

# CARE *with* COMPASSION

ANNUAL REPORT 2012



Andres Herrera, Patient

Nicole Fanelli, Nurse Practitioner



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# OUR MISSION

To promote the well-being of the underserved by providing access to high-quality health care for all, regardless of ability to pay.

**CREATIVE AGENCY:** Visual Venom / [www.VisualVenom.com](http://www.VisualVenom.com) - Design & Art Direction, Avais Chughtai

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**PHOTOGRAPHY:** Suzanne Khazaal

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## Dear friends:

In 2012, UMMA Community Clinic continued to promote the health and well-being of local patients — providing compassionate care to more than 5,100 children and adults guided by the Islamic principles and values of service, compassion, human dignity, social justice, and ethical conduct.

At our foundation is the concept of human dignity. Too often, people do not receive the compassion, respect or understanding they deserve. We know that when people struggle, it is due to life circumstances — and difficult challenges can happen to anyone at anytime. But at UMMA, we believe that everyone deserves to receive the highest level of care and service.

UMMA also made significant progress, in 2012, toward opening our second care site. Our new Wellness Center, located at John C. Fremont High School, is scheduled to begin providing services in late spring 2013. We celebrated the ribbon cutting ceremony of our new Wellness Center on April 19, 2013. A grand opening and health fair celebration was held the next day, on April 20, with Fremont High School students and the community.

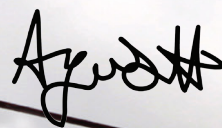
Adjacent to our beautiful, environmentally friendly, 2,800 sq. ft. school-based health center is a one-acre community garden, managed by our partner organization, the Los Angeles Neighborhood Land Trust.

This new Wellness Center is another important example of our innovative, collaborative efforts to strengthen community health. It will bring essential health and wellness services to more than 2,500 Fremont High School students — as well as residents of the surrounding community.

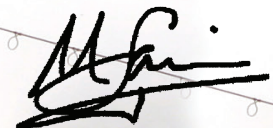
UMMA's mission to heal and serve has been inspired by the Prophet Muhammad (peace be upon him): *"What actions are most excellent? To gladden the heart of a human being, to feed the hungry, to help the affected, to lighten the sorrow of the sorrowful, and to remove the wrongs of the injured."* Our journey to heal and serve those most in need has been made possible by our generous donors and supporters, our dedicated board of directors and our caring staff and volunteers, and so we say: **Thank you!** Together, you helped our patients receive the best of care, regardless of their ability to pay.

Thank you again for your continued support and involvement.

