



MISSION STATEMENT

**We transform lives through HIV/AIDS care,
research and community awareness.**

1500 21st Street
Sacramento, CA 95814

916.443.3299

www.caresclinic.org

Tax ID Number 68-0162903

FROM THE EXECUTIVE DIRECTOR

DEAR FRIENDS OF CARES:

As the new Executive Director of CARES, I would like to thank you for this opportunity to serve the HIV/AIDS community of Sacramento. I have enjoyed the last 13 years of my career at a different "CARE" Program, at CHW-St. Mary Medical Center in Long Beach. The "CARE" I leave is very similar in size and scope to the "CARES" where I am now at the helm. The similarities exist in that both programs provide superior clinical care delivered by highly talented medical and social services staff, dedicated to our clients. This made my choice to move to Sacramento and accept the challenge of becoming the Executive Director at CARES an easy one.

I am fortunate to have been able to work from the "ground up" in a HIV/AIDS program that was part of a large hospital-based system. My past experiences have allowed me to grow in skills and abilities that match the changes that have occurred in HIV/AIDS. As changes came to the disease, and there have been many, I have been successful in adapting HIV/AIDS services to better serve the clients. My work in HIV/AIDS is my passion, and it will continue to drive me to support and serve the clients we have today at CARES.

Many of the challenges we currently face as providers of HIV/AIDS services are due to continued changes in government funding and resources. In the upcoming year, it is one of my goals to lead CARES, together with its board of directors and staff, through this period of change to identify other resources to support its many programs and services as well as advocate for continued full, if not increased, government funding at the federal and state levels. Empowerment of clients and effective chronic disease management are additional goals as we continue to explore cutting edge service delivery models, using evidence-based practice. The outcome will be an even stronger CARES that will continue to serve our community for years to come.

It is an honor for me to be chosen for this position. I look forward to working with you in continuing to build on our reputation of excellent service and quality patient care to bring CARES to the next level.

