CVIM’s patient care goes beyond medical, dental, and medication services. As a healthcare home, patients of CVIM can receive or participate in programs such as diabetes management, tobacco dependence, cooking classes, healthy living seminars, nutrition and weight loss management, and more.

Throughout much of the year, CVIM hosts healthy cooking classes in its kitchen on Wednesday evenings. Food is donated from the Chester County Food Bank, and the class is led by volunteers and staff in both Spanish and English. Participants are taught how to cook locally grown in-season produce that they may otherwise be unfamiliar with.

As they receive medical care, each patient is also asked if they’d like to participate in CareMessage—a nonprofit text-message based systems that allows CVIM to program specific messages to patients. These include appointment reminders, an exercise regimen, links to external helpful materials, and more. For those who prefer not to participate electronically, CVIM hosts a Healthy Living Series. Topics include how to navigate a supermarket, reading nutrition labels, how to season your food without salt, incorporating exercise into your routine, and more. For patients with nicotine addiction, tobacco dependence classes and treatment are provided. All of these services provide additional ways for our patients to achieve a healthy life.

Our Diabetes Care Coordinator works alongside our volunteer providers to provide specialist services to our patients that have been diagnosed with diabetes. This includes lifestyle management, nutrition education, medication management, exercise regimens, goal setting, and problem solving.

Jorge, a CVIM diabetes patient, was able to alter his diet and lifestyle, and without adjusting his medication, is feeling much better. He says, “before CVIM, my diabetes was very bad. I was taking insulin, which was very expensive. I never felt good, and it affected my life and my family. Coming to CVIM was like being sent an angel. It put me on the right path. I couldn’t do it by myself; I was able to do it because CVIM helped me. I also would not be able to pay for all of these medications myself – if not for CVIM I might be sicker or not have survived.” Jorge’s progress is a reflection of the dedication that each of our patients and volunteer providers have here at CVIM.
Brighter Smiles, Better Habits

Pairing care with education for a lifetime of oral health

Many Tuesdays and Thursdays at CVIM a big yellow school bus turns into the parking lot to drop off children in the morning. But the students are not here for class, they are here for dental care.

Students are referred by school nurses after they are noted for lack of dental care, and are then sent to CVIM for treatment. Oral health in school aged children is so important that they are given permission to miss school for part of the day in order to see the dentist.

CVIM has started seeing additional students this year due to an increase in the population without insurance coverage in Southern Chester County. As patients, they will receive first time exams, x-rays, cleanings, fillings, extractions, and oral hygiene education. While they are not in the classroom, they are receiving important information about self-care. By visiting CVIM, these children can smile bright again with beautiful, healthy teeth!
A Force for Good
Recognizing the tremendous impact of CVIM volunteers

On a beautiful fall evening in September, nearly 200 CVIM volunteers came together at Westminster Presbyterian Church in West Chester for CVIM’s Annual Volunteer Thank You Potluck. Surrounded by good spirits and great food, Maureen Tomoschuk (President & CEO) and Wayne Withrow (Board Chair) recognized all of our generous volunteers, including those who had reached milestones of 5, 10, 15, and 20 years of service. Our 480 total volunteers include doctors, nurses, dentists, interpreters, administrative support, and so much more.

While CVIM is a healthcare home for all of our patients, we also become a second home for many of our volunteers. “As a volunteer, working with the patients is so rewarding. You become involved in their personal lives, and give them the opportunity to understand their health. The experience is empowering for the volunteer and patient,” says Monica, a volunteer cooking class chef and Spanish interpreter.

CVIM is always looking for the help of additional volunteers, and currently has the need for —

- Bi-lingual (Spanish/English) Front Desk Support
- Spanish Interpreters
- Dieticians
- Diabetes Educators
- Primary Care Doctors & Specialists
- Nurses
- Mental Health Counselors
- Dentists

If you are interested in volunteering at CVIM, please contact Marie Frey by email at mfrey@cvim.org or at 610-836-5990 ext. 106. For more information, please visit www.cvim.org/volunteer.

Managing Pain—Without Opioids
Empowering holistic care with education, self-healing, and alternative medication

In 2018, CVIM formally announced its Non-Opioid Pain Management Program. CVIM aims to improve our ability to diagnose and treat chronic pain amongst our patients, empowering them to live more comfortably and work more productively.

In the past year, 420 individuals were enrolled in the Non-Opioid Pain Management Program. These patients received multidisciplinary services to address the chronic pain in their lives. CVIM provides approximately 30 treatment modalities, or educational opportunities. From these services, patients learn to treat and manage chronic pain without any use of addictive opioids.

Dr. Mary Wirshup will be presenting this program at the National Association of Free and Charitable Clinics 2019 Charitable Health Care Symposium in Atlanta, Georgia, and showcasing the need for integrated care. CVIM continues to work hard to combat the opioid crisis in Chester County by offering resources, treatment, and medication to its patients that do not include the use of opioids. With an expanding behavioral health program and support from funders such as the Independence Blue Cross Foundation, we can continue to address the growing need in our community.
Making an Award-Winning Difference

CVIM’s own Dr. Mary honored for her dedication to Chester County

CVIM is proud to announce that Dr. Mary Wirshup, Vice President of Medical Services, has been awarded the 2019 RWJF-NAFC Health Equity Award. This award is presented by the Robert Wood Johnson Foundation and the National Association of Free & Charitable Clinics and was developed to find and honor individuals who are using systems changes to address health disparities within their communities.

