



Katherine Katz, Kayte Nettles, Danica Cullins, Paul Mittman, Kim Tarnopolski, and Crissy Haidos

100+ WOMEN WHO CARE SUPPORTS COMMUNITY CLINICS

BY ANGELA SIMS

Approximately 11 percent of the total population of Arizona were uninsured in 2020, according to [statista.com](https://www.statista.com). The U.S. Department of Health and Human Services notes, “Uninsured adults are less likely to receive preventive services for chronic conditions, such as diabetes, cancer, and cardiovascular disease; and children without health insurance coverage are less likely to receive appropriate treatment for conditions like asthma or critical preventive services, such as dental care, immunizations, and well-child visits.”

Sonoran University’s Sage Foundation for Health (formerly SCNM Sage Foundation) exists for the sole purpose of providing health care to underserved families and children in Maricopa County. The Sage Foundation provides funding to six community clinics in the county that are staffed by licensed physicians and third- and fourth-year medical students from Sonoran University of Health Sciences, a fully accredited university in Tempe that offers degree programs in naturopathic medicine and nutrition. At the community clinics, physicians and students treat chronic and acute health conditions using both conventional and alternative medicine, such as clinical nutrition, supplements, botanical medicine, acupuncture, and homeopathy, at little to no cost.

The students who cover these shifts get a unique opportunity to provide treatment and gain skills and experience in a community health care setting, working

with a diverse patient population. They help their patients to restore their health and to improve self-care through daily diet, exercise, and stress reduction treatment plans.

The lifesaving work the Sage Foundation provides is made possible thanks to generous support from the community. This September, the East Valley members of 100+ Women Who Care Valley of the Sun donated \$10,050 to the nonprofit.

This donation will help offset the high costs of lab tests, medical supplies, pharmacy items, and other necessary supplies to keep the community clinics running and ensure they can provide high-quality health care to thousands of patients each year. Kayte Nettles, Director of Development at the Sage Foundation, stated, “The donation will go toward providing free care for underserved populations in Maricopa County. We are incredibly grateful for the support 100+ Women Who Care has shown us.”

Visit sage.sonoran.edu to learn more about Sage Foundation’s community clinics.

100+ Women Who Care is a group of women who meet quarterly to learn about local charities and choose one charity to receive a donation of \$100 from each of the members. They will hold their next quarterly giving circle in the East Valley on Thursday, Oct. 27, 2022, at 6:30 p.m. at Audi Gilbert. Members and guests are welcome. Visit 100wwcvalleyofthesun.org for more information and to register.