

**ANCHORAGE  
PROJECT  
ACCESS**



# **2023**

## **ANNUAL REPORT**



**BUILDING BRIDGES TO  
BETTER HEALTH**

## MISSION

To increase access to health care for low income, uninsured individuals by coordinating a network of committed and compassionate volunteer providers.

## VISION

In partnership with the community, provide access to health care for those most in need.

## VALUES

Integrity • Compassion • Respect • Empowerment • Service • Excellence

Anchorage Project Access is a valuable program for uninsured people who need medical attention, and I am so very grateful for it.

-D.J.

2005-2023

OVER

**\$56.1  
MILLION**

in donated care  
provided by APA's  
health care partners

## IMPACT

- Strengthening the health care safety net with compassion and efficiency
- Improving health outcomes and health equity for low income, uninsured Alaskans through donated specialty care and enrolling individuals in health insurance plans
- Maximizing patient utilization of health insurance and health care systems through education and support
- Connecting donating providers to those most in need
- Expanding the primary care treatment capacity in Anchorage with extensive health care partnerships
- Increasing collaboration within the Southcentral health care community to meet the needs of low income, uninsured individuals
- Developing health care partnerships to address health inequities and socioeconomic aspects of poverty to improve the health of all Alaskans

## STAFF MEMBERS

Melinda Freemon - Executive Director

Gail Schiemann - Program Director

Kate Love - Program Coordinator

Mayerlyn Rojas-Quintero - Eligibility Specialist

Casey Erwin - Medical Care Coordinator

Ashley Garver - Dental Health Coordinator

Sarah Randolph - Mental Health Counseling Program Manager

Mickela Olson - Development Officer

Erika Arcentales Espinosa - Latino Community Resource Liaison

**ANCHORAGE PROJECT ACCESS IS  
AN ASSOCIATE ORGANIZATION OF  
CHRISTIAN HEALTH ASSOCIATES**

## BOARD MEMBERS

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Elizabeth Hodes - Secretary  
David Nielson, DDS - Dental Director  
Sarah Dewane, PhD - Mental Health Director  
Jerome List, MD - Emeritus

2005-2023

OVER

9,201

enrolled & re-enrolled  
patients have received  
donated specialty health  
care through APA

## MELINDA FREEMON EXECUTIVE DIRECTOR

"I appreciate what APA does to make the care easy to give. A patient comes with problem that is in my specialty and they come with all the background information and laboratory tests and identifying information right there and it is a very straightforward way to take care of patients. It is a simple way to go back to the kind of medicine that we were trained to deliver when we were medical students and residents."

~Dr. KC Kaltenborn, APA founding member and donating endocrinologist

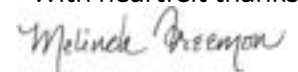
For the past 18 years, APA's cadre of caring people has grown from our 12 founding members to over 800 donating health care providers. Our founders were a diverse group of health care professionals, business executives, government and nonprofit leaders, committed to improving health care in Alaska by developing APA's donated health care system for Alaskans in need. Whether you are a donating provider, a community funder and supporter, or an APA patient, our collective goal is to strengthen the health care safety net in Alaska and provide increased access to health care.

In 2023, in collaboration with Providence, Anchorage Neighborhood Health Center, the Alaska Mental Health Trust Authority, and Rasmuson Foundation, we officially launched our mental health counseling services. We welcomed our first group of licensed mental health therapists who are donating their clinical counseling through APA. We have providers across Alaska offering telehealth and in-person counseling services with the goal of improving the mental health of individuals and families.

Every day I am inspired by the generosity of our donating oncologists, orthopedic surgeons, cardiologists, dentists, physical therapists, radiologists, dermatologists, mental health clinicians, and so many more, who choose to donate their highly skilled and compassionate care to Alaskans who have nowhere else to turn. It is our privilege at APA to coordinate the essential, life-saving care donated by our local providers.

Please join me in thanking our donating health care professionals, our community supporters, and our funders and friends. In partnership, we are improving the health of Alaskans, one person at a time, one family at a time, one future at a time.

With heartfelt thanks,



Melinda Freemon  
Executive Director



# PHILLIP MENDOZA

## BOARD PRESIDENT



APPROX.  
**800**

medical, dental, &  
mental health  
specialists donate  
their care through  
APA

Dearest friends and supporters,

As we turn the page on another year, a sense of profound gratitude fills my heart. Reflecting on 2023, I see not just numbers and figures, but the stories of lives transformed, anxieties soothed, and smiles restored.

