

# You Create HEALTHIER Communities

EL RIO  
FOUNDATION

NEWSLETTER | Spring 2022

## EL RIO HEALTH – GRANT HEALTH CENTER IS NOW OPEN!

After four years of strategic planning, site selection, followed by demolition, and building during the pandemic we are so excited to share that our collective vision is now a reality thanks to the work, commitment, and investments of so many caring people and partners! Located in the former Wells Fargo building at Grant & Dodge, the new 36,000 square foot Health Center offers medical care for children and adults, dental care, behavioral health, midwifery, lab, radiology, pharmacy, patient referrals, eligibility, and wellness services.

El Rio welcomes Brooke Casebolt, RN, Clinic Manager, who joined us from TMC Health and Kristen Moorehead, Associate Clinic Manager who transferred from El Rio RN Care Coordination. Health center hours are M-F from 7am-5pm and Saturdays, 8am-4pm.



**Would you like to tour the new El Rio Grant Health Center? Call 205-4947 or email us at [Foundation@elrio.org](mailto:Foundation@elrio.org) & we will share our upcoming tour dates.**

We want to thank our many partners who helped make this new health center a reality! El Rio collaborated with BWS Architects to design the building, which was constructed by Lloyd Construction Company, Inc. The leadership of the City of Tucson and input from surrounding neighborhood associations was critical to our planning. Thank you to the 341 donors who invested over \$1M in the new building. The total project cost was \$12.3M. Financing was made possible by New Markets Tax Credit (NMTC) allocations from Urban Research Park CDE, LLC, and Clearinghouse Community Development Financial Institution. The NMTC allocations were funded through Wells Fargo. Dental equipment was partially funded by a federal Oral Health Infrastructure grant #H80CS00230-18-13.



### Meet El Rio Grant, Pediatrician, Dr. Alona Sukhina

"I was born in Moldova, a country in Eastern Europe, and my family and I immigrated when I was two years old. We were resettled with help from the Jewish Community Center. We lived in the same neighborhood that Grant Health Center is now in. Growing up, I have always wanted to give back to the community who raised me, and El Rio has helped my dream come true! Now, as we are looking to accept more refugees with the war in Ukraine, I feel very lucky to be in the position to help families like myself."





## Congratulations, Nancy Johnson!

Nancy Johnson Chief Executive Officer for El Rio Health was honored at the Greater Tucson Leadership Man and Woman of the Year, Founders, and GTL Alumni Excellence Awards 69th anniversary awards program held in April at Casino Del Sol Resort. The Tucson Man and Woman of the Year awards are presented to those who have distinguished themselves for active support of community projects that demonstrated excellence in leadership and are a source of positive influence and inspiration for others. For those who may not know, Nancy has announced that she will be retiring from El Rio Health in the fall of 2022. She has been an incredible leader for our health center since 2009 when she joined as COO and then became CEO in 2015. The Health Center Board of Directors is currently involved in an active search process for identifying El Rio Health's next CEO.



## Thank You Delta Dental of Arizona

We value Delta Dental of Arizona Foundation for their continued partnership and support for our Children's Dental Embedded Expansion Program. We are one of their three 2022-2023 Impact Grant recipients in Arizona. We enjoyed the opportunity to tour with Michael Jones, CEO, Craig Livesay, COO, Kathy Morrow, Director of Provider Relations and Ann Coupland, Account Executive.



## Your Donations Make an Impact! Join El Rio 1000+ Today

By joining this special group of donors who invest \$1000+ annually, you will help us continue to offer innovative, life changing healthcare programs for some of the most vulnerable people in Tucson. Together, we provide children with life-changing medical and dental care, support cancer treatment, mental health services and so much more.

## WILL YOU JOIN EL RIO 1000+? YOUR \$1,000+ ANNUAL GIFT WILL MAKE A BIG IMPACT!

For information on membership benefits and automatic monthly deductions, call **520-205-4947** or email [foundation@elrio.org](mailto:foundation@elrio.org) and we will send you our new brochure. We are a qualified charity for the Arizona Charitable Tax Credit.

Help us reach our goal of impacting 100,000+ lives in our community!







## El Rio Vecinos Raise \$105,583 for Children's Dental Program

"Once Upon a Time in New Orleans" April 9th Vecinos Block Party chaired by Nicole Budd & Santana Hancock was a fantastic success thanks to Vecinos, sponsors, partners, restaurants, volunteers, media supporters & donors. Thank you to everyone who helped make this year's event a success! Your support helps change children's lives!

