

checkup

**Bergen
Volunteer
Medical
Initiative**

DOING MORE FOR MORE PEOPLE

a new day begins

ready...

to continue delivering the high-quality healthcare that our patients rely upon - and deserve.

willing...

to do whatever it takes to provide programs and services that make life better - and healthier - for our patients and their families.

able...

to truly fulfill BVMi's mission - thanks to our generous donors, committed volunteers, and dedicated staff.



DEAR FRIEND

It's quiet here as I write this. Once again, BVMI has had to temporarily close our clinic doors due to COVID-19. But with more vaccines on the way and by continuing safe practices, we hope to reopen soon after you receive this newsletter.

We're pleased (and relieved) that our patients have become comfortable with the option of telehealth visits. Once we can bid the pandemic a not-so-fond farewell, telehealth will remain a good tool whenever it's needed. BVMI is also trying to speed up the vaccination process for our patients, and residents of Hackensack. In partnership with the Hackensack Health Department, we have established a vaccine clinic, which opened March 3.

Our Case Management program continues to grow, as we uncover new resources for patients' non-medical needs, also known as Social Determinants of Health (SDoH). Our 2021 Prevent Diabetes Program sessions are in full swing, with technology working even harder for us this time around. The participants approve!

This all happens because of your generous gifts to BVMI. Strong leadership is also key, and we're grateful for the incredible guidance that Andrea Costa Egan has provided us as Chair of BVMI's Board of Trustees. We'll be counting on her continued support as we welcome our new Board Chair, Michael G. Faust, MD, Valley Center for Women's Health.

Ready. Willing. Able.
We love the sound of that.

Amanda

Amanda Missey, President/CEO
amissey@bvmi.net
201-518-8484

ready...
willing...
able...

Whatever it takes

"It's not just about the patient. It's about the whole family." That's a firm belief of BVMI's Case Manager Rosa Flores-Campos, MSW. **"Our BVMI team is skilled at discovering someone's broader issues, beyond physical care,"** she said. **"We've gathered community resources and formed strong partnerships, to see how we can make life easier for our patients. When other members of the family or household can also use these resources, it's the best kind of ripple effect."**

SNAPSHOT OF THE MOST CRITICAL "NON-MEDICAL" NEEDS OF BVMI PATIENTS

FOOD ON THE TABLE



Enough food for everyone in the household is a must. BVMI is helping patients navigate their way to food security by connecting them with organizations and programs such as:

- Center for Food Action
- Supplemental Nutrition Assistance Program (SNAP)
- Special Supplemental Nutrition Program for Women, Infants and Children (WIC)
- Local food pantries

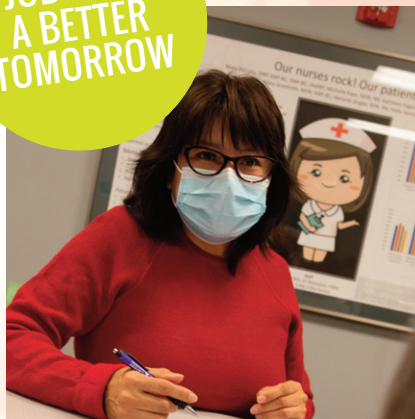
A PLACE TO CALL HOME



Too many BVMI patients struggle to pay their rent or mortgage, due in part to job losses and underemployment during the COVID-19 pandemic. We've been providing information on:

- Home energy assistance programs
- Rental assistance programs such as those offered by the Greater Bergen Housing Coalition (GBHC) and the Women's Rights Information Center
- Moratoriums on evictions/foreclosures

A JOB TODAY, A BETTER TOMORROW



Education and training can move a person from basic survival to prosperity. BVMI has been linking patients and their families with continuing education programs and job training opportunities. Examples include:

- Greater Bergen Community Action — offers free English as a Second Language (ESL) classes, which 38 of our patients have been attending.
- Bergen Community College — through partnerships with sponsor companies, paid apprenticeship training is available for careers as certified nursing assistants, machine operators and pharmacy technicians.

AND MORE...

So many other resources are also needed by BVMI's patients. Here's a partial list of other connections we've been helping them make:

- Child care
- Disability
- Domestic violence
- Family relationships
- Household goods
- Immigration issues
- Legal support
- Mental health
- Pregnancy
- Transportation

"We know we can't fulfill every need," said Rosa.
"But we'll keep working to improve our patients' overall health and well-being in any way we can."



UPDATE

PREVENT DIABETES PROGRAM:



A New Approach

BVMI's fight against diabetes doesn't get time off, not even during a pandemic. We continue to move full speed ahead in 2021 with our Prevent Diabetes Program (PDP). Karla Lozano, our new program manager, has learned much from her predecessor Gloria Jekic. No stranger to BVMI, Karla started with us as a volunteer medical interpreter in 2019.

"Three cohorts of patients in our English-speaking and Spanish-speaking groups are now meeting virtually for an hour each week, and communicating between sessions," said Karla. "When the pandemic arrived last year, we figured out how to continue without in-person contact. We began posting presentations on YouTube and sending them via WhatsApp. The group loves using this app to ask questions, support each other, and share photos of healthy meals they've prepared."

Mount Sinai's team from the Department of Population Health Science and Policy was very helpful to BVMI as we revamped the program model. Now patients don't have to travel to attend sessions. Zoom is our platform for PDP presentations. If a patient has to miss a session, we can share the recording. We can take a virtual grocery shopping tour for healthy foods, and hold a cooking class the same way. A certified personal trainer, Segundo Broncano, owner of BUM Fitness, will even provide online fitness sessions live twice a week.

