

## Timely Care Saves Lives

*One of the most important things about the Wellness Tree is the ability to catch health issues before they become life threatening. Two patients, who prefer to be anonymous, granted us permission to share their stories to help people understand the impact on them.*

A little over a year ago a woman came to our clinic because she felt lethargic and light headed. She asked that we check her blood pressure to see if there was something going on there. After taking information on her vitals the volunteer doctor called for an EKG, which we were able to provide. The results of the EKG were clear, our patient was having a heart attack and needed to be taken to the emergency room for treatment. She was reluctant to go because she knew she would not be able to afford the bill. Our staff started the paperwork for her to be able to access emergency care at a discounted cost. Her ability to see a doctor when she started to feel unwell saved her life.

Another patient came to us early in 2021 because she felt she had a urinary infection. She called an urgent care facility to ask them if they could test her. When she learned the appointment would cost \$100 and then antibiotics would be an expense on top of that she told them she couldn't afford that and would not be able to come in. That facility told her about the Wellness Tree. She visited our Walk-in clinic that week and saw a doctor. Using grant funding we sent her to get her lab work done. The lab results were clear. She had a form of cancer and needed to be referred for treatment of that. We again started the paperwork for her to get the care she needed for her cancer.



*Planting seeds of wellness means being available to see patients when they need it so life threatening conditions can be caught in time to treat and preserve life.*



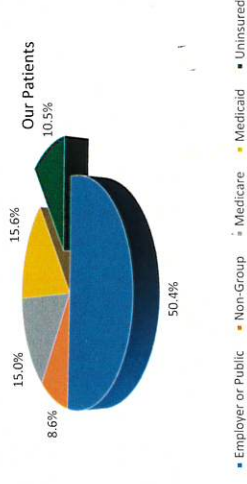
*Your support of this mission helps us save lives.*



## Our Community Need

Twin Falls County has a high percentage of people without insurance compared to Idaho overall. As long as there are folks that need access to health-care, we will be here to serve them.

### Insurance Coverage in State of Idaho 2019

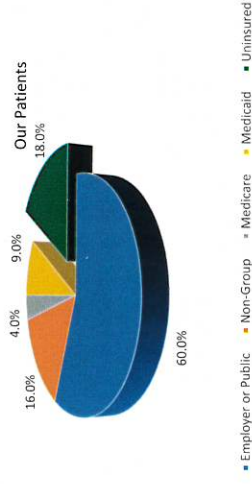


**State of Idaho**

- Employer or Public
- Non-Group
- Medicare
- Medicaid
- Uninsured

50.4%  
8.6%  
15.0%  
15.6%  
10.5%

### Insurance Coverage in Twin Falls County 2019



**Twin Falls County**

- Employer or Public
- Non-Group
- Medicare
- Medicaid
- Uninsured

60.0%  
16.0%  
4.0%  
9.0%  
18.0%

## Donation Information

Name:

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Address (if different than check):

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City, State, Zip:

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Email:

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Gift Amount:

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**Yes! Please sign me up for the quarterly newsletter.**

The Wellness Tree Community Clinic is a nonprofit organization. Your contribution may be eligible for tax-deduction. Contact your tax advisor for more information.

Use a Card!  
Call: 208-734-2610

or visit:  
<https://wellnesstreeclinic.org>

or Scan:



Your Stamp  
helps our  
fundraising  
efforts

Wellness Tree Community Clinic  
173 Martin St.  
Twin Falls, ID 83301

## RAKE A Difference

This fall the Wellness Tree launched a new fundraiser called **Rake a Difference**. For a \$100 donation we sent teams of teenagers from schools and churches to homes in Twin Falls to take care of the leaves. We had the opportunity to share our mission with new donors and with the students who volunteered some of the time on a Saturday. The energy was incredible! We are continually grateful to the people in this community who believe in our mission and step up to help any way they can.



*Hajji and Pastor Samuel*

## Brother's Healing Circle

In John Mulaney's monologue for Saturday Night Live he stated *"your dad has no friends...your mom has friends and they have*

*husbands."* What does this have to do with the Wellness Tree? The Brother's Healing Circle (BHC). The BHC is a project in collaboration with the Unity Alliance of Southern Idaho and The Culture for Change Foundation to bring community men together to share their life experiences and struggles in a facilitated conversation. Thanks to a grant from St. Luke's CHI Fund we were able to bring Hajji Shearer to Twin Falls to train men on how to run a successful circle. Our pilot circle group has started meeting at the Wellness Tree. We will be providing regular updates on this project in our upcoming quarterly reports. You can opt in to receive these reports by checking the box on the donation form. These seeds of wellness have the potential to grow into a tree of support for our community men who would benefit from healthy friendships.



*Tamara Harmon*

## From the Director

### "Planting Seeds of Wellness"

What does wellness mean to you? To me, it means to literally be well physically, emotionally, mentally and spiritually. At any given point in time humans may be somewhere on the spectrum of well or not well. The Wellness Tree has continued to provide services to community members who have fallen in the category of being not well physically. Our volunteer providers treated infections, migraines, diabetes, helped with teeth that needed to be extracted, checked eyes, took care of ingrown toenails and provided non-narcotic medications and more. This is the work we have been doing for many years and will continue to do it.

The past year we have also been working towards providing the kind of care that is needed in the community that might not be as obvious. We have been looking for ways to provide mental support to the community. Check out the information on the **Brother's Healing Circle** to learn more about that.

Our work is not only about caring for the community when they get sick. It is also around planting seeds of wellness for short- and long-term benefits for our patients.



Wellness Tree  
COMMUNITY CLINIC

Health AND  
Dental Care  
FREE under the TREE



173 Martin Street  
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208-734-2610

<https://wellnesstreeclinic.org>