*Thank you for your support!*

**Gold Sponsors:** Arizona Medicare Helpers • Crest Insurance Group • First Interstate Bank  
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THE VECINOS  
BLOCK PARTY  
EL RIO  
HEALTH COMMUNITY CENTER  
Vecinos

All proceeds of the Vecino Block Party benefit the Children's Dental Fund at El Rio Health.

**ELRIO.ORG/DONATE**







## 2022 The Year of Integrated Women's Services at El Rio Health

For over four decades El Rio Health midwives and OB/GYN providers have been providing comprehensive care for women through the lifespan from puberty to elder care. Did you know El Rio providers have helped deliver over 50,000 babies in Tucson?

Our women's health providers and their teams are integrating women's services in new ways to bring care to multiple El Rio Health center sites across our community to better serve the unmet needs of underserved women who experience barriers to care. We invite you to join us on this journey of supporting women who are the gate keepers to their families health. This year's Foundation Gala will be held on **October 22**, and proceeds from "A Cosmic Evening Honoring the Infinite Woman" along with other donations will provide support for prenatal care, assistance with perinatal mood disorders, lactation consulting, trauma informed health care for violence survivors, and women's services care for vulnerable populations. For more information or to be a sponsor of our fall Gala, please call us at **520-205-4947**. You can contribute in the envelope or donate online at [elrio.org/donate](https://elrio.org/donate).



*Save the Date*

**EL RIO**  
FOUNDATION  
A COSMIC EVENING  
HONORING  
*the*  
INFINITE  
WOMAN

**OCTOBER 22, 2022**

*Thanks To Our  
Major Sponsors!*



Trusted. Respected. Preferred.



Confirmed to date



## May is Mental Health Awareness Month!

After the last two years of living with a pandemic, many people are realizing that stress, isolation, and uncertainty have taken a toll on their well-being. 1 in 5 people will experience a diagnosable mental health condition in their lives, however 5 out of 5 people will go through a challenging time that affects their mental health. If you know someone who might be struggling to get through tough times, there are simple things that every person can say or do to help.

1. Be an active listener- put everything aside and give your complete attention to the person who is talking.
2. Ask what you can do- it's tempting to assume that you know what someone needs when they are struggling, but it's more helpful to ask them how you can be supportive.
3. Offer to join them- going with someone who is struggling to the grocery store, to walk the dog or to go to the doctor can help them feel a sense of accomplishment.
4. Know when more serious help is needed- if you see someone struggling for weeks or months, it may be a sign that they need professional help. Do not be afraid to encourage them to speak to a trained counselor.



## "Mission of Hope" – Youth Mental Health Project Update

We want to thank the many individuals, foundations and corporate donors who have contributed generous support for our new "Mission of Hope" Youth Mental Health Pilot Project. Multiple action steps are taking place to launch behavioral health services for youth. El Rio hired a child psychiatrist, psychiatric nurse practitioner, behavioral health case manager, and two staffs have transferred from other departments. We are still recruiting for several open positions. The Facilities team worked with a contractor to re-design an area at the El Rio - El Pueblo clinic site to create clinical offices. We completed fingerprinting several hundred employees and are in the process of applying for state licensure to begin services, which we anticipate starting in June.

On April 1st, the Southern Arizona AHEC and El Rio Health held an Adolescent Behavioral Health Summit. Free training was provided to 150 professionals on evidence-based practices to treat adolescents struggling with unprecedented levels of stress. The training included education on Medication Assisted Treatment for adolescent with substance use disorders, positive behavior intervention approaches for youth on the autism spectrum, concepts on adverse childhood experiences including the evolving role of trauma, and identification of the core principles of behavioral integration in a patient-centered medical home.

## Angel Charity for Children Partners with El Rio on "Mission of Hope"

Angel Charity for Children General Chair Karen Farrell and Vice Chair Jill Brooks present Kate Breck Calhoun, Anthony Schaefer and Brenda Goldsmith with **\$50,000** to help launch the new Youth Mental Health Pilot Project. The pandemic escalated the need for behavioral and mental health services for youth suffering from anxiety, depression, and behavior problems. The program will help **200-300** youth ages 12-18 who have limited resources for treatment.