Sincerely,



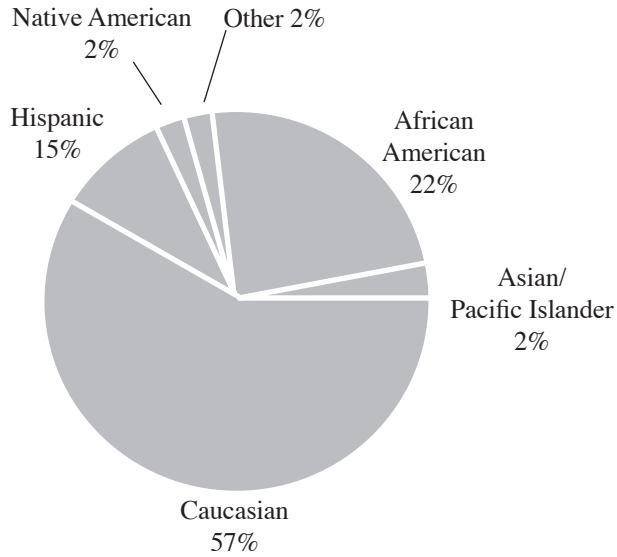
Andrew Signey
Executive Director



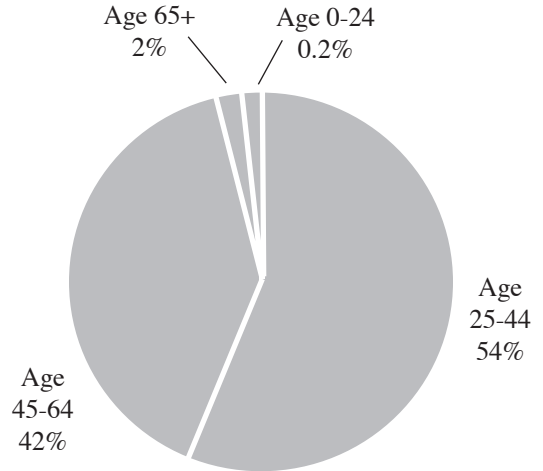
DEMOGRAPHICS

WHO WE SERVE

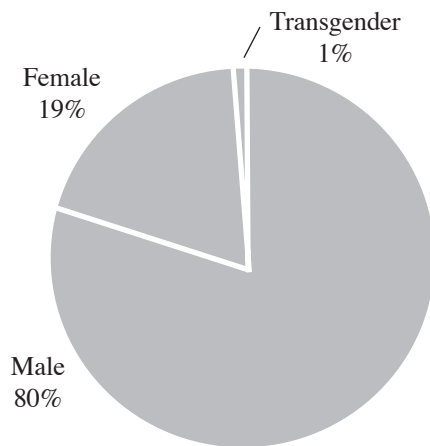
ETHNICITY



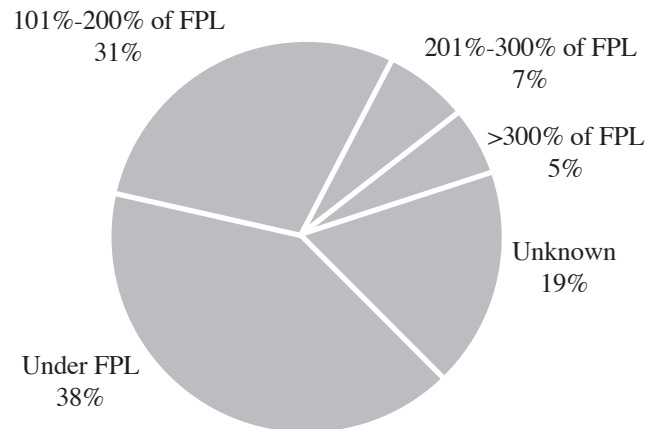
AGE



GENDER



INCOME



FPL = Federal Poverty Level

TOTAL UNDUPLICATED CLIENTS SERVED IN 2005 - 1,864

SERVICES PROVIDED

- Medical Service Visits — 10,645
- Dental Care Visits — 1,258
- Drug and Alcohol Counseling Sessions — 4,321
- Mental Health & Psychiatric Sessions — 3,079
- Case Management Sessions — 6,878
- New & Returning Client Intakes — 442
- Health Education Visits — 206
- Nutritional Education Sessions — 401
- Treatment Education Contacts — 967

