

## Community Health Resource Center

Established in 1986

Part of your Bay Area wellness team

We serve thousands of Bay Area individuals & families each year.

We are a non-profit affiliated with California Pacific Medical Center.

[www.cpmc.org/chrc](http://www.cpmc.org/chrc)

Follow us on twitter for our healthy tweets!

[www.twitter.com/cpmcchrc](http://www.twitter.com/cpmcchrc)

Let us know what you think on yelp!

## COMMUNITY HEALTH RESOURCE CENTER - EST 1986

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# Healthy Outlook

As we enter the autumnal season, marked by changes in color, crops and temperature, we are reminded of a cycle integral to our every day lives, that of sowing, reaping, and gathering. Farmers till the soil and plant seeds in the spring, then nurture them throughout the summer. In the fall they reap a healthy harvest. When we celebrate the bounty of fruits and vegetables in this season, we recognize and appreciate the many elements involved in the fruition of what nourishes us.

Likewise at Community Health Resource Center, we reflect at this time upon the many people and organizations that together enable us to move forward in our mission. The support we receive from our friends and organizational partners makes it possible for us to support the better health of those in our community. This support may come to us through a volunteer who folds and labels newsletters for mailing, a board member who shares talents, insights and resources for strategic direction, a company that grants funds for a health education program, or from those of you who donate to us at lectures, events, and in the fundraising campaign.

This issue is dedicated to those of you who together form the backbone of our organization and sustain our work. From all of us at Community Health Resource Center – THANK YOU!



### You can help us reach our potential!

Throughout its 20-plus year history of serving the San Francisco Bay Area as a not for profit 501(c)(3), the Community Health Resource Center (CHRC) has pursued the mission of providing a comprehensive array of health and wellness programs to our community, particularly to those in greatest need. Make a tax-deductible gift to support CHRC's ongoing operations.

#### Personal Information

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City / State / Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail: \_\_\_\_\_

#### Payment Options

Check Enclosed

Charge my (Visa / MasterCard / American Express)

Card Number: \_\_\_\_\_

Expiration Date: \_\_\_\_\_

Contact me about wire transfer

Contact me about giving stock

#### Your Gift

I would like to make a one-time gift of \$ \_\_\_\_\_

I would like to make a recurring gift of \$ \_\_\_\_\_, frequency \_\_\_\_\_

#### Please use my gift to support CHRC's operations in...

Community Programs  Support Groups

Counseling Services  Areas of Greatest Need

#### Gift Giving Options

I am giving a joint gift with my spouse

I am making a memorial gift on behalf of \_\_\_\_\_ (list name)

I am interested in learning more about planned giving

#### Corporate Matching Gifts

If your company will match some or all of your contribution to CHRC, please indicate the following:

Company Name: \_\_\_\_\_

Percent Match: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

*On behalf of our patients, partners, board of directors, and staff, thank you for your generosity.*

"As physicians we realize our limitations in time and the need to communicate relevant health care information to patients. Community Health Resource Center supplements physician care by providing to individuals appropriate information, counseling and resources. As a volunteer founding board member, I support the work being done to assist people in becoming knowledgeable self advocates for their health."

- Russell D. Woo, M.D.

Board Member, Patient Assistance Foundation

"Professionally, I've always been in a healthcare-related field - from working in biotech, to life sciences consulting, and now as a health-care venture capitalist. Spending time helping out at CHRC allows me to align my interest in local volunteerism with my professional skills. Healthy communities are the backbone of a productive society and organizations like CHRC play an important role in encouraging individuals to take better control of their well being."

- Lindsay Meyer, program volunteer since 2008

"At Abbott Laboratories we believe in keeping the patient at the heart of everything we do. Closing important clinical knowledge gaps and improving patient outcomes through the delivery of independent, fair-balanced, unbiased, and evidence-based education is a primary vehicle to meet Abbott's mission to turn science into caring."

- Local Representative of Abbott Laboratories

Grant funding awarded by Abbott Laboratories to support CHRC patient education programs