Best regards,

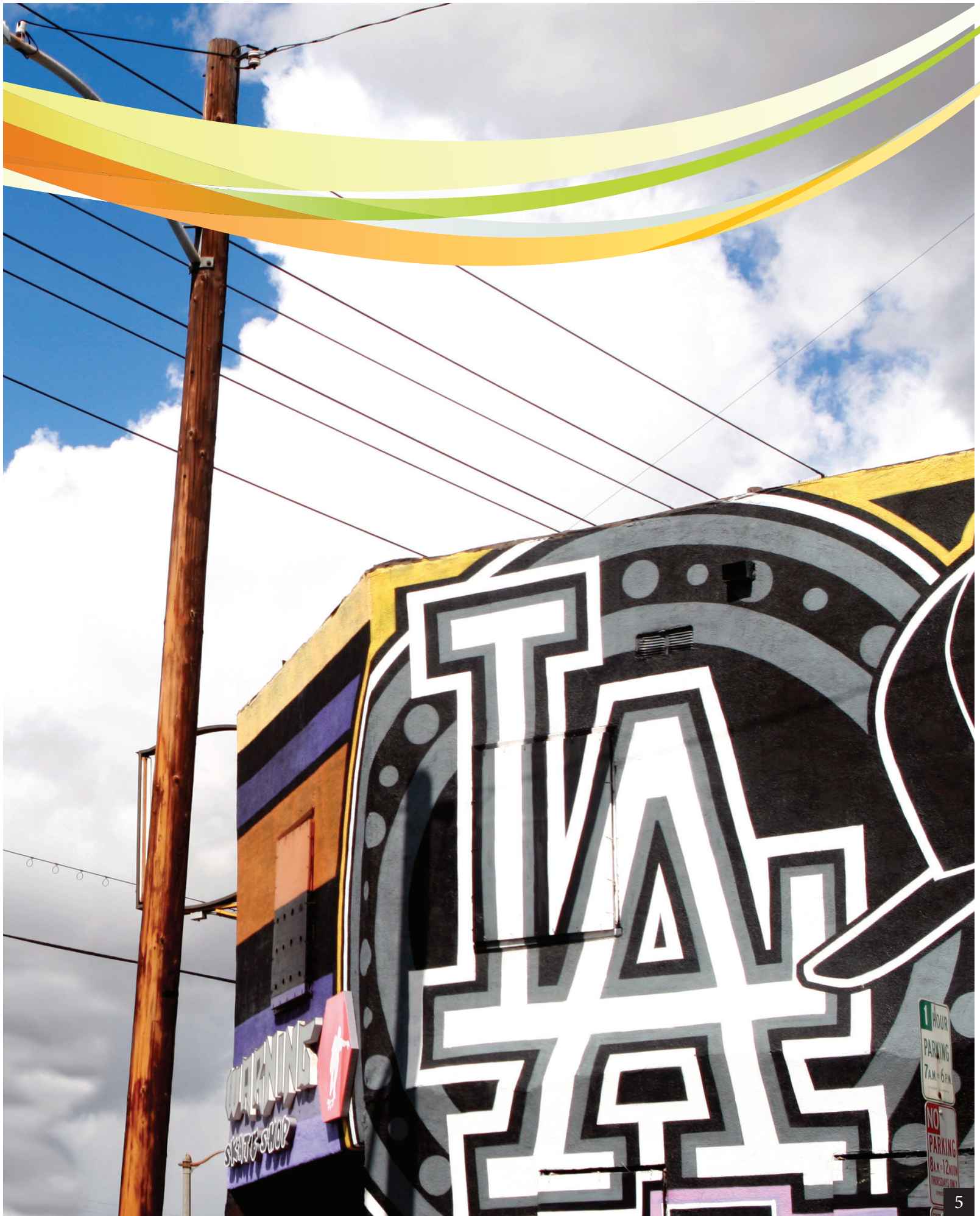


Felix Aguilar, MD, MPH, MHCM  
President & CEO



Murtaza Sanwari  
Chair, Board of Directors





# CARE AT A GLANCE

In the wake of civil unrest in Los Angeles, UMMA's founders envisioned a clinic that would help heal the wounds in the social fabric of South Los Angeles and bring much-needed health care to the community.

Since then, UMMA has grown significantly to address the increasing number of patients in need of our services. When we first opened our doors in 1996, we served patients two half-days per week. UMMA now offers services Monday through Saturday. Once run entirely by volunteers- UMMA today, in 2013, employs 43 staff members. Since our inception, more than 30,000 patients have received care within our clinic walls.

In 2012, UMMA continued to experience unprecedented growth and our clinic served more patients than ever before. We are excited to announce the completion of our school-based Wellness Center & Community Garden. For the first time in our history, UMMA is now a multi-site organization. We remain grateful to our generous donors for support of our work in caring for South Los Angeles residents in need.