After two years of meticulous planning, we witnessed the launch of our Mental Health Counseling program. Over 20 licensed therapists, each a beacon of kindness, stepped forward to donate their services. Our journey as one of only two project access programs in the nation offering this vital service alongside medical and dental care reflects the depth of our commitment to holistic healing.

Reaching over 800 participating providers who share our mission is a testament to the power of collaboration. The impact of their generosity is tangible. In 2023, through the combined efforts of our medical, dental, and counseling providers, we've provided over \$1.8 million worth of donated specialty care to hundreds of Alaskans with limited resources and no health insurance. This number speaks volumes about the collective compassion and dedication that fuels our mission.

And yet, the truest measure of our success lies not in statistics, but in stories like Kelly's. A patient who found relief from debilitating back pain through APA's services, reminds us of the profound impact we have on individuals and families.

Thank you for your unwavering generosity and shared commitment to creating a healthier Alaska for all.

With deepest gratitude,

Phillip Mendoza, MD  
APA Board of Directors President

## SPECIALTY SERVICES

|                    |                           |                         |                          |
|--------------------|---------------------------|-------------------------|--------------------------|
| Allergy/Immunology | Hematology/Oncology       | Oncology Rehab          | Pulmonary Disease        |
| Anesthesiology     | Infectious Disease        | Ophthalmology           | Radiation Oncology       |
| Audiology          | Internal Medicine/General | Optometry               | Radiology                |
| Cardiology         | Interventional Radiology  | Otolaryngology (ENT)    | Rheumatology             |
| Chiropractic       | Laboratory Services       | Pathology               | Sleep Disorders          |
| Dental             | Medical Oncology          | Pediatric Cardiology    | Surgery - Breast         |
| Dermatology        | Mental Health Services    | Pediatrics              | Surgery - Cardiothoracic |
| Endocrinology      | Nephrology                | Phlebology              | Surgery - General        |
| Family Medicine    | Neurology                 | Physical Medicine/Rehab | Surgery - Orthopedic     |
| Gastroenterology   | Obstetrics/Gynecology     | Physical Therapy        | Surgery - Reconstruction |
| Genetics           | Occupational Therapy      | Podiatry                | Urology                  |

# SARAH DEWANE

## MENTAL HEALTH DIRECTOR

The demand for mental health services among uninsured individuals presents a pressing issue that resonates throughout Anchorage and across Alaska. Mental well-being is foundational to overall health, yet many Alaskans are hindered from accessing vital care due to financial constraints. Recent data from the Kaiser Family Foundation underscores this reality, revealing that approximately 37% of adults in Alaska experiencing symptoms of anxiety and/or depressive disorders express a need for counseling or therapy but are unable to obtain mental health services.

The hurdles faced by uninsured individuals in accessing mental health care are particularly daunting. Lack of insurance coverage renders the costs of therapy and other treatments prohibitive, relegating countless individuals to suffer in silence. It is imperative that we confront this issue head-on and ensure equitable access to mental health services for all members of our community, regardless of insurance status. Through widening the reach of mental health services, we can mitigate crises, dismantle the stigma surrounding mental health, and enhance the overall well-being of our community.

I extend my heartfelt gratitude to Anchorage Project Access (APA) for their invaluable efforts in tackling this persistent challenge. APA's provision of pro bono counseling services through its Mental Health Counseling Program serves as a lifeline, connecting uninsured Alaskans with limited financial means to licensed mental health providers who generously donate their expertise. The unwavering commitment of APA to extend mental health support to those in need, regardless of financial circumstances, is truly commendable and has a tangible impact on the lives of uninsured individuals in our community.

The steadfast dedication of APA to nurturing and sustaining the Mental Health Counseling Program ensures that individuals who would otherwise not have access to mental health support receive high-quality care and assistance. The impact of APA's initiative extends beyond direct beneficiaries, empowering licensed mental health providers to offer pro bono services in a more streamlined and accessible manner. Moreover, this program plays a pivotal role in destigmatizing mental health, fostering emotional well-being, and fortifying our community at large.

I express my deepest appreciation to APA for their unwavering commitment to supporting the mental health needs of the people of Alaska. I am profoundly grateful for the positive impact that APA continues to have on our community.



