna Porstner



The mission of AmeriCares Free Clinics is to provide quality health care to uninsured residents in a setting where all individuals are treated with dignity and respect. The intention of AmeriCares Free Clinics is to help those who are making a sincere effort to help themselves and their families, but who do not have the financial resources for medical care.