TOTAL: 28,197

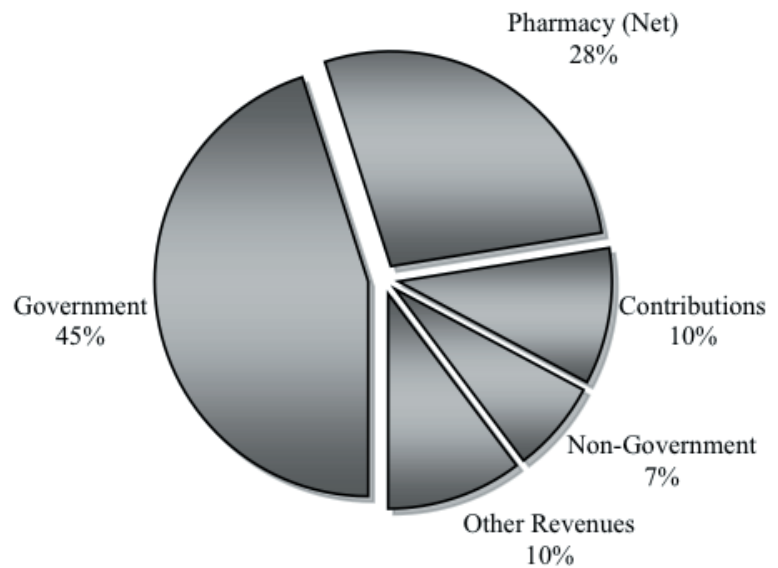




REVENUES & EXPENSES

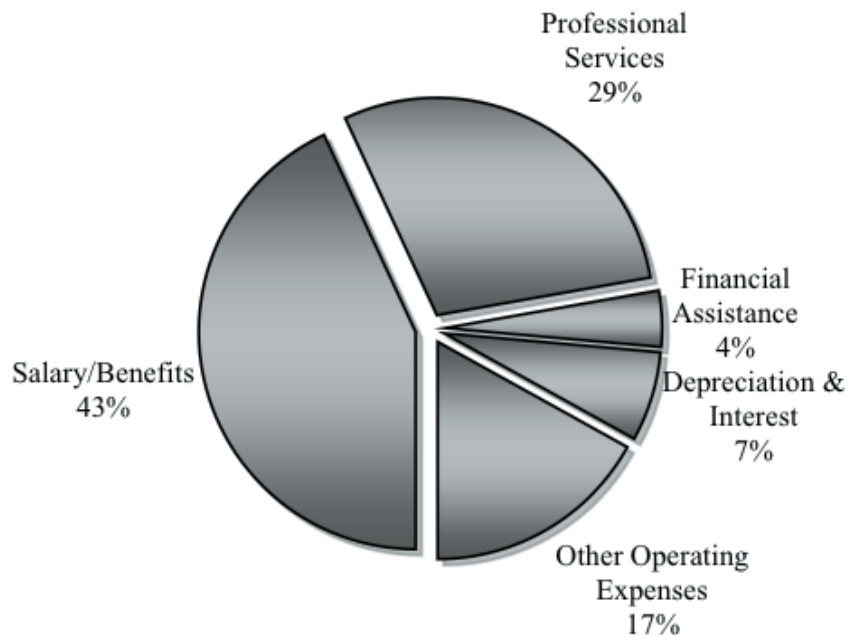
REVENUES

Government	\$2,791,264
Pharmacy (Net)	1,714,659
Contributions	638,882
Non-Government	418,064
Other Revenue	642,334
TOTAL	\$6,205,203



EXPENSES

Salary/Benefits	\$2,454,035
Professional Services	1,660,509
Financial Assistance	241,620
Depreciation & Interest	381,793
Other Operating Expenses	967,881
TOTAL	\$5,705,838



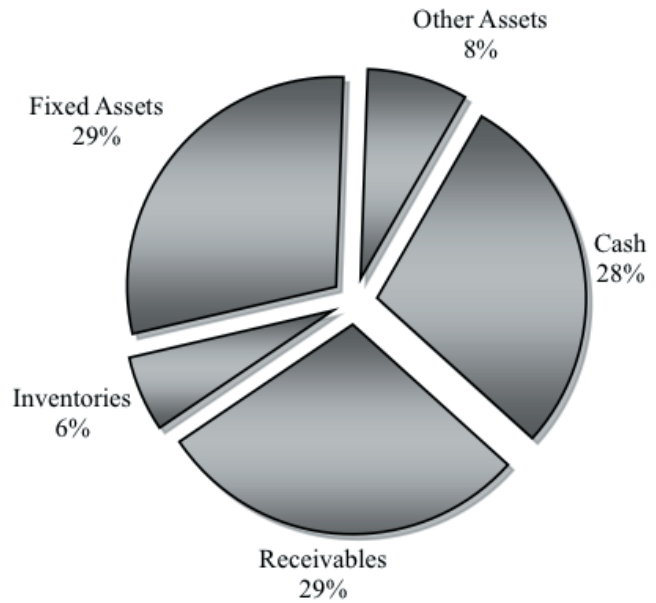
The financial information presented in these graphs is condensed and does not purport to be prepared in accordance with generally accepted accounting principles. A copy of CARES' audited financials is available by sending a request to CARES, Attention Finance Department, 1500 21st Street, Sacramento, CA 95814. A contribution to CARES for \$5 is suggested to cover the cost of postage and handling.



ASSETS & LIABILITIES

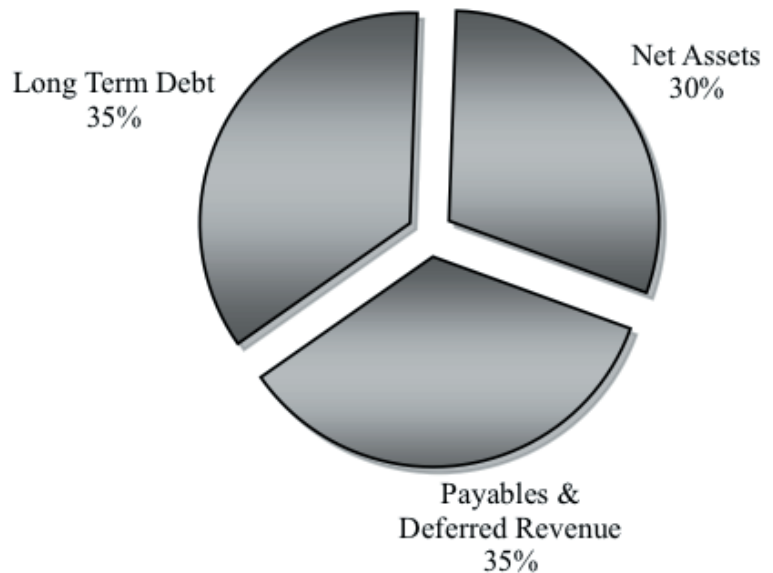
ASSETS

Cash	\$2,126,015
Receivables	2,189,463
Inventories	427,571
Fixed Assets	2,196,716
Other Assets	587,696
TOTAL	\$7,527,461



LIABILITIES & NET ASSETS

Payables & Deferred Revenue	\$2,610,022
Long Term Debt	2,660,000
Net Assets	2,257,439
TOTAL	\$7,527,461



The Assets, Liabilities and Net Assets shown with the above graph are only a portion of CARES Financial Statements. They do not purport to be prepared in accordance with generally accepted accounting principles. A copy of CARES' audited financials is available by sending a request to CARES, Attention Finance Department, 1500 21st Street, Sacramento, CA 95814. A contribution to CARES for \$5 is suggested to cover the cost of postage and handling.