## El Rio selected as a Beneficiary of eegee's Coupon Card



Throughout May and June, guests can stop by any eegee's restaurant location and pick up a Coupon Card for a **\$12 donation**. The popular deal offers one coupon for 50% an order each month for a year as well as multiple discounts on combo meals throughout the year—up to a \$60 value in eegee's, ranch fries, and sub sandwiches. Giving back to the community is one of eegee's core values and each year, 100% of Coupon Card proceeds are donated to Arizona non-profit organizations. This year the donation will equally benefit El Rio Foundation, Junior Achievement of Arizona, and Integrative Touch. Since 1997, eegee's has donated more than **\$3 million** to Arizona charities through its annual Coupon Card and monthly coin canister programs.

## Congress Dental Clinic Dedicated to Dr. Greg La Chance

On **March 4, 2022**, a small group of family members and friends gathered to celebrate the life and legacy of Dr. Greg La Chance with the re-opening of the newly remodeled Congress dental clinic. Dr. La Chance practiced community-based dentistry at El Rio Health for 40+ years. He cared deeply about his patients and making a difference in the lives of others. Greg knew that dentistry was his calling early on. After several years with El Rio, he was promoted to Dental Director. During his career he helped expand dental services from one dental clinic at Congress to seven El Rio sites across Tucson serving thousands of patients. Under his leadership, El Rio became the largest non-profit dental practice in the state of Arizona and remains so today with more than 50,000 visits annually.



## El Rio thanks you for the support!

Tucson Conquistadores, Colon Cancer Coalition, and El Rio Vecinos partnered on the 2022 Cologuard Classic Caboose Cup Am-Am to raise support and awareness for colon cancer prevention and treatment. We want to thank the sponsors, volunteers, golfers, and event staff for their support of our patients in need of cancer screening and treatment.



## El Rio participates in the 16th Annual NAMIWalks Southern Arizona held at Kennedy Park. Thank you to everyone on the El Rio Dream Team that raised \$1,313.00 for NAMI!



## Do you have to be wealthy to be a philanthropist?

Absolutely not. Even modest gifts can make a significant difference. Here are some things to consider as you embark on your philanthropy journey.

### Philanthropy vs. Charity

Charity is usually a one-time donation made in response to an immediate need. Charitable contributions may be emotional or empathetic and provide short-term relief. Philanthropy is more strategic – and personal. Instead of short-term fixes, philanthropy aims to have a long-term, sustainable impact by identifying and addressing the root causes of systemic societal issues.

As a philanthropist, you are committed to the cause you have chosen to support for a variety of reasons, usually based on your aspirations, values and an intent to make a difference to a specific issue. Through effective estate planning, philanthropists often ensure that that commitment continues long after their death.

## DECIDE HOW YOU WANT TO GIVE

There are many different ways that philanthropists can channel financial support to their charitable organizations. While the most common way is through gifts of cash, you can contribute virtually any asset – from appreciated securities (a tax-efficient vehicle) to distributions from donor advised fund to life insurance benefits. There is no time like the present to include philanthropy in your wealth management plan.

You can get started by:

1. Putting philanthropy at the top of your to-do list – start talking about your plans with your family
2. Meet with your charity and ask questions about areas of interest, needs, and plans
3. Review your charitable giving priorities
4. Meet with your wealth professional/estate attorney to discuss your giving options & determine next steps

## Grateful Patients Share Their Thoughts...

"I am so very grateful to El Rio and my medical team with helping me with so many insecurities, losing my job, changing jobs, and living through a pandemic. My team is sincere, helpful, and very informative to resources in the community that otherwise I would not have known about. Thank you for being amazing and helping people."

"I am so very grateful for El Rio that has supported me, assisted me with getting to my doctor appointments and providing a food gift card. With my limited income this support is a tremendous help. I am grateful for everyone that has showed me kindness and sincerity of being cared for. Thank you."

## Did You Know?

**El Rio Foundation is a qualified Arizona Charitable Tax Credit non-profit? You can give up to \$400/single and couples up to \$800 for 2022!**

**Please give online at [elrio.org](https://elrio.org) (click DONATE), call 520-205-4947 or mail your check to El Rio Foundation 839 W. Congress St. Tucson, AZ 85745**

# EL RIO FOUNDATION

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*You Create*  
**HEALTHIER**  
*Communities*

Will you help us keep our community healthy?



El Rio Health's mission is to improve the health of our community through comprehensive, accessible, affordable, quality, and compassionate care. Thank you for helping us change lives!