

Showing Christ's love by providing free healthcare to those in need



SAFE HARBOR FREE CLINIC ANNUAL UPDATE

JANUARY 2026

2025 CLINIC STATISTICS

- Number of unduplicated patients - 517
- Total patient visits - 1,197
- New patients - 264

Demographics

- 51% from Snohomish County
- 31% from Skagit County
- 17% from Island County
- 1% from other locations

Volunteer Engagement

Our volunteers are a precious resource and essential to fulfilling our mission.

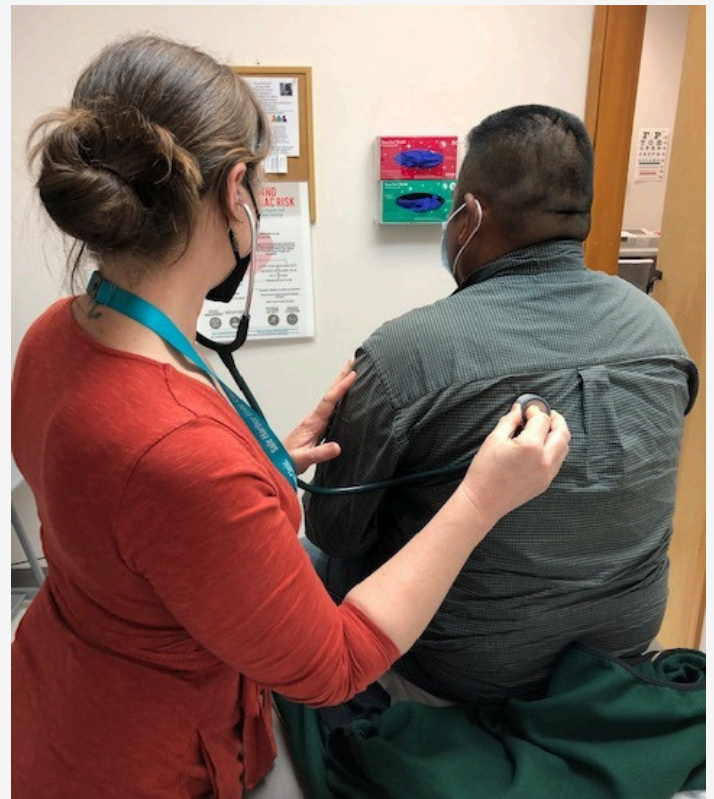
- 114 volunteers
- 3,490 volunteer hours donated
- \$121,711 value of volunteers' hours

2025 FINANCIAL SNAPSHOT

Donor Contributions

Safe Harbor Free Clinic received generous support from many donors

- Total Donations - \$254,401
- Fundraising - \$66,746
- Grant Income - \$72,500
- Rent Income - \$36,000



EXPANDED PATIENT SERVICES

- 3 Same-Day clinics weekly
- 2 Chronic Care clinics monthly
- Women's Clinic
- Cardiology
- Respiratory
- Physical therapy
- Counseling
- Podiatry
- Foot Care
- Therapeutic massage

2025 HIGHLIGHTS



We're grateful for the incredible community that supports Safe Harbor Free Clinic. To our dedicated donors, tireless volunteers, corporate sponsors, and generous grantors: You're the lifeline that allows us to serve patients through free healthcare. Because of your unwavering support this past year, we've continued to provide vital services across our various clinics. Your partnership turned the challenges of 2025 into a year of healing and hope, ensuring that quality healthcare remains accessible to everyone who walks through our doors.

Sandy Solis, Executive Director



Our Stanwood-Camano Parade float engaged with the community in August.



Medical Director Keith Erickson serves at both clinic locations.

We appreciate the support of these foundations in 2025

The Olson Foundation
RE/Max Community Chest Grant
Skagit Community Foundation
Floyd & Delores Jones Endowed Fund Grant
Tulalip Tribes
Stillaguamish Tribes
Muckleshoot Tribe

Therapeutic medical massage now helps with specific conditions.



A donor and volunteer panel at the Spring Women's Event.

IMPACTING LIVES ONE PATIENT AT A TIME



Multiple individuals benefited from the services of **a volunteer counselor** in 2025. One woman in poor physical health due to family dysfunction met with the counselor weekly. She learned to confront people and situations that caused her suffering and how to manage anxiety and interpersonal stress. By the year's end, she announced to the counselor, **"I'm doing super good!"** with mended relationships and improved physical wellness.



This summer, 20 women without health insurance received **free mammograms** at a mobile mammogram event we hosted. For some of these women, it was their first mammogram; several women needed follow-up imaging, which our staff arranged.



Steve came to SHFC with very high blood pressure. Providers noticed that **his high stress level** related to his work and a relationship breakup. Steve agreed to meet with Leigh, a spiritual care volunteer, and revealed **he was drinking heavily to manage his emotions**. Through treatment to control his BP, Steve and Leigh met repeatedly. Steve agreed to enter an alcohol addiction program, completed treatment, and **more than a year later, he's sober**. He and Leigh have occasional check-in's, where it's evident Steve has gained a new lease on life.

Corporate Sponsors



Stanwood Dental Care

OUR BOARD AND STAFF

Board of Directors

Dr. Victoria VanHorn, DPT

Board President; Physical therapist, Mukilteo School District

Don Timmerman

Board Vice-President; Real Estate Broker, ReMax

Michael Dame, CPA

Board Secretary; Owner, Michael Dame & Associates, Inc., P.S.

Tim Menzies

Board Treasurer; Owner, Menzies Financial

Dr. Randy Thompson, DDS

Retired dentist

Carrie Cabe

Retired nurse

Rich Crouch

Retired teacher

Mark Colombo, MD

Family practice physician, Optum Health

Staff

Executive Director

Sandy Solis

Medical Director

Keith Erickson, PA-C

Volunteer Coordinator

Sandy Erickson

Clinic Manager

Stephanie Herzog, RN

Clinic Nurse

Karen Schmidt, RN