**2018-2023**  
**OVER**  
**18,983**  
**resource & referral**  
**contacts provided**



Sincerely,

Sarah Dewane, PhD, ABPP  
Director of Behavioral Health Integration  
Anchorage Neighborhood Health Center

# KELLY'S RETURN TO THE TRACK



Kelly Schittenhelm is a 62-year-old retiree from Seward, Alaska. Kelly has always led a very active lifestyle, working in security and on a racecar pit crew. However, Kelly has suffered for many years from worsening back pain and loss of mobility. "Over the years, I couldn't walk as much as I used to. I would fall quite a bit and couldn't understand why." Kelly's condition worsened to the point where she was calling into work almost every other day. After a 30-year career, Kelly made the difficult decision to retire early.

Unfortunately, over the following six months, Kelly fell into a deep depression. She was barely able to get out of bed and the condition of her back continued to deteriorate. One day, Kelly decided she had finally had enough and sent a text message to her Primary Care Provider (PCP); "I need help now." Kelly then started the process of applying for Medicaid and Social Security Disability, but in the meantime, she was left uninsured. Her PCP at Glacier Family Medicine Clinic got her in right away, took x-rays of her back, and referred Kelly to Anchorage Project Access. Kelly had received cervical spine surgery 10 years prior, but the graft had failed; causing her spine to become unstable.

Kelly was eligible for APA and was enrolled into our Medical Program for donated services in August of 2022. Kelly was quickly connected to Orthopedic Physicians of Alaska (OPA) for a surgical consult and to Imaging Associates for a variety of radiology services. Kelly recalled at that time "I was terrified I needed another surgery." OPA referred Kelly to try other interventions before resorting to surgery. APA was able connect Kelly to OPA's Rheumatology Department, United Physical Therapy, and Alaska Center for Ear Nose and Throat where she received a variety of interventional services. Kelly enrolled in Medicaid and continues to receive physical therapy.

