



Alternative Healthcare Access Campaign

Spring 2010



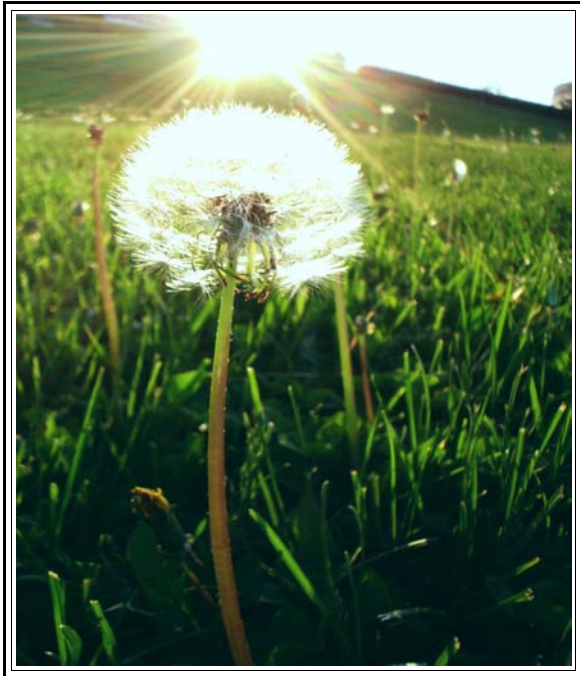
Miss Gracie & Laila at Angeline's

“If you have come to help me, you are wasting your time. But if you have come because your liberation is bound up with mine, then let us walk together.”

~Lila Watson, Aboriginal Activist

Our Philosophy:

Access to quality, holistic healthcare is a right, not a privilege, and should not be denied or limited because of socioeconomic status. Alternative healthcare practices such as acupuncture & oriental medicine, naturopathy, massage therapy, clinical nutrition, botanical medicine, and homeopathy are important options in modern healthcare and should be available to all. Homeless and low-income members of our community have the right to participate in the creation of public policies and programs that affect their access to healthcare.



Where You Can Find Us.

Angeline's Women's Day Shelter: A YWCA-run center in Downtown Seattle that provides day services to homeless women, as well as shelter during the colder months.

Compass Cascade Women's Program: A one-year transitional housing program located in Downtown Seattle for women who have experienced chronic homelessness.

Frye Apartments: A low-income housing building downtown that also provides the current office for AHAC.

Peace for the Streets by Kids from the Streets (PSKS): A Capitol Hill day center that provides services primarily for homeless youth and young adults.

ROOTS: An overnight shelter specifically for young adults, ages 18-25, in the U-District.

Tent City 3: A homeless encampment of up to 100 people who live on the property of a host for about 90 days, protected in King County under a 2002 consent decree.

About Us.

AHAC is a women-led, 501(c)(3) non-profit organization, based in Seattle, Washington. The group was formed in August of 1999 by several students from Bastyr University who were concerned about the inaccessibility of alternative healthcare to low-income and marginalized people in the Seattle area. Following that initial conversation, the Alternative Healthcare Access Campaign was formed and began treating patients as soon as the following November. Since then, AHAC has continued to be a volunteer-driven, grassroots organization that relies 100% on cash donations and community support, providing necessary and valuable alternative healthcare to the under-served and homeless members of the Seattle community. Please, consider donating to AHAC today. www.ahacseattle.org.



Experiences To Share.

"It has been really fulfilling and rewarding volunteering with AHAC these past few months. Not only have I had an opportunity to learn about alternative medicine and a difficult lifestyle, I have had the opportunity to help low-income women receive the healthcare they want." ~Leila Heid, Volunteer, International High School Student

"There's no words. It's beautiful. If I were a rich man, I would fund what you do... The entire world is all about business... All about money. But this... It is free for us. It feels like taking a shower, it feels clean. I feel like I'm flying. You've made us feel human again."

~Hana, Massage Patient, Angeline's Women's Day Shelter

Usher In the Spring With an Energizing, Detoxifying Tonic.

As the waxing cycle of the year returns and the Spring Equinox approaches, the Sun begins to greet us with increasing warmth. While the new shoots of life are coaxed out from the newly defrosted soil, we can look forward to the flowers, leaves, and medicine our new season promises. Familiar weeds like dandelion, violet, chickweed, and yarrow are beginning to appear in the sidewalk cracks around our neighborhoods, and in addition to their value as cheerful harbingers of Spring, these prolific plants also serve as much-needed detoxifying medicine and nutrition after a Winter of overindulgence. Enjoy this spring-time herbal vinegar, which rejuvenates the body's natural desire to release the accumulation of Winter and acclimate to the season of fresh foods.

Spring's Cleansing Elixir:

1 Quart Apple Cider Vinegar

1 Cup Fresh Violet Flowers

1 Cup Fresh Chickweed Leaves

½ Cup Fresh Yarrow Leaves

½ Cup Fresh Dandelion Flowers/Leaves

Place all of the ingredients in a large jar & let stand in a cool, dark area. Strain after 2-4 weeks. Use in your favorite dishes, or take 1 tablespoon each day as a delicious tonic.



Thank You.

Once again, we would like to extend our warmest feelings of gratitude to all of the many volunteers and supporters who have made this project successful for over ten years. The hard work and consistent investment of time and resources by our many volunteers is what makes this project possible. Additionally, we appreciate the support of everyone who was able to give over the holidays. Generous contributions of cash and in-kind donations help provide all of our necessary supplies, from acupuncture needles to massage tables. Lastly, we'd like to thank Susan Farley at Bastyr University for all of her hard work and dedication in taking such great care of our two work-study students this quarter; thank you so much for your support.

Want To Get Involved With AHAC?

There are so many ways to help out! We are always looking for more volunteers, both practitioner and non, as well as kind folks to help organize fundraisers for us. Currently, we're also looking to fill several exciting positions on our Steering Committee. Let us know what you're interested in doing, and we can work something out. As always, we would love any monetary donations you are able to contribute. AHAC is a 501(c)(3) organization; all donations are tax-deductible. Help from community members like **you** is what makes AHAC possible!

MARK YOUR CALENDARS: UPCOMING AHAC BENEFIT!
Thursday, April 1st, at 8pm, join us at Conor Byrne's Pub in Ballard for an evening of music and brew. We'll be selling t-shirts, poster prints, and accepting donations!



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Donate on the web at www.ahacseattle.org



