



Training fierce advocates

for just and equitable health care

The exceptional doctors who do their residency training at Carolyn Downs Family Medical Center share a tireless commitment to **advancing social and racial justice, dismantling systems of oppression, and treating all patients with dignity and respect.**

They take pride in providing the highest quality of care to vulnerable populations: immigrants and refugees, people who are homeless or recovering from addiction, and those who are marginalized because of their sexual orientation or gender identity.

Dr. Kristin Anderson leads the Carolyn Downs residency clinic site, one of six clinical training sites in the Swedish Cherry Hill Family Medicine Residency program. She sang many praises of this year's two graduates at their graduation in June.

"[Dr. Kirsten Hansen Day and Dr. Laura Krinsky], like all the residents who are drawn to our organization and clinic, came here to carry on the principle of the clinic founders, the Seattle Black Panther Party, that healthcare is a right for ALL people," Dr. Anderson said. "Like others before them they exhibit an unwavering commitment and passion to care and advocate for oppressed, disenfranchised and marginalized people."

Fast Facts



1 of 6 clinical training sites in the Swedish Cherry Hill Family Medicine Residency program



Founded in 2010



Welcomes 2 new residents per year for 3 years of training after medical school



Dr. Laura Krinsky (right) and Dr. Kirsten Hansen Day, holding her baby

Gratitude to Our Graduates

Dr. Hansen Day set her sights on Carolyn Downs during her first year of medical school at the University of Washington.

This past year, she served as an obstetrics chief for the residency program and graduated with a concentration in integrative medicine, a practice that integrates therapies of conventional medicine with practices derived from complementary and alternative medicine. She will soon take a position at a community health center in South King County to practice family medicine with obstetrics.

Dr. Krinsky served as a co-chief of the residency program this year, co-led the incarceration justice interest group, co-founded the Carolyn Downs Youth Mentorship Program, co-organized the residents' anti-racism group at Swedish, and graduated with two areas of concentration in both reproductive health and HIV medicine. She'll be assuming a teaching role covering the parental leave of a faculty member at the Swedish Cherry Hill Residency.

Among the many words of gratitude Drs. Hansen Day and Krinsky shared at their graduation, they had this to say to their patients: "You are the best thing about this job. Thank you for your wisdom, trust, and patience as you've taught us to be excellent doctors."

We wish Dr. Hansen Day and Dr. Krinsky the very best as they continue their journey in fighting for justice and equity through community health. We expect great things from them, as we do of our four returning residents — Neha Bakhai, Rozanna Fang, Nasya Sierra, and Danyelle Thomas— as well as the two new first-year residents who joined the program in June: Kevin Beene from the University of Wisconsin and Valerie Rock of Rush Medical College.

Dear friends and supporters,

Hardly a week passes by without a local physician or nurse telling me about the rotation they did years ago at a Country Doctor or Carolyn Downs clinic. "Thank you for introducing me to community medicine," they say, smiles beaming.

The gratitude goes both ways, of course. The medical and nursing students who rotate through our clinics take exceptionally good care of our patients. They come to us to learn, to deepen their understanding of how to meet the needs of vulnerable populations. Yet we learn as much from them as they do from us.

We are especially proud of the residents who spend most of their clinic time at Carolyn Downs, one of six sites in the Swedish Family Medicine Residency at Cherry Hill. The residents you'll read about in this newsletter choose Carolyn Downs as their "clinic home" because they share our deep

commitment to providing the highest level of care to those who often go without it because they have no means to pay.

These exceptional residents make us stronger as an organization devoted to fighting for justice and equity through community health. Lucky us, many of them continue to work with us after their residency.

We could not be more grateful for the passion and skill these phenomenal young doctors bring to our work. Thank you, residents. You are truly amazing!

Raleigh Watts, Executive Director



Hometown resident takes pride in clinic's roots

Danyelle Thomas grew up a mile and a half from our Carolyn Downs clinic. Her family's church is just three blocks away. But it's the patients she sees as a resident based at Carolyn Downs that make her feel most at home.

"I want to work with a population that looks like me," Danyelle says. "I'm really invested in black and brown patients — anybody who's marginalized."

Danyelle's father went to high school with Elmer Dixon, a leader of the Seattle Black Panther Party, which founded the Carolyn Downs clinic in 1968. One day at church, when she shared that she was a resident at Carolyn Downs, a woman exclaimed, "Oh, yeah ... Carolyn Downs used to drive me to school!"

Danyelle is proud to be doing her residency at the last known community health clinic founded by the Black Panthers that's still in operation.

"That rich history is something I try to hold dear," says Danyelle, who's entering the third and final year of her residency. "It's important that this clinic was started to help people who needed care and serve in a way that's accessible and that they could afford. It's an honor to continue that legacy."



Innovations inspired

by Carolyn Downs residents

Dr. Nasya Sierra (Class of 2020) and Dr. Laura Krinsky (Class of 2019) co-founded the **Carolyn Downs Youth Mentorship Program** this past year, giving students of color at nearby Garfield High School hands-on opportunities to learn from and shadow medical providers at Carolyn Downs clinic.



We now offer a **special training track in HIV Medicine**, thanks, in part, to Dr. Glenna Martin (Class of 2017), whose commitment to improving access to HIV care helped form the foundations of the program. This increasingly sought-after program is available to just one resident per year, who works with Dr. Laura Morgan at Country Doctor Community Clinic, which cares for the second-largest population of HIV patients in Seattle behind Harborview Medical Center.



Our **Seattle Reentry Clinic** addresses medical issues neglected during incarceration as well as social, emotional and behavioral health needs. Dr. Laura Morgan (Class of 2015 and now a physician at Country Doctor) led efforts to launch the program.



We've made treatment for opioid abuse disorder more accessible with medications that our physicians can prescribe out of their offices, so patients don't have to go to a methadone clinic for relief from excruciating withdrawal symptoms. Dr. Ronan Cahill (Class of 2016) played a key role in launching our **office-based opioid treatment program**.



Carolyn Downs Youth Mentorship Program Participants from Garfield High School

" IF I PUT MY FACE OUT THERE IN A HOSPITAL SETTING ... ALL THOSE PATIENTS HOPEFULLY WOULD SEE A DIFFERENT IMAGE OF WHAT A MUSLIM WOMAN CAN DO — THAT WE'RE JUST LIKE ANY OTHER PERSON. WE'RE HERE TO HELP OTHER PEOPLE AS WELL " — An aspiring emergency physician



Save the date!

Come Together Dinner

10.19.19

'I love coming to Carolyn Downs'

At first, Rosa Ore wasn't sure if an English-speaking doctor would work for her.

A native of Peru, she worried that communicating would be a challenge. But the language barrier wasn't a problem at all. An interpreter joins her for all of her appointments, and Dr. Kristin Anderson, always makes her feel heard.

"I love coming to Carolyn Downs," Rosa raves through an interpreter. "[Dr. Anderson] really stops and listens and takes into consideration everything that I'm telling her. She doesn't rush me. She takes her time to really hear you and really help you out."

Several family members are also patients of Dr. Anderson, including Rosa's young son, Paul Anthony, a brother, sister, and her mother.

Fundraising Celebration
7:00 pm

Museum of History & Industry (MOHAI)
860 Terry Ave N
Seattle, WA 98109

For more information:
cdchc.org/dinner



Featured speaker
DR. PAUL SONG

board-certified radiation oncologist, biotech executive, and health care reform activist.

Cover photo courtesy of Swedish Family Medicine Residency; all other photos by Andy Ahlstrom

Writing by Liz Murtaugh Gillespie

Graphic design by RRD Design



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