**2005-2023**

**OVER**

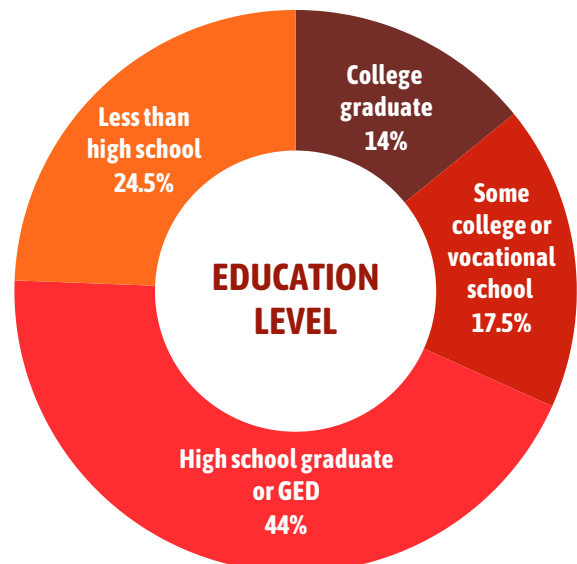
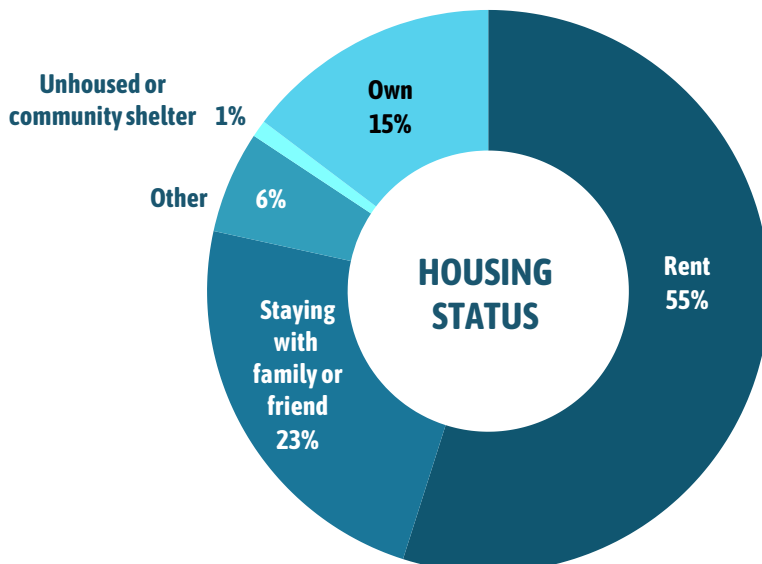
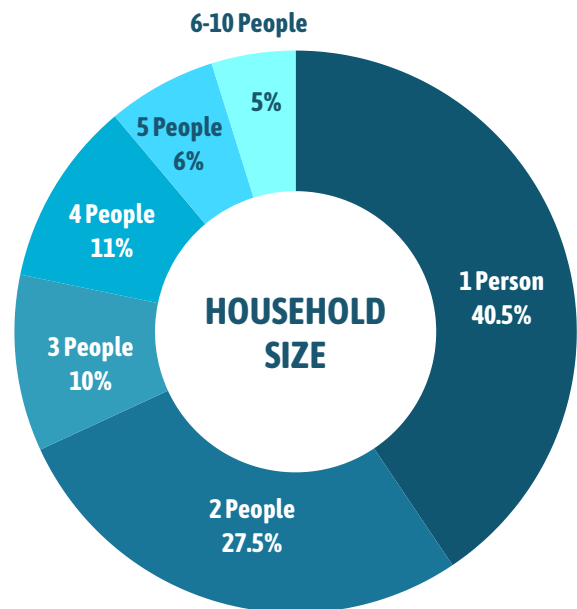
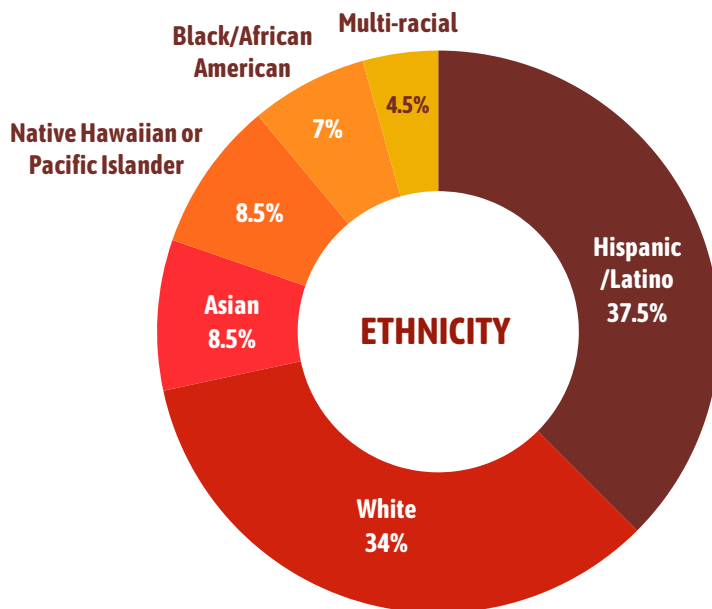
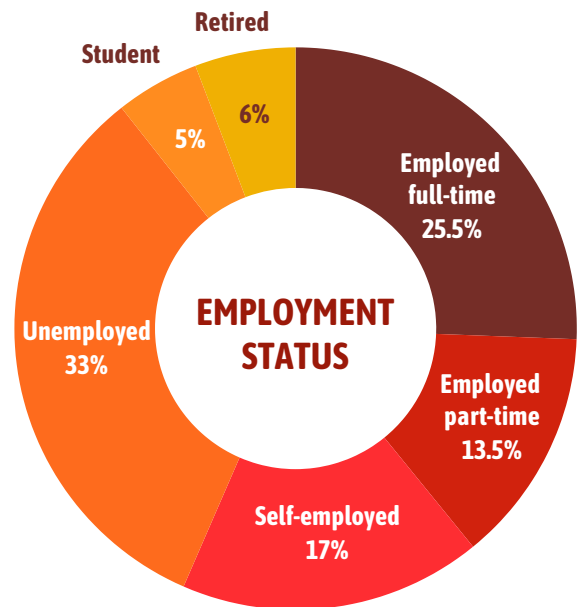
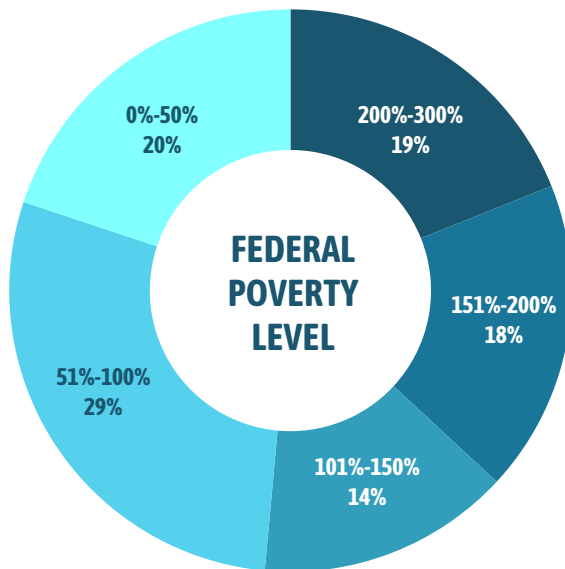
**22,119**