## PATIENT VISITS

6,635

6,692

10,157

\$2,568,386

## OPERATING EXPENSES

\$1,534,739

\$1,958,438

## EMPLOYEES

18

19

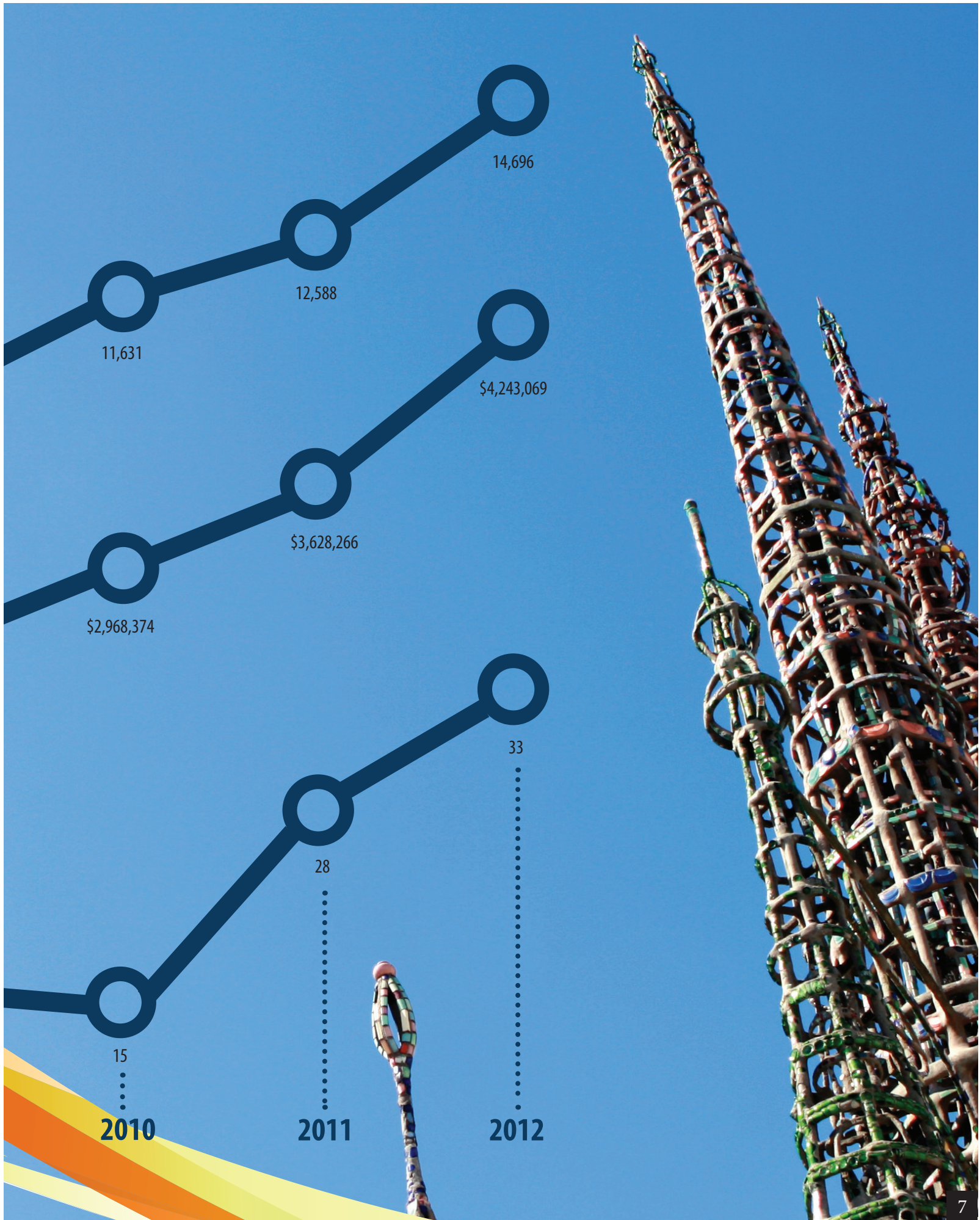
18

YEARS:

2007

2008

2009





# HEALTHIER LIVING

*"AS A RESULT OF THE HEALTHIER  
LIVING CLASS, I'M PROUD TO SAY  
THAT I STOPPED SMOKING AND I'M  
MUCH MORE AWARE OF WHAT I'M  
EATING."*

UMMA patient Doronda Thomas at a workshop for patients with chronic health conditions.



## UMMA OFFERS NEW HEALTH EDUCATION PROGRAM

Dedicated to reducing chronic diseases in our South Los Angeles neighborhood, UMMA has proudly implemented a new health education program for patients with chronic health conditions. Initiated in 2012, *Healthier Living: Managing Ongoing Health Conditions* encompasses six weekly workshops through which patients learn how to manage stress, eat healthier, develop an exercise regimen and collaborate more effectively with their physicians. The workshops include instruction, discussion and personal goal-setting. Participants are also encouraged to bring their partner or caregiver to each session, and instructors share tips on how to better communicate with loved ones about their health concerns.

"I learned how to handle the day-to-day aspects of living with a chronic condition," explains UMMA patient Doronda Thomas. "As a result of the Healthier Living class, I'm proud to say that I stopped smoking and I'm much more aware of what I'm eating," she adds — giving a sense of just how important this new program has been in helping her manage her diabetes!