DEPARTMENT ACCOMPLISHMENTS

MEDICAL

- Improved client telephone access to nursing staff
- Increased availability of urgent medical care slots
- Maintained high levels of client satisfaction
- Quality Management program has increased its scope, and has received favorable reviews by regulatory agencies
- Mortality rate in our patients compares very favorably with the best results reported in the medical literature
- Percent of patients on HIV medications with undetectable virus levels is also comparable to the best results reported in the medical literature

PHARMACY

- Increased the number of prescriptions filled during the year by 28.9% to 61,074.
- Expanded patient access with increased use of UPS Ground delivery of prescriptions
- Instituted a limited service of blister packaging medications
- Added a second electronic counting machine to improve workflow

EDUCATION

- Training in behalf of the State Office of AIDS for public health personnel regarding HIV Opportunistic Infections
- Medication adherence was the main focus of the Clinical Pharmacist educational activities.
- Educational programs, such as "Lunch & Learn", "HIV Medical Update", and "Dinner with the Dietitian" continue to be very popular with our clients

OUTREACH

- Increased the number of new clients by more than 90
- Extended outreach to local community colleges
- Provided harm reductions tools and resources

NUTRITION

- Increased number of individual client referrals to CARES Nutrition Program from outside agencies and medical facilities
- "Dinner With the Dietitian" evening nutrition and physical fitness class continues to be a well-attended client favorite
- Continued working closely with CARES Pharmacy to improve the approval process of nutrition supplement and weight loss related prescriptions
- Partnered with River City Food Bank to provide healthier monthly food bags to CARES clients utilizing their services

ALCOHOL AND DRUG TREATMENT SERVICES

- Participation in treatment groups has grown tremendously
- Special topic groups like Anger Management have been well received

MENTAL HEALTH

- Increased psychiatry hours to meet the demand for services
- Added a Spanish speaking psychologist

CASE MANAGEMENT

- Began the change to Self-Management of Chronic Disease model of care
- Educated clients about the impact of new Medicare Prescription Drug benefit
- Dramatically improved productivity

IT DEPARTMENT

- Implemented state of the art security features to safeguard CARES against SPAM and viruses
- Installed new technology for HIPAA compliance

HUMAN RESOURCES/INFRASTRUCTURE AND FACILITY IMPROVEMENTS

- Finalist in the 2005 Sacramento Workplace Excellence Leader Awards recognition
- Upgraded client service areas with vinyl flooring and new furniture
- Installed new furnishings and equipment in staff work areas and break room
- Added a new commercial grade pharmaceutical refrigerator and remote door opening mechanism in the Pharmacy



SERVICES

CARES OFFERS THE VERY BEST IN HIV/AIDS HEALTHCARE.

MEDICAL STAFF

Provide primary & HIV specialty care; prescribe appropriate medications; monitor side effects & disease progression; encourage healthy lifestyle choices; coordinate care with other services.

ONSITE PHARMACIST

Ensures prescriptions get filled by providing confidential service in conjunction with a medical appointment and by removing the barriers of cost, transportation, and availability of new drugs.

MENTAL HEALTH PROFESSIONALS

Psychologists, psychiatrists, and mental health therapists help clients deal with associated psychological issues.

DENTAL STAFF

Provide routine dental care, which is especially important for impoverished clients who have not received regular dental care.

NUTRITIONIST

Provides individual dietary counseling as well as group classes in nutrition; offers a monthly healthy balanced "Dinner with a Dietician" to discuss the nutritional merits of the menu.

COMMUNITY OUTREACH WORKERS

Identify and connect with at-risk populations to encourage testing and treatment, when needed.

CERTIFIED DRUG & ALCOHOL COUNSELORS

Provide professional guidance/peer support through individual and group counseling; provide referral to recovery programs as needed.

RESEARCH THROUGH THE AIDS CLINICAL TRIALS UNIT

CARES clinic clients can participate in clinical research studies. The studies provide clients access to the latest medical treatment and contribute to the body of knowledge of the disease.