patient appointments  
coordinated by APA staff  
for donated care

## APPOINTMENTS BY SPECIALTY

|                           |     |                          |    |                          |     |
|---------------------------|-----|--------------------------|----|--------------------------|-----|
| Allergy/Immunology        | 2   | Interventional Radiology | 2  | Pediatrics               | 3   |
| Ambulatory Surgery        | 3   | Labs                     | 12 | Phlebology               | 4   |
| Anesthesiology            | 12  | Medical Oncology         | 1  | Physical Therapy         | 110 |
| Audiology                 | 3   | Mental Health Services   | 21 | Pulmonary Disease        | 5   |
| Cardiology                | 65  | Nephrology               | 6  | Radiation Oncology       | 11  |
| Dental                    | 255 | Neurology                | 3  | Radiology                | 110 |
| Dermatology               | 16  | Obstetrics/Gynecology    | 23 | Rheumatology             | 3   |
| Durable Medical Equipment | 8   | Occupational Therapy     | 5  | Sleep Disorders          | 21  |
| Endocrinology             | 1   | Ophthalmology            | 29 | Surgery - Breast         | 16  |
| Gastroenterology          | 22  | Oncology Rehab           | 7  | Surgery - Cardiothoracic | 2   |
| Hematology/Oncology       | 95  | Otolaryngology (ENT)     | 23 | Surgery - General        | 17  |
| Hospital Services         | 15  | Pathology                | 12 | Surgery - Orthopedic     | 26  |
| Genetics                  | 1   | Pediatric Cardiology     | 2  | Urology                  | 14  |
|                           |     |                          |    | Total:                   | 987 |

# PATIENT DEMOGRAPHICS





# HEALTH EQUITY IN ALASKA



**ANCHORAGE PROJECT ACCESS  
PLAYS A KEY ROLE IN  
ALASKA'S EFFORT TO IMPROVE  
ACCESS TO HEALTH CARE. WE  
ARE PROUD TO PARTNER  
WITH THE FOLLOWING LOCAL  
AND NATIONAL HEALTH  
EQUITY WORKGROUPS:**

**2005-2023  
OVER  
10,877**

ACA, Medicaid and/or  
Medicare assistance  
sessions providing  
information & access to  
health insurance

988 CRISIS NOW WORKGROUP

ALASKA DENTAL ACTION  
COALITION

HEALTHY ALASKANS 2030  
ADVISORY TEAM

MEDICAID UNINSURED RATE  
WORKGROUP

PRO BONO COUNSELING  
NETWORK

THE ANCHORAGE HEALTH  
LITERACY COLLABORATIVE

THE DONATED CARE NETWORK  
LEARNING COLLABORATIVE



# DENTAL PROGRAM HIGHLIGHTS

## 2016-2023



90

Dentists donate dental treatment through APA



827

Dental appointments have been scheduled for dental treatment



209

Patients have received donated dental treatment through APA



7,086

Patient volunteer hours to "pay it forward" in our community



\$781,363

Worth of dental care donated through APA's dental program

“The assistance of your program literally changed my life. The people of Anchorage are lucky to have options such as Project Access.”  
-E.M.



2015-2023

OVER

2,649

health insurance  
applications  
submitted

# ALEC KAY

## HEALTH CARE CHAMPION



Anchorage Project Access is a program that immediately resonated with leadership at United Physical Therapy when APA was started in 2005. Our founding physical therapists came from a place of community focus and personal history of pro bono care, and it is something that has been a guiding principle for our company. We had a goal of some percentage of pro bono care, and the vetting from APA was a huge help for us... immediate synergy. As physical therapists, we believe so deeply in our ability to improve the experience of life through better movement and less pain, accessibility to our services are a primary goal. Donating our services to Alaskans with financial barriers to care is a privilege we cherish and take very seriously.