Participants in UMMA's new health education program for patients with chronic health conditions.

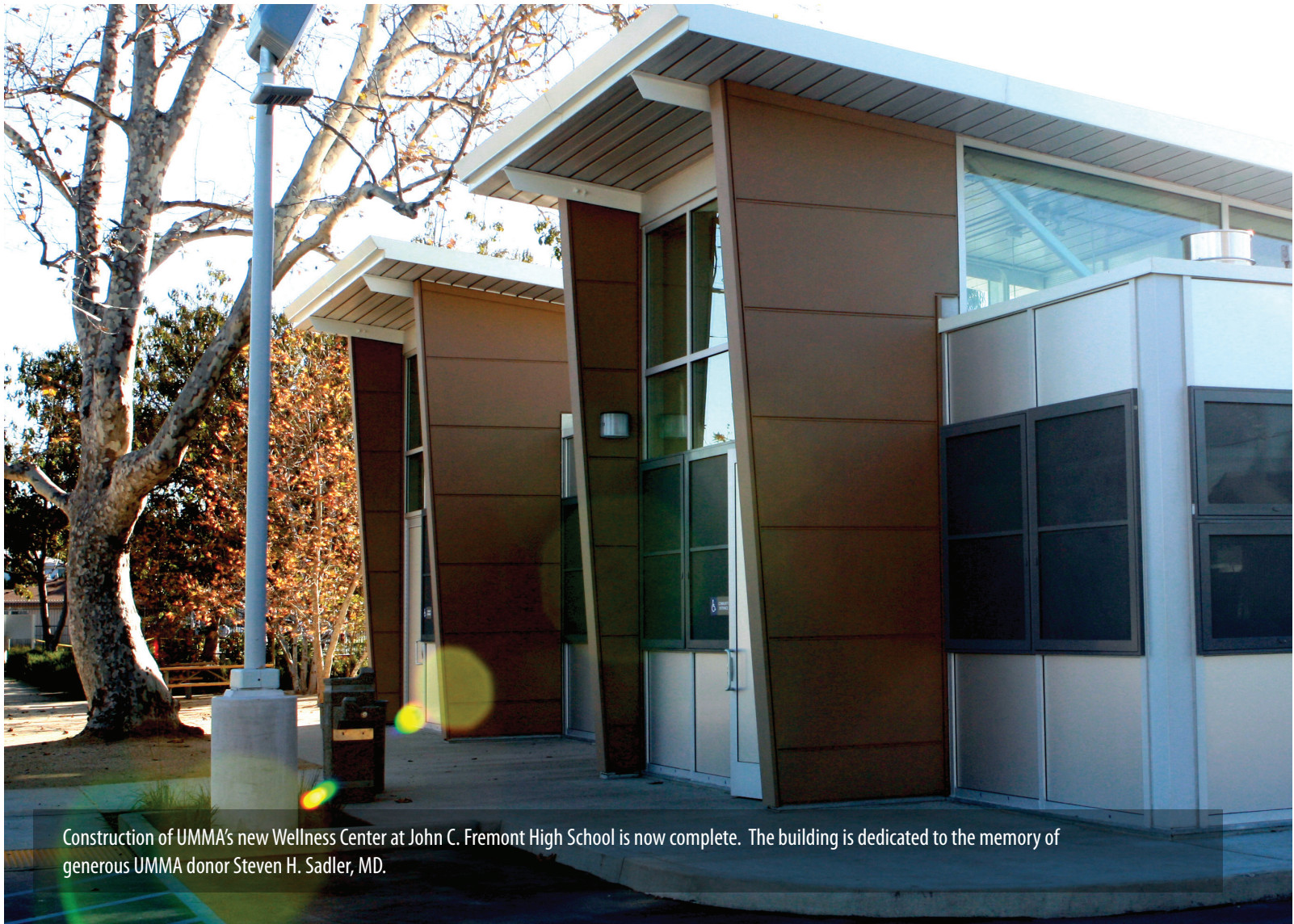


Nutritionist Pardis Payami helps patients learn how to manage ongoing medical conditions, including diabetes.



Community members participate in a Healthier Living class, held at the Weingart YMCA.