CASE MANAGERS

Provide assistance with benefits, referrals to community resources, encouragement and education for self-management of chronic disease, and when necessary, financial assistance for limited rental and other support.



FROM THE BOARD PRESIDENT

DEAR FRIENDS OF CARES:

2005 was a year of important advances for CARES. Our staff, clients and community supporters have partnered to provide services for those infected and affected by HIV/AIDS and empower them to enjoy healthier, happier lives. We have come together to advance our mission of “transforming lives through HIV/AIDS care, research and community awareness”.

In 2005, the CARES Board approved a strategic plan which describes specific initiatives to continuously improve the quality of our programs to meet the needs of our community. Let me share three examples of the success of this plan:



- **Delivery of quality medical and case management services** – Through the dedication of our physicians, nurses, case managers and other staff, our clinic provides the highest quality, compassionate health care. CARES has implemented an outstanding quality assurance program which was highly praised by the external reviewers who visited over the past year. The effectiveness of our medical care is evident in the outcomes- we are proud for example that the likelihood that our patients have undetectable virus levels compares very favorably with the best results reported in the medical literature. But most importantly, the quality of our medical services is reflected in the high patient satisfaction ratings received from our clients!
- **Advocacy and public awareness** – During the past year, CARES has worked to impact the state and local policies that affect the lives of those with HIV/AIDS. Because of these efforts, government leaders now frequently turn to CARES when they need expert opinions on proposed new legislation or regulations. CARES is pleased to have advocated for increased funding in the state budget for HIV/AIDS prevention and education programs.
- **Research to find improved therapies** – CARES is fortunate to partner with UC Davis researchers who are supported by grants from the National Institutes of Health to conduct clinical research through the AIDS Clinical Trial Group (ACTG). Because we share a building, clients seen in the CARES’ clinic have immediate access to the ACTG research nurses who can tell them about opportunities to enroll in trials that offer new options for therapy and contribute to increasing our understanding of HIV/AIDS.

Every day, the CARES organization responds to the challenge of HIV/AIDS by providing outstanding medical and social support services, coordinating research projects, educating the public and passionately advocating for improved services for our clients. But, we don’t do this alone. The support of the community is essential to our ability to do this important work.

I would like to thank all who have supported us in our mission thus far: the four hospital systems – Sutter Health, UC Davis Health System, Catholic Healthcare West, and Kaiser, as well as the many generous individual and corporate donors. Because of you, CARES brings new caring and hope to our community!

In this time of increased need, donations are critical to the future of CARES to ensure that we can help all patients regardless of ability to pay. Our mission is far from over. You can make a difference. Please contact the CARES development office at (916) 914-6271 for information about ways you can support this important work. Thank you for caring.

A handwritten signature in black ink that reads "Claire Pomeroy". The signature is written in a cursive, flowing style.

Claire Pomeroy, MD
President, CARES Board of Directors

CARES LEADERSHIP



BOARD OF DIRECTORS

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Claire Pomeroy, MD (2003)
Vice Chancellor for Human Health Sciences
Dean of the School of Medicine at UC Davis

Vice-President:

Raymond Nelson (1994)
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Wilcox, Miller & Nelson

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Director of Finance
Sutter Auburn Faith Hospital

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Owner/General Manager
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Director of ACTU UC Davis Medical Center

Michael R.O. Martinez (2006)
Legislative Advocate
Manatt, Phelps & Phillips

Bary Siegel, MD (1995)
Physician
Sutter Medical Group

Glennah Trochet, MD (1999)
Health Officer
Sacramento County DHHS

Janet Wagner (1994)
Administrator
Sutter Davis Hospital

STAFF DIRECTORS

Executive Director:

Andrew Signey

Medical Director:

Paolo Troia, MD

Social Services Director:

Janet Parker

Development & Community Relations Director:

Azizza Davis Goines



THANK YOU



CARES would like to thank the following individuals for their support in 2005:

Philantropists League	\$1,000,000 + (lifetime contribution)
Partners in Caring	\$100,000 - \$999,999
Leadership Society	\$50,000 - \$99,000
President's Council	\$5,000 - \$49,999
Red Ribbon Supporter	\$1,000 - \$4,999
Executive Benefactor	\$500 - \$999
Capitol Contributor	\$300 - \$499
Century Club	\$100 - \$299
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Mario Zefo

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Patricia & Martin Nolan
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Brian Lawrence
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Patricia & Karl Olson
Thelma & Joseph Allovio
Peter & Susan Barton
Donnasue Brooks
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