The patients referred to us through APA come from all walks of life with various challenges. For all of our providers to be available and supportive of this program, speaks to the culture of United Physical Therapy but also to the profession of physical therapy as a whole. We are here to do what we can to improve lives using the tools, technology, and skills that are simple and pragmatic. Our team supports this program and donates their time to help members of our community. As expected, the gratefulness from the patients is a more than adequate reward. Their stories and challenges motivate us to help them.

We received the Mt. Huntington Award from APA in 2011, and as owner, I consider this one of our greatest honors as a company. It is an honor to be part of the provider network of APA and kudos to APA for running such a worthwhile program.

Alec Kay, MSPT, DMT, OCS, ATC, FAAOMPT  
United Physical Therapy



**2015-2023**

**OVER**

**2,319**

enrollments into ACA,  
Medicaid, and/or  
Medicare health  
insurance plans

Due to an old injury, my lifestyle was taken from me and no matter how hard we tried, we couldn't get ahead to get it back. I was in constant pain, depressed, desperate and one step away from a wheelchair. Due to the kindness of doctors and other Heroes with Anchorage Project Access I am now working on getting my life in order again. Thank you Anchorage Project Access for what you have done for me, and what you are doing for others.

-A.S.

# PARTNERS IN HEALTH

Access Alaska  
 Accurate Hearing Systems  
 ACENT  
 Advanced Family Dental Care  
 Advanced Sonograms of Alaska, Inc.  
 Affordable Dental Care  
 Alaska Breast Care and Surgery, LLC  
 Alaska Cardiothoracic Surgery  
 Alaska Center for Dentistry  
 Alaska Center for Dermatology  
 Alaska Center for Pediatrics  
 Alaska Children's Heart Center, LLC  
 Alaska Comprehensive Dental Center  
 Alaska Couples Therapy LLC  
 Alaska Dental Society  
 Alaska Dentistry for Kids, LLC  
 Alaska Digestive and Liver Disease  
 Alaska Digestive Center  
 Alaska Ear Nose & Throat  
 Alaska Emergency Medicine Associates  
 Alaska Endodontics Specialists, LLC  
 Alaska Eye Surgery & Laser Center  
 Alaska Family Care Associates, LLC  
 Alaska Family Sonograms, Inc.  
 Alaska Foot & Ankle Specialists  
 Alaska Fracture & Orthopedic Clinic  
 Alaska Hand Rehabilitation, Inc.  
 Alaska Healing Arts Chiropractic  
 Alaska Heart & Vascular Institute  
 Alaska Imaging  
 Alaska Internal Medicine & Pediatrics  
 Alaska Lasik & Cataract Center  
 Alaska Neurology Center, LLC  
 Alaska Oncology and Hematology, LLC  
 Alaska Orthopedic Specialists  
 Alaska Pediatric Surgery and Oncology, LLC  
 Alaska Physical Therapy Specialists  
 Alaska Premier Dental Group  
 Alaska Primary Care Association  
 Alaska Radiology Associates  
 Alaska Regional Hospital  
 Alaska Retinal Consultants  
 Alaska Sleep Clinic  
 Alaska Smiles  
 Alaska Surgical Oncology  
 Alaska Trauma and Acute Care Surgery, LLC  
 Alaska Urgent Care  
 Alaska Urology  
 Alaska Women's Cancer Care  
 Alaska Women's Health  
 Alchemy Orthotics & Prosthetics  
 All Alaska Oral & Craniofacial Surgery  
 Allen Dental Group  
 Allergy Asthma & Immunology Center of Alaska  
 Alpine Anesthesia, LLC  
 Alpine Surgery Center