PDP participants have been ready to learn from the start of the new session, armed with a pedometer, exercise bands, food scale, curriculum binder and yearly planner. When June arrives, the program will resume its 11-week farmers market in partnership with The Common Market, a distributor of regional farm products. This time, the nutritious produce will be pre-boxed for pickup right at BVMI's parking lot.

BVMI thanks our PDP partners and funders: the Russell Berrie Foundation, the Fred C. Rummel Foundation, Inserra Supermarkets and attendees at BVMI's 2020 NO-GO Gala, who donated more than \$60,000 to support BVMI's diabetes programming.

"The PDP program focuses on doable, practical lifestyle changes," said Karla. "First and foremost, it's about preventing or reversing diabetes. But it's about improving health in other ways, too."

2021 upcoming events

"Cheers to BVMI"

May 19, 6:30pm

The Alementary Brewing Co., Hackensack

Lift your glass to BVMI with craft beer at Hackensack's very own brewery. Plenty of outdoor seating and fun for all! Your ticket includes swag, beer and a ticket to the food truck.

BVMI Golf Outing

July 26

Arcola Country Club, Paramus

Join us for our inaugural golf outing! The day includes a scrumptious lunch on the patio, shotgun start at noon, 18 holes of golf, refreshments on the course, and a cocktail hour with passed heavy hors d'oeuvres and decadent desserts.

12th Anniversary Gala

Honoring Becton, Dickinson and Company

September 23, 6:30pm

Edgewood Country Club, River Vale

You're invited to help us honor BD and celebrate BVMI's 12th anniversary. You can attend the event in person (following NJ COVID-19 guidelines) or from the comfort of your home. Registration details coming soon at bvmi.org.

Healthy, Wealthy & Wise

Monthly virtual miniseries focusing on women's physical and mental well-being, hosted by a variety of experts on these topics.

Registration details at bvmi.org

2nd Annual Paddle Tournament

On February 21, at the exclusive Upper Ridgewood Tennis Club, BVMI held a members-only 2nd Annual Paddle Tournament Fundraiser. Guests enjoyed round-robin play and a margarita and meal-to-go from the famous NYC Bierra Mexican Food Truck!



for more information

For more information on upcoming events, contact Barbara Loscalzo, BVMI Special Events Manager, at barbara@bvmi.net

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Powered by passionate volunteers, BVMI meets the medical needs of low-income, working, uninsured adults in Bergen County by providing free, comprehensive, patient-centered primary healthcare.



**A VOLUNTEERS
IN MEDICINE®
CLINIC**



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THANK YOU

FOR PROVIDING HELP AND HOPE
TO OUR BERGEN COUNTY NEIGHBORS

THE GIVING SPIRIT



Anna and Joseph Schattauer Paillé are givers, in every sense of the word. They give of themselves to the congregation at Advent Lutheran Church in Wyckoff, where Joseph officially serves as Pastor. They serve the broader community as volunteers with nonprofit organizations. They donate to worthy causes they believe in.

BVMI has gratefully accepted the monetary gifts that Joseph and Anna have personally made to us. But the giving hasn't stopped there. When it was time for the couple to buy a new car, BVMI received their existing one. They even thought of us when they recently found themselves with a surplus of copy paper!

How did we get so lucky? "When Joseph and I toured BVMI's healthcare clinic, we saw how passionate the staff and volunteers were," said Anna. "They understood that each patient has different needs, and not just medical ones. For every 'But what about...' question we asked, they had a partnership or resource to help. And we were impressed with how carefully BVMI uses each dollar it receives."

Advent Lutheran Church has also been a friend to BVMI. When Joseph provided us with the opportunity to speak to the congregation, it resulted in some new donors. We've even received endowment grants from the church for the past two years — one for our Women's Health Initiative and the other for our Telehealth efforts.

"BVMI takes care of as many people as they can, including our immigrant community," said Joseph. "It's important for each of us to think about how we can show love to all of our neighbors — not just the ones who live next door." We say Amen to that, Pastor.

THE SAMUEL A. CASSELL LEGACY SOCIETY

Why We Joined

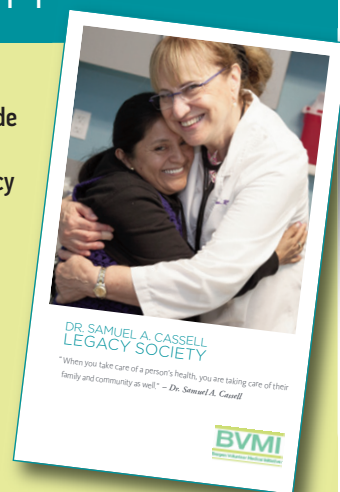


"Sam was tenacious, focused, and determined. Just the characteristics needed to create something as forward thinking as BVMI. Vivian and I are happy to do our part to help secure BVMI's future by joining Sam's Legacy Society."

- VIVIAN AND NEIL
ABITABULO

To receive your helpful guide to legacy giving and the Dr. Samuel A. Cassell Legacy Society:

1. Return the enclosed reply card.
2. Call Amanda Missey at 201-518-8484 or email amissey@bvmi.net.
3. Visit our website at bvmi.org.



THANK YOU!

THANK YOU FOR YOUR GENEROSITY AND YOUR COMMITMENT TO BVMI!

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