Later this year, Dr. Mary will also be presented with the Silver Star Award and recognized as a Honorary Co-Chair of the 25th Mistletoe and Magic of the Paoli Hospital Auxiliary. CVIM was founded in part by members of the Paoli Auxiliary in 1998 to reduce need for unnecessary emergency room visits by the uninsured in the region, and continues to work directly with Paoli Hospital for Charity Care services for our patients.

Throughout her 18 years of service at CVIM, Dr. Mary’s passion for prevention has driven her to work daily to build a culture of health to achieve health equity with our low-income patients. Specifically recognized within these awards for her work on chronic disease management and women’s health, Dr. Mary has helped our patients achieve happy, hopeful lives filled with healing and improved health.

Welcome, Julie!

Julie Rusenko joins CVIM as the new Vice President of Development. In her role, Julie oversees the fundraising efforts of CVIM, including individual giving, grant writing, the Annual Golf Classic, and corporate sponsors. Julie comes to CVIM after a 30-year fundraising career within the United Way network. She is a mission-driven, senior level non-profit executive with experience as a strategic leader known for integrity, reliability, and the ability to get things done. Julie lives in Chester County and is committed to serving the community in an organization where mission matters. She has a Bachelor of Arts in Government & Business from University of Notre Dame.

Julie says, “I am thrilled to join the CVIM team and excited to advance our healthcare mission—empowering people to live healthier, more productive and fulfilling lives. How inspiring that our organization is fueled by so many volunteers and funded 100% by philanthropic giving! I look forward to working with all of you to recruit partners and generate resources that ensure our collective success.”
Double the Give, Double the Impact
The Bob and Carlene West Match Challenge amplifies donors’ generosity

CVIM is honored to announce The Bob and Carlene West Match Challenge. The Wests give passionately to support CVIM’s mission and challenge others to do the same! Donors giving $1,000 or more to CVIM for the first time will be matched by a $1,000 donation from the Wests, up to $25,000. Each new donor will become a member of CVIM’s Harrison Society. Your $1,000 gift will double CVIM’s impact – helping the working poor in our region receive access to needed quality healthcare. The Match Challenge will be ongoing until June 30, 2020.

When asked why they choose to charitably invest in CVIM, Bob and Carlene both smile and say, “We believe we are just like other donors, in that they give to an organization because they believe in that organization’s particular mission. We all want to see as much of our charitable dollars go towards the cause as possible.”

Join CVIM’s Harrison Society Today!
The Harrison Society is comprised of supporters who understand CVIM is integral to our community ensuring the working poor receive access to health care. The Society is named for the late Dr. Frank Harrison, Jr., who began volunteering at CVIM in 2006 following his retirement from Bryn Mawr Hospital as a long-time cardiologist. The Harrison Society recognizes those who donate $1,000 or more on an annual basis. Please make your West Match Challenge gift by using the included reply envelope, contact Jason at the information listed below, or make a donation online at www.cvim.org.

Employer Matching Gift Programs
Interested in doubling or tripling your impact?

Many employers encourage employee giving through a matching gift program. Through this program, your employer may match part or all of your contribution to Community Volunteers in Medicine.

If you donate $100, for example, your company may contribute an additional $50 (50% match), $100 (100% match), or $200 (200% match).

To find out if your employer offers this incentive, please call your human resources department. To find out more about Employer Matching Gift Programs, or to finalize your giving, please contact us at the information at the bottom of this page.

For more information about donating and sponsorship, please contact Jason Arbacheski at jarbacheski@cvim.org or 610-836-5990 ext. 132.

CVIM | THE HEART OF HEALTH | FALL/WINTER 2019
This past spring, CVIM underwent many major renovations to its clinical space. Amongst the projects were new non-slip flooring and stronger chairs throughout the lobby, dispensary, and dental wing; newly installed dental operatory dividers in the Dental Suite; and a full facility generator. The safety upgrades with these renovations mean that our patients are always safe at our facilities, as we continue to offer the best possible patient care. The renovations were fully funded by capital grants from our generous funders.

Over the summer and early fall, a full facility generator was installed. This generator will ensure that CVIM will stay operational during summer thunderstorms, winter snowstorms, and any other power failures. In addition, a new administrative wing was opened in June. This project was spearheaded by volunteer project coordinator, Jay Greene of Jay Greene Photography, a member of the Home Builders Association of Chester & Delaware Counties (HBA). Along with nearly twenty other members of the HBA, as well as additional community partners, supporters came together to volunteer their time, labor, materials, and funding to bring the project to completion in just under a year.

The development of this new space means that administrative employees and volunteers can work in the new wing, so that clinical space may expand on the main floor of the clinic. Physical and occupational therapy, counseling, the eligibility department, and our Patient Assistance Programs will be able to grow within the clinic now that additional space has been made available for the expansion of clinical care. These renovations represent the growing care that CVIM is providing to its patients in the Chester County region.

Renovations Make CVIM Even More Comforting and Safe

Generous supporters improve the safety and efficacy of patients’ healthcare home

CVIM thanks The Crystal Trust, Community Clothes Charity, the HBA Association of Chester & Delaware Counties, IMC Construction, IT Edge, The McLean Contributionship, and Welfare Foundation Inc. for their generous contributions to these projects.