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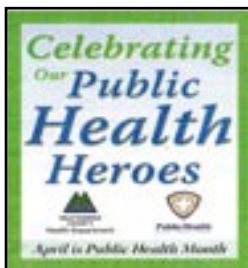
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Mercy & Wisdom 'A Health Hero'



This April was designated Public Health Month. "The Multnomah County Health Department is pleased to honor Mercy & Wisdom Healing Center for their compassion and dedication to making Multnomah County a healthier place to live," naming us a Public Health Hero.

Who We Are



Our present location at 3rd and W Burnside in the historic United Clothing Building

Mercy & Wisdom Healing Center is a non-profit 501 (c) (3) community clinic. We are one of thirteen members of the Coalition of Community Health Clinics serving the health care needs of Portland and a member of the Portland Alliance.

MWHC began life as a school internship program. In 2001, we set up a clinic providing Naturopathic and Chinese medical care for the uninsured and under insured members of the community.

In 2003, seeing the growing need for medical help in Portland, Mercy & Wisdom rented space at the Chinese Consolidated Benevolent Association in downtown Portland for the generous rental of \$1.00 a month. The clinic was open one day a

week. Volunteer interns came in the morning to set up four pipe and drape offices in the auditorium. At days end the entire set up was taken down and stored away until the next week.

The need continued to grow and in 2005, a permanent facility was opened at 3rd and W Burnside, the present location. With the new clinic, we expanded our services to three days a week and more volunteer doctors and students from NCMN were recruited. The practices of Naturopathic and Chinese Medicines were being provided in an integrative approach.

As the need grew, so did Mercy and Wisdom. In January of 2008, we opened our doors five days a week. Every week 20 volunteer practitioners and 15 staff volunteers take care of an average of 60 patients. Soon Dental and Vision Care will also be available.



Our clinic's reception and waiting room

The seed planted in 2001 continues to blossom every day. But to continue we need your support!

Did You Know

We also have a growing population of under insured such as elderly patients on Medicare.

Nationally one in seven Americans do not have health insurance. In Portland, it increases to one in six. In 2006, this translated to one in eight children and one in five working adults uninsured.

Mercy and Wisdom, with its sliding scale fees based on income, is helping the uninsured, the under insured and the chronically ill seeking integrative health solutions.

How Can You Help?

Mercy & Wisdom Healing Center is supported primarily by donations. We receive no government funding.

June kicks off our 'Friends of Mercy and Wisdom' Campaign. You can help by volunteering time and giving generously when called upon.

You can also provide professional help at the clinic or donate to support our community efforts. Please see our wish list below.

Our Wish List

- Financial Contributions
- Donated Items & Services for our Auction
- Webmaster/ Web designer
- Graphic Artist
- Printing Services
- Computer Services/Equipment
- EMR – Electronic Medical Records
- LAc's, LMT's, MD's, and ND's
- Dentists and Opticians
- Medicines and Supplements
- Social Workers
- Photographer
- Volunteer Coordinator
- Vacuum Cleaner

Health Fair



Dr. Chiaoli Lu



Dragons Dancing



Dr. Leslie Nicholas

Mercy & Wisdom Healing Center held our 1st Integrative Medicine Health Fair on May 17th, 2008. This fair provides medical information, resources, health screening and consultation to the low income and uninsured. We are committed to providing health care, education and early intervention for the community. This year we partnered with the Grand Opening of the Asian Health & Service Center in Portland.

The day opening with the sound of drums and dragons dancing for the grand opening. We set up in their new office and served over 300 people with Diabetes Screening, Vision Screening, Acupuncture, Chiropractic Screening, Massage, Tui Na and many referrals for other treatments. We look forward to next's year's Health Fair. Healthy living begins with awareness.

In Tribute To Neal Yost



Neal Yost, husband of Janice Yost, passed away recently. All of us at Mercy & Wisdom express our gratitude to one of our steadfast volunteers.

He was always available with a hug or a joke and whenever he saw a need he was determined to fill it.

His wife Janice said, "I would like to say 'thank you' to all who attended Neal's funeral and have sent notes of condolence to me. Neal loved Mercy & Wisdom and loved volunteering for it. He got me started with my volunteer work for it. He believed it was such a good cause. I know he would hope that contributions would continue to be made both financially and with volunteer hours from caring individuals."

Neal was a big smile, attached to a big man with a big heart. He will be missed by everyone at the clinic.

Herbal Teas

The needles of the Ponderosa Pine *pinus ponderosa* and the unfurled leaves of the Golden Bamboo *phyllostachys aureaeach* have health properties. The pine, also known as yellow pine, traditionally is used to unblock nodules and to improve circulation to distal

areas. It is used to guide other herbs to the liver. The long slender unfurled bamboo leaf (it has a needle shape) is for the heart, to detoxify or to help with insomnia. What many don't know is that combining the two is very beneficial for the brain. To use, brew the bamboo leaf tea first then add pine needles at the end.

Ongoing Events

FREE MONTHLY CLINIC
First Wed of the month from
11am to 4pm free acupuncture

MONTHLY DENTAL VAN
Please call for time and dates

CALLIGRAPHY with
Mr. Michael Ling
Every Monday
From 1:00pm - 3:00pm
\$20 per month and includes all materials

Space is limited. Register by calling Rita at the clinic 503-227-1222 .

All class fees are donated to the Mercy & Wisdom Healing Center

Upcoming Events

July 20, 2008
Herbal Walk to Horse Tail Falls
9:00am-12:00pm
Bring your lunch to share

August 22, 2008
Project Homeless Connect.
Held by Multnomah County. We will provide acupuncture and massage services to the homeless.

September 21, 2008
2nd Annual Three Treasures Benefit Auction This is our largest fund raising event. Call for tickets or to donate goods or services 503-227-1222. This will be held on Sunday from 1:00 pm to 5:00 pm. It will be held at the Laurelhurst Club, 3712 SE Ankeny St.