Alyeska Center for Facial Plastic Surgery  
 Anchorage Dental Arts, LLC  
 Anchorage Foot & Ankle Clinic  
 Anchorage Midtown Dental Center  
 Anchorage Neighborhood Health Center  
 Anchorage Oncology Centre  
 Anchorage Oral and Implant Surgery  
 Anchorage Pediatric Dentistry  
 Anchorage Pediatric Group  
 Anchorage Radiation Oncology Center  
 Anchorage Radiation Therapy Center  
 Anchorage School Based Health Centers  
 Anchorage Women's Clinic  
 Aurora Children's Dentistry  
 Aurora Family Clinic  
 Aurora Kidney, LLC  
 Borealis LIFE  
 Bright Smiles Dental  
 bty DENTAL  
 CellNetix  
 Center for Vein Restoration  
 Chinook Family Dentistry  
 Chugach Anesthesia, LLC  
 Chugach Counseling & Consulting, LLC  
 Chugach Dental  
 Cook Inlet Eyewear  
 Cornerstone Health Medical  
 Creekside Surgery Center  
 Crosby Smiles  
 Delaney Park Dental  
 Denali Anesthesia  
 Denali Cardiac & Thoracic Surgical Group  
 Denali Healthcare Specialists  
 Denali Pediatric Dentistry  
 Dental Innovations  
 East Side Physical Therapy, LLC  
 Evergreen Dental  
 Excellence in Dentistry  
 Family First Dentistry  
 Far North General Surgery & Oncology  
 Far North Health Services  
 Flanagan Therapy  
 Full Spectrum Pediatrics  
 Girdwood Health Clinic  
 Glacier Family Medicine Clinic  
 Health Centered Dentistry  
 HealtheConnect Alaska  
 Holman Psychological Services, LLC  
 Holt Family Dentistry  
 Imaging Associates  
 Inspire Physical Therapy  
 Integrative Physical Therapy & Spine Treatment  
 Internal Medicine Associates  
 Just Kids Pediatric Dental Center  
 Katmai Oncology Group  
 Kidney & Hypertension Clinic of Alaska

Kinship Counseling & Consulting  
 LabCorp  
 LaTouche Pediatrics, LLC  
 Lubitsh Counseling  
 Mabry Dentistry, LLC  
 Makar Eyecare  
 Mat-Su Health Services, Inc.  
 Midnight Sun Smiles, LLC  
 Midwifery & Women's Health Care at Geneva Woods  
 Mint Dental, LLC  
 Moda Health  
 Mountain View Health Services  
 Murphy Family Dental  
 myHealth Clinic  
 Neurological Consultants of Alaska, LLC  
 Northern Lights Dental Anesthesia, LLC  
 Northstarr Cardiothoracic Surgery  
 Northwest Medical LLC  
 NuePath 2  
 Ophthalmic Associates  
 Orthopaedic Research Clinic of Alaska  
 Orthopedic Physicians Alaska  
 Ostby Family Dental  
 Patients First Medical Clinic  
 Peak Health Dentistry  
 Peak Neurology & Sleep Medicine, LLC  
 Pediatric Dental Associates  
 Pioneer Peak Orthopedics, LLC  
 PM Pediatric Care  
 Precision Dental Designs  
 Premier Vein of Alaska  
 Prodigy Medical  
 Providence Alaska Medical Center  
 Providence Family Medicine Center  
 Quest Diagnostics  
 Rebound Sports & Orthopedic Physical Therapy  
 Seattle Children's Pediatric Cardiology  
 Select Physical Therapy South  
 Seward Community Health Center  
 Sleep Centers of Alaska  
 Solstice Dentistry  
 Spalding Dental, LLC  
 Spring Behavioral Health Solutions  
 Stellar Sleep Diagnostics  
 Sunshine Community Health Clinic  
 The Physical Therapy Place  
 Tower Joint Replacement Clinic  
 UAA Student Health Center  
 United Physical Therapy  
 Valley Radiation Therapy Center  
 Vitae Medical  
 Walther Dental  
 Wasilla Dental Center  
 Wise Physical Therapy  
 Women's Care of Alaska  
 Woods Neuropsychological Services, LLC