Construction of UMMA's new Wellness Center at John C. Fremont High School is now complete. The building is dedicated to the memory of generous UMMA donor Steven H. Sadler, MD.

# EXPANDING CARE

## John C. Fremont H.S. Community Garden and Wellness Center



Expanding access and quality care to more of our South Los Angeles neighbors, we are excited to announce the completion of our school-based Wellness Center &

Community Garden. The first of its kind in the underserved and at-risk South Los Angeles community- the center is located at John C. Fremont High School and is scheduled to operate in 2013.

Part of an innovative collaboration with the Los Angeles Unified School District and the Los Angeles Neighborhood Land Trust, it includes a

five-exam-room clinic on the Fremont campus, which will offer urgently needed primary care services for students and their families. In the adjacent community garden, students may grow their own produce — and learn how to use what they grow to prepare healthy and nutritious meals.

Over the course of 2012, UMMA's Health Programs Coordinator continued outreach to engage students, community members and increase awareness of services to be offered to patients at our new site. She also recruited 13 Fremont High School students to serve as peer educators in the Student Health Leadership (SHL) group. SHL is a peer health education model that trains Fremont H.S. students on various health issues, promote healthy behaviors and linking students to the Wellness Center. In fact, after receiving extensive training, these students launched their first health education campaign in November.

More than 150 guests attended a luncheon, generating much needed support for our new Wellness Center at Fremont High School, on December 8, 2012. The new Wellness Center is dedicated in memory of Steven H. Sadler, MD, beloved son of long-time UMMA donors Dr. Charles & Mrs. Hoori Sadler. The event honored Steven, who passed away in July 2012, who was himself a generous donor to our organization and was committed to our work at Fremont High School. A monument will be erected in his name and stands to be dedicated in his memory. Attendees at the luncheon enjoyed private tours of our new facility and heard a presentation by U.S. Representative Maxine Waters, who emphasized the importance of the center in responding to the community's needs. Special thanks to the following organizations for their support of our new Wellness Center at Fremont High School: LAUSD, the County of Los Angeles, California Community Foundation, the California Medical Association Foundation, L.A. Care Health Plan, the Magic Johnson Foundation, Kaiser Permanente, the W.M. Keck Foundation, The California Endowment and The Los Angeles Trust for Children's Health.



UMMA's new Wellness Center includes a 1.5 acre community garden, administered by our partner, the Los Angeles Neighborhood Land Trust.

*"FREMONT HIGH SCHOOL HAS MORE THAN 2,500 STUDENTS AND ONLY ONE NURSE," EXPLAINS STEPHANY ACOSTA, A STUDENT AND PEER EDUCATOR AT FREMONT HIGH SCHOOL. "UMMA'S NEW CLINIC WILL PROVIDE STUDENTS WITH INFORMATION THEY REALLY NEED ABOUT IMPORTANT TOPICS LIKE TEEN PREGNANCY. AND WE'LL BE ABLE TO GET THE HEALTH CARE SERVICES WE NEED."*



A special luncheon at Fremont High School raised essential support for the new Wellness Center.



(From left to right) Sidney Williams, U.S. Rep. Maxine Waters, Mark Amin, Mrs. Hoori Sadler, Chair of Friends of UMMA, and Dr. Charles Sadler were among those in attendance at the December luncheon.



# CLINIC OF CHOICE

As the Affordable Care Act provides some patients with the health insurance coverage that they currently lack, more low-income individuals and families will enjoy a greater choice with regard to their healthcare provider. However, experts predict that considerable numbers will still fall through the cracks — unless providers like UMMA continue to serve them.


UMMA remains committed to providing low-income and underserved patients with high-quality compassionate care. Neid Castillo and his wife, Maria Elsa Cardoza, for example, have been UMMA patients for more than 13 years. They count on the clinic as their medical home, both for preventative care and for follow-up treatment, as needed. The couple plans to continue coming to UMMA no matter how the Affordable Care Act affects them. “If given the choice to receive treatment elsewhere,” says Neid, “I would definitely continue to receive care at UMMA.”

In 2002, Neid was diagnosed with type 2 diabetes by an UMMA physician. Prior to coming to UMMA, his condition had gone undetected.

He did not have any form of health insurance at the time. He received needed insulin from UMMA at no cost. They also dispensed the medications he needed to treat his high blood pressure and elevated cholesterol.

