

## OUR NEW NORMAL

IN RESPONSE to the Covid-19 pandemic that continues to alter many lives on a global scale, the Open Door Clinic adopted new methods to continue serving our community. Without seeing patients in-person for both their safety and that of our clinical staff, we began offering Telehealth appointments in place of our in-person clinics twice a week beginning in March.



This involved seeing the faces of those we care for from a distance, often over video or phone calls. Our nurses, providers, and patient services coordinator worked together to implement these changes for our patients, while continuing to provide excellence in their standard of care. Heading into the month of July as Covid-19 restrictions loosened, we slowly began seeing patients in-person again for a handful of appointments each week. As a clinic, we are excited to see our community face-to-face again, while still maintaining recommended health standards as the Covid-19 pandemic evolves. It is with these ideas and ability to adapt with the changes of the pandemic that members of the Open Door Clinic will continue to aid Vermonters during a time where vulnerability is at its peak.

*"Your services and dedication to the community gives me great joy. Your willingness to help and listen to your patients is something rare these days. It'll be my pleasure to thank you in the future personally."*

*- ODC Patient*

**Would you like to make a donation to the ODC?**

Mail us a check:  
100 Porter Drive  
Middlebury, VT 05753

On our website:  
[www.opendoormid.org/donate](http://www.opendoormid.org/donate)

On Facebook:  
[facebook.com/opendoorclinicvt](https://facebook.com/opendoorclinicvt)

On Amazon Smile:  
Community Health Services  
of Addison County

## 2020 ANNUAL APPEAL

THANKS to the generosity of our donors, since mailing the annual appeal in mid-June, we have received \$89,674 in donations from our community members, including 210 households and 19 businesses. We are thankful for your belief in our ability to reach those in Addison County who need us the most. There is still time to give generously to the Open Door Clinic to keep us running as we push through the unknowns ahead. Every contribution goes a long way in achieving our mission and we remain grateful to those who have already contributed.



*Paola and Julia stop for a picture as they prepare to see patients outside for clinic with volunteer provider Terry Naumann, MD.*

*"Your services and dedication to the community gives me great joy. Your willingness to help and listen to your patients is something rare these days."*

*- ODC patient*

*"I'm overwhelmed with how amazing you all are and what you do. Your follow through and professionalism are what got me insurance."*

*- John*

## WELCOME TO THE FAMILY

CONGRATULATIONS to ODC's Communication's Specialist Chris Kokubo and her husband Nate Shepard on welcoming the newest member to their family! Manel Kokubo Shepard was born Thursday July 9, 2020 weighing 9 pounds 2.8 ounces and measuring in at 21.5 inches long. We are proud of the new parents and are excited to watch Manel grow!



## SUMMER 2020 INTERNSHIP REFLECTION

THIS was not the summer I was expecting, but it was exactly what I needed. Upon applying for a summer internship position at the ODC, there was much uncertainty on what an internship at the clinic would look like surrounding the events of the Covid-19 pandemic. However, through much adaptability by the staff at the ODC and myself, we were able to find a place for me to spend my summer.

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I have much to be grateful for during my time here at the ODC, most of it centered around ODC's team keeping me busy with an abundance of behind-the-scenes work that keeps the clinic organized. Small projects filled my days regularly; making and answering phone calls, attending video conference meetings, learning how to use the copy and fax machines were two ways I could lend a hand each day. These coupled with larger projects lasting up to a few weeks, such as working with the annual appeal and creating posts for the Facebook page gave me plenty to learn and grow from in the past months. Even when there was little to do at the moment, I knew that I could at least help by filing and scanning charts, which isn't the most glamorous work, but is a part of the essential behind the scenes tasks that helps with the organization and function of the clinic.

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*After her summer at the ODC, Kiana will be starting her senior year at St. Lawrence University in New York.*

I enjoyed spending another summer in Vermont, a place I have grown up and put roots down since childhood. Time away from the clinic was spent at my favorite ice cream stands enjoying a maple creemee or shopping at Vermont's many businesses. With so much despair and uncertainty in our world today, seeing the work being done at the ODC gives me hope and prosperity for better times ahead. It was truly a privilege to spend 12 weeks interning with the Open Door Clinic and learning from the team here during this time. I am grateful to all of the staff and community members who welcomed me into the ODC family and for all that they have taught me to use toward my future opportunities.

## We wear a mask... to keep others safe & healthy.

It's a fact: Vermonters help Vermonters. As the COVID-19 pandemic continues, it's never been more important for us all to take steps to slow its spread, especially for Vermonters at higher risk of serious illness. That means wearing a face mask or covering when you can't always stay six feet of distance from people you don't live with. Simple steps like these keep our state a safe place to live, work and play.

**What are your reasons?  
#MasksOnVT**

**[HealthVermont.gov/MasksOnVT](https://www.healthvermont.gov/MasksOnVT)**



### **People who should NEVER WEAR a mask**

- Children under 2 years old
- Anyone who has trouble breathing, or is unconscious
- Anyone unable to remove the mask without assistance

### **When You DO Need a Mask**

- Unable to maintain 6 feet of distance from others you don't live with
- On a crowded street, trail, or bike path
- At home, if you have symptoms of Covid-19 to protect those you live with
- Inside with people you don't live with even if physical distancing is possible
- Going to the grocery store, pharmacy, doctor or hospital

### **When You DO NOT Need a Mask**

- Exercising, playing sports, or other physical activities that makes you breathe more heavily
- On uncrowded trails, paths, or neighborhoods
- At home with people you live with if no one has symptoms
- Outside with friends or family when you can remain 6 feet apart
- Eating or drinking while seated at a restaurant or other food service establishment