# THANK YOU TO OUR

Sami Abuzaid, MD  
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Owen Ala, MD  
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Jean Cushman, PA-C  
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Pamela Davis, APRN  
Robyn Davis, PhD  
Molly Dawson, OTR/L  
Shawn Degler, MD  
Donna DeMarco, BC-HIS  
Mary DeMers, DO  
Dylan DeMuth, MD  
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Mary Downs, MD  
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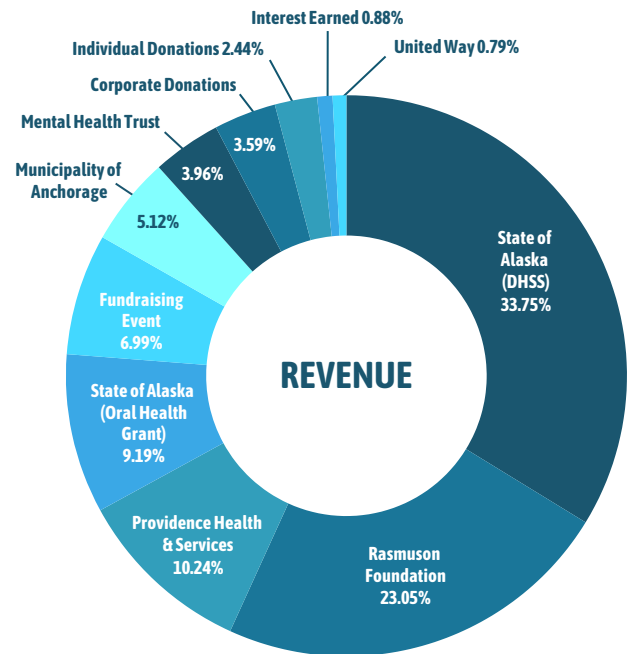
## OCTOBER 2022 – SEPTEMBER 2023

### REVENUE

|                                      |           |        |
|--------------------------------------|-----------|--------|
| State of Alaska (DHSS)               | \$329,433 | 33.75% |
| Rasmuson Foundation                  | \$225,000 | 23.05% |
| Providence Health and Services       | \$100,000 | 10.24% |
| State of Alaska (Oral Health Grant)  | \$89,686  | 9.19%  |
| Fundraising Event                    | \$68,227  | 6.99%  |
| Municipality of Anchorage            | \$50,000  | 5.12%  |
| Alaska Mental Health Trust Authority | \$38,698  | 3.96%  |
| Corporate Donations                  | \$35,000  | 3.59%  |
| Individual Donations                 | \$23,780  | 2.44%  |
| Interest Earned                      | \$8,586   | 0.88%  |
| United Way                           | \$7,756   | 0.79%  |

**TOTAL** **\$976,166** **100%**

\*Rasmuson Foundation funding to be utilized over a three year period



### EXPENSES

|                                |           |       |
|--------------------------------|-----------|-------|
| Personnel - Patient Services   | \$337,039 | 43.9% |
| Personnel - Program Services   | \$155,786 | 20.3% |
| Administration & Overhead      | \$99,794  | 13%   |
| Professional Services          | \$63,358  | 8.3%  |
| Patient Benefits               | \$45,992  | 6%    |
| Marketing & Provider Retention | \$26,006  | 3.4%  |
| Equipment & Supplies           | \$21,958  | 2.9%  |
| Facilities                     | \$16,988  | 2.2%  |
| Travel                         | \$396     | 0.1%  |

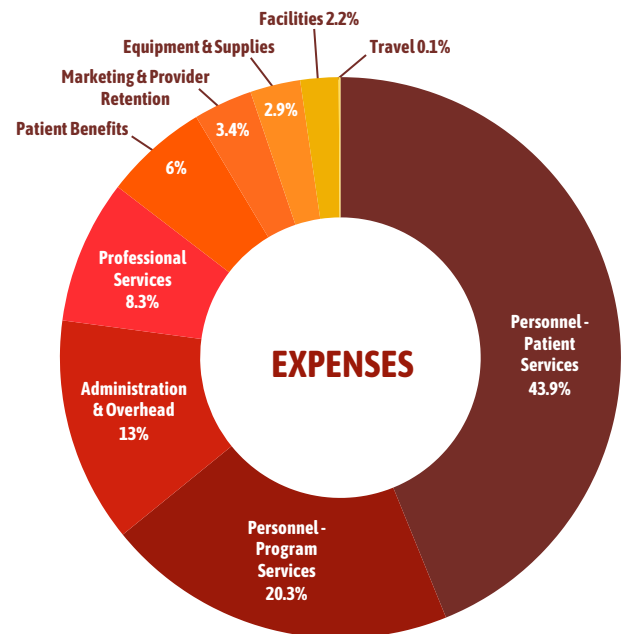
**TOTAL** **\$767,317** **100%**

Excess of ordinary revenue over expenses \$208,849

In-kind office space (\$83,042)

\*includes reverse of prior period donation

Increase (Decrease) in Net Assets \$125,807



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