Over the years, Neid and his wife have encouraged other members of their extended family — including their three children and six grandchildren — to access medical care at our clinic. “UMMA takes care of my entire family,” Neid says.

In these rapidly changing and uncertain times, UMMA continues to provide excellent care. Our goal is to remain the provider of choice for local patients and to cover unfunded gaps between reimbursements and actual costs of care through the generous involvement of friends like you. Thank you for your support.




*"IF GIVEN THE CHOICE TO RECEIVE  
TREATMENT ELSEWHERE," SAYS NEID,  
"I WOULD DEFINITELY CONTINUE TO  
RECEIVE CARE AT UMMA."*

Longtime UMMA patients Maria Elsa Cardoza and her husband, Neid Castillo, at their home.

# COMPASSIONATE CARE THROUGH ZAKAT DONATIONS



In 2012, zakat funding from UMMA donors made it possible for Garland Saafir to prepare meals for seniors in need through our partnership with the ILM Foundation.



UMMA Community Clinic has been meeting the needs of South Los Angeles residents since it opened its doors in 1996. We promote the well-being of the underserved by providing access to high-quality healthcare for all, regardless of ability to pay. In keeping with our commitment to the underserved, UMMA, in partnership with the ILM Foundation, utilizes Zakat donations as a resource to support its important work in the South Los Angeles Community.

(Zakat — one of the five pillars of Islam — honors the Islamic commitment to social justice and the responsibility of every Muslim to provide support to help those who are less fortunate.)

*“I COULDN’T STAND FOR LONG PERIODS, SO THIS SUPPORT WAS LIFESAVING FOR ME,” SAYS AMINA. “UMMA AND ILM FOUNDATION PROVIDED FOR ME WHEN I NEEDED IT THE MOST.”*

In 2012, thanks to generous Zakat funding from UMMA donors, we expanded our twelve-year relationship with the ILM Foundation to extend services to more community residents in need. Last year, with these funds, we distributed over 1,900 relief bags, served more than 2,400 Muslim inmates, and provided assistance to 28 families in need, including Amina\*.

Recovering from a debilitating illness and surgery, Amina, a participant in ILM Foundation’s Eat Right to Think Right program, was unable to prepare meals for herself. UMMA dedicated Zakat funding to ensure that she received nutritious food at this critical time. Amina’s meals were cooked daily by Garland Saafir (pictured left).

