



## Tulalip Charitable Contributions Funds Distribution Report

**NAME OF AGENCY:** Free Range Health

**ADDRESS:** 6128 96th ST NE, Marysville, WA 98270

**CONTACT:** (425) 419-7033; <http://www.freerangehealth.org>

**GENERAL GOALS:** Free Range Health is a decentralized approach to providing low-cost integrative and alternative medicine services to low-income individuals, homebound patients and their caregivers, rural communities, and native communities is the driving force behind our mission.

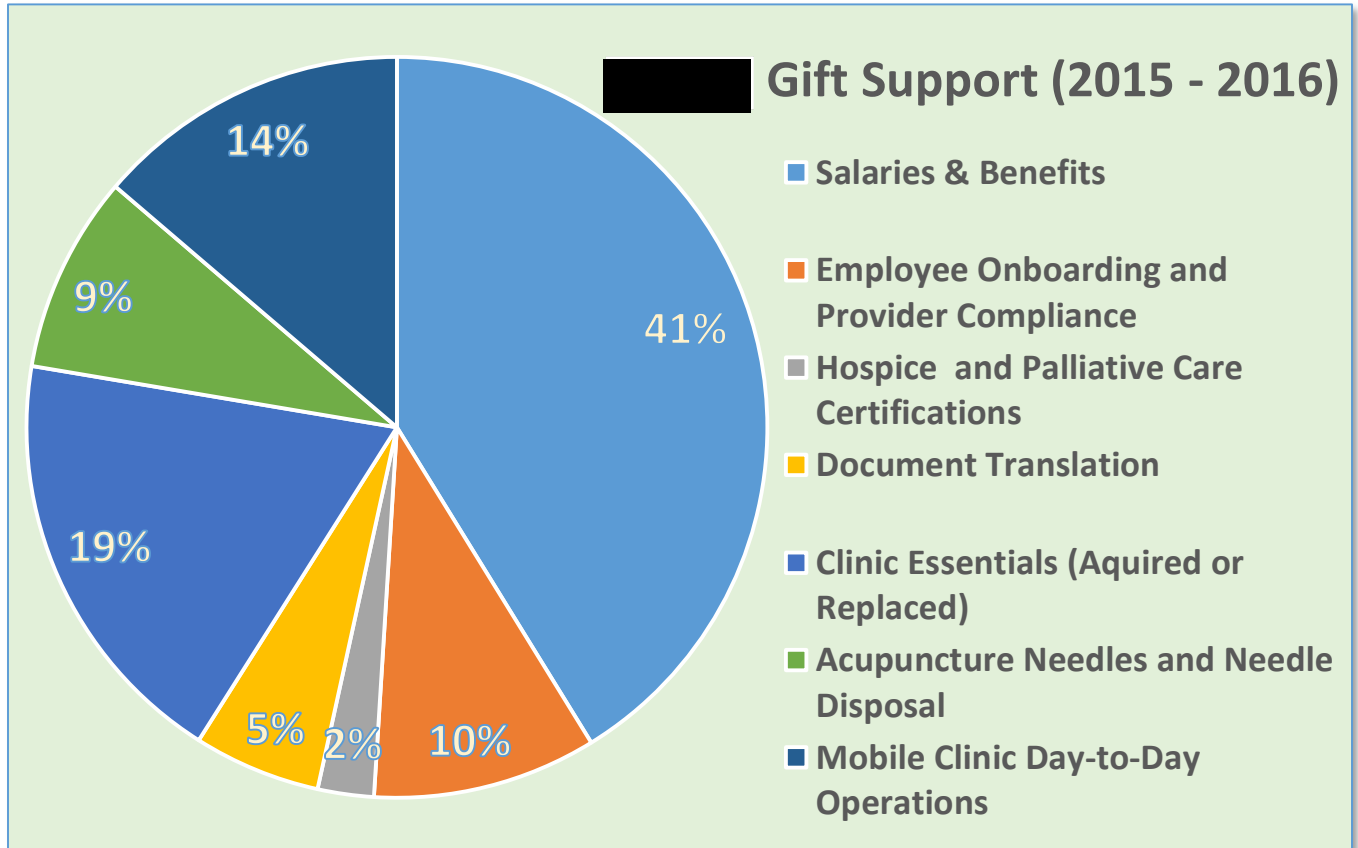
**SPECIFIC USE FOR THIS AWARD:**

- 2,211 low-cost treatments provided to underserved individuals since Sept 2015.
- Recruiting, onboarding, and training of an additional health provider.
- Replacement of portable heaters used in mobile clinics.
- Purchase of supplies for providing wellness tea to patients after treatment.

For more information see the attached report from Free Range Health.



Tulalip Tribes  
Grant Report (2015–2016)



Gift Impact Highlights:

- 2,211 low-cost treatments provided to underserved individuals since Sept 2015.
- Recruiting, onboarding, and training of an additional health provider.
- Replacement of portable heaters used in mobile clinics.
- Purchase of supplies for providing wellness tea to patients after treatment.

## Detailed Report:

- **Salaries & Benefits:**

Thanks to your amazing generosity, Free Range Health was able to recruit and train an additional licensed acupuncturist for our mobile clinic staff, Dr. Joshua Jangula. Our mobile acupuncture clinics are unique, which means new practitioners must learn large amounts of new information and skills to become effective members of our team. In the past, we have not had the resources to allot an adequate amount of time for new employees to feel fully confident before beginning services. With the help of this gift, we were able to give Dr. Jangula the time he needed with patients at clinic locations before going solo.

- **Provider Compliance:**

The privilege of providing these services to our patients comes with the cost of continuing education and licensing compliance that insures the safety and wellbeing of the people we serve. Your gift helped to recertify our providers for CPA/First Aid training through the American Red Cross. This is especially important given that the population we work with is primarily seniors.

- **Clinic Essentials (Acquired or Replaced):**

This year Free Range Health began offering a small cup of our Wellness Blend tea to patients after each treatment. Offering such a treat is a very traditional approach to helping a patient warm up and become alert again after an acupuncture treatment. In addition, our blend of buckwheat and hawthorn berry, provides many health benefits for people suffering from chronic conditions. Your gift helped to purchase an electric kettle to boil the water and 2 air pot thermoses to hold the tea during the clinic. The response to this service has been amazing. Patients truly love having the tea at the end of their sessions.

- **Acupuncture Needles, Needle Disposal, and Day-to-Day Operations:**

The rest of your gift was used for day-to-day operations such as laundry service for clinic linens and maintaining our electronic health records. It was also used to stock up on acupuncture needles, which disappear quickly thanks to the popularity of our services. This makes proper needle disposal a high priority for the organization. Acupuncture needles are made of stainless steel. The company we use for disposal recycles the used needles into steel beams for building construction. It is nice to know your dollars are also being used to help keep landfills clear of unnecessary waste.