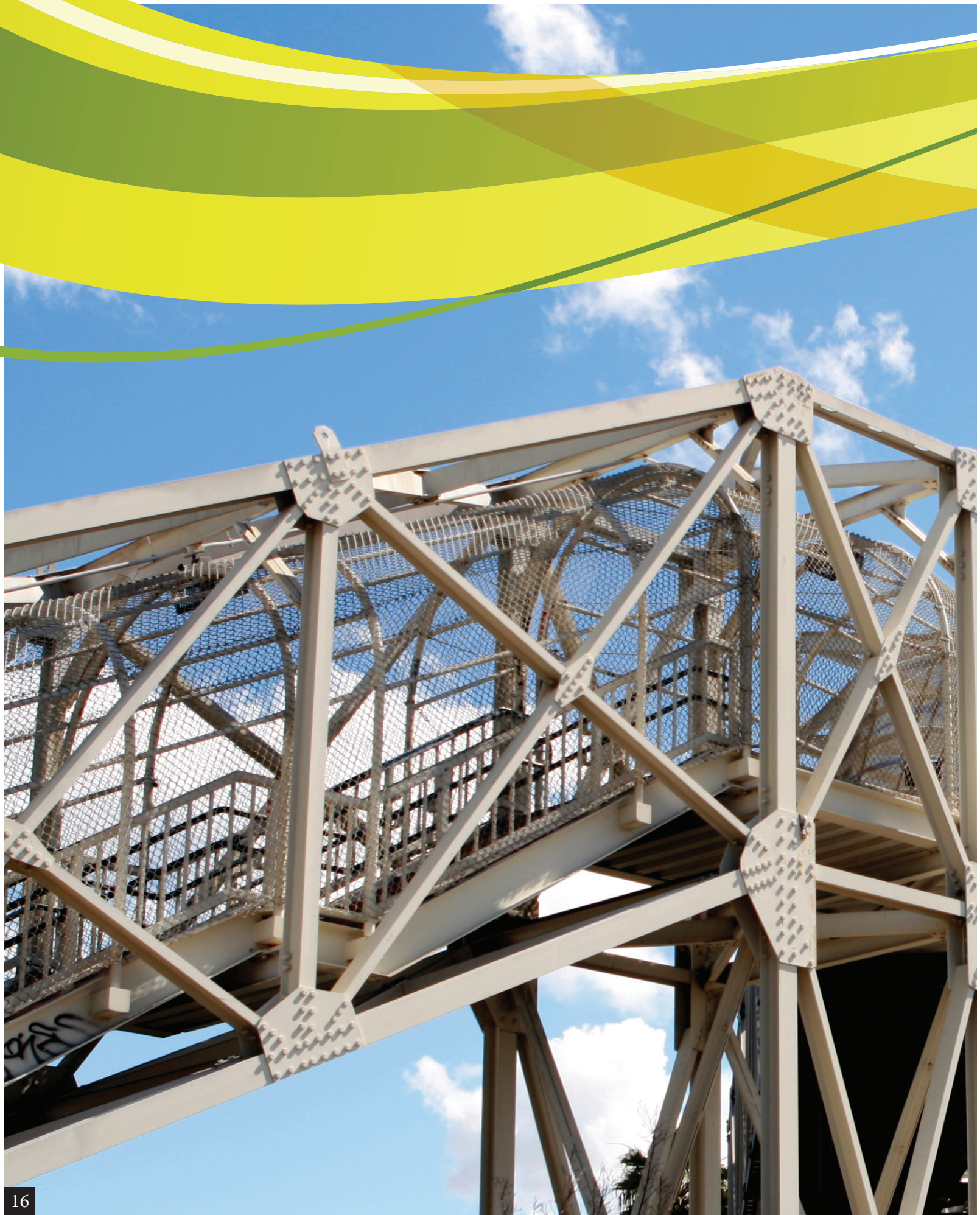
“I couldn’t stand for long periods, so this support was lifesaving for me,” says Amina. “UMMA and ILM Foundation provided for me when I needed it the most.”

For over 12 years, UMMA has brought enhanced healthcare services to ILM Foundation community events, including its annual Humanitarian Day, held during the holy month of Ramadan.

“Without UMMA’s services at Humanitarian Day, people in need would go untreated,” emphasizes Umar A. Hakim, executive director, ILM Foundation.

Through this expanded partnership, UMMA donors will maximize the impact of their Zakat donations — providing shelter for homeless women, food and essentials to those in need, and other much-needed community assistance.

\*Named changed to protect client confidentiality.





# 2012 FINANCIALS

## REVENUE SOURCES

**48%** *PATIENT SERVICES*

**16%** *GOV. FUNDING*

**17%** *PRIVATE FUNDING*

**18%** *FOUNDATION GRANT*

**1%**  
*OTHER*

## REVENUE AND EXPENSES

PATIENT SERVICES.....	\$2,273,106
GOVERNMENT FUNDING.....	\$778,089
PRIVATE FUNDING.....	\$840,208
FOUNDATION GRANTS.....	\$859,236
OTHER REVENUES.....	\$43,485
<b>TOTAL REVENUES.....</b>	<b>\$4,794,124</b>
<b>TOTAL EXPENSES.....</b>	<b>\$4,243,069</b>

# THANKS FOR YOUR SUPPORT

## THE VISIONARIES

*This special recognition category reflects those donors who have made particularly significant monetary gifts to UMMA over our organization's lifetime.*

Ali Amin  
Ali Gilani  
Anonymous  
Charles Sadler, MD & Mrs. Sadler  
Daniel A. Capen  
Mark Amin  
Michael Amin  
Steven H. Sadler, MD

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Siobhan Amin

Anonymous  
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The California Endowment  
The California Wellness Foundation  
Crail-Johnson Foundation  
Daniel A. Capen & Laura Chavers

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Feridoon Ghassemieh  
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Kaiser Permanente  
L.A. Care Health Plan  
Taproot Foundation  
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Houshang Dadgostar

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Belinda Finnemeyer  
The Capital Group Companies Charitable  
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# THANK YOU

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