

MIDVALE COMMUNITY BUILDING COMMUNITY (CBC) HEALTH CLINIC & COMMUNITY CENTER

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Not Just Healthcare, a Healthier Community



Spotlight on the CBC!

University of Utah Health recently published a note on [their Newsroom page](#) highlighting the impact the CBC has on the community. From our staff, to our volunteers, to our partners and supporters, we all share one goal in common: to build trust and offer accessible health care to vulnerable communities. The collaborative efforts truly honor our CBC name: we are indeed a "Community Building Community!" Our clients are often first generation, undocumented immigrants who are trying to stay invisible by not seeking out resources. With the demands of work, family and other barriers new immigrants face, health care is often not their priority. Dr. David Samuelson, our beloved longtime volunteer primary physician, has well expressed our joy: "When a patient is seeing a doctor for the first time in their life, and they are older and have been living with stuff you can fix, and then the patient shakes your hand and hugs you and says, 'Thank you.'" This is what the clinic is about, and why our medical student volunteers continue to be inspired by our community. We invite you to read the note and reach out to get involved with the CBC. Be part of our mission!

If you are interested in sharing your time and resources, please email us at info@midvalecbc.org



Picture commemorating Midvale's partnership with the U of U medical school. Mayor Seghini at the center. Drs. Samuelson and Gopez stand to her right in the photo. CBC Director Mauricio Agramont is second from left.

Thank you and Welcome to CBC Staff Members!

We want to give a big THANK YOU to two of our staff members who left the Midvale CBC in December: **Cathy Mullaly**, Office Manager, and **Marsha Leen-Mitchell**, Administrative Assistant - both contributed to our mission and enhanced our workplace with their positive energy and friendly attitude. We wish you well! We also want to welcome **Bianca Atilano**, new Office Manager - the Midvale CBC Community is lucky to have you!

The Midvale Community Building Community is a 501(c)(3) not-for-profit organization serving the Salt Lake and Summit counties. We aim to support the low-income, underinsured, and uninsured community by providing affordable integrated services: Medical, Dental, Mental Health, and Family Services.

Executive Director: Mauricio Agramont
Contact Us: info@midvalecbc.org - (385) 887-9002



Available Clinics



- Dental
- Pediatric Dental
- Dermatology
- Diabetes
- Internal Medicine
- Mental Health
- Women's Health

Upcoming Events

- Mental Health Support Group, weekly
- Nutrition, weekly
- Diabetes, weekly
- Violin, weekly
- Food Bank, every Friday 9:00 am - 12:00 pm
- Wellness Bus, 2nd & 4th Fridays of the month, 10:00 am - 2:00 pm

A Celebration of Service Event: Thank you for your support!



From left to right: Executive Director Mauricio Agramont, Midvale Mayor Marcus Stevenson, and Operations Director, Steve Bass in our Celebration of Service event.

In November, the Midvale CBC hosted a Celebration of Service Event to recognize the wonderful work of our staff, volunteers and supporters. Dr. David Sundwall and Dr. Floyd Tarbet, who have been two of the main pillars of our medical and dental services, were joined by Midvale Mayor Marcus Stevenson and many of our partners. This was a fantastic opportunity to share a moment with our volunteers and proudly celebrate our "Community Building Community." After our brief ceremony and dinner, the tables were pulled aside to make room for a dance floor where we "showed our moves" among friends! We are truly grateful for your unwavering support to make a difference in people's lives by building trust and removing barriers to healthcare and family services.

Interview with the Midvale CBC!

Mauricio Agramont, Midvale CBC's Executive Director, and Magali Velasco, our Lead Community Health Worker, were recently interviewed at the U of U's KRCL 90.9 FM podcast to discuss the wide ecosystem of care we are building, leaning on our amazing Community Health Workers (CHW). Many thanks to KRCL 90.9 FM and host Kamaile Tripp-Harris, the U's Health Equity Consultant for the Division of Public Health, for the invitation!

[Click here to listen to the podcast.](#)



From left to right: Valene Peratrovich, KRCL Co-Producer, Mauricio Agramont, CBC Executive Director, Kamaile Tripp-Harris, KRCL 90.9 host, Magali Velasco, CBC Community Health Worker, and Oreta Tupola, KRCL Co-Host. Photo credit: KRCL 90.9 FM

In Case You Missed It...

- Midvale CBC has received an \$8,000 grant through Utah State University to purchase a larger vaccine refrigerator and purchase shingles and flu vaccines for adults. The timing of the grant couldn't be better, as our current fridge is filled to the brim with life-enhancing vaccines for adults and children alike! We thank our contact at USU, Jennifer Morgan, for facilitating this grant, which will bring even more much-needed medical services to people in need! (pictured right)
- As mentioned in our Fall Newsletter, the Midvale CBC received a Hypertension Award last September after launching the Hypertension Clinic initiative. The initiative not only raised awareness and education about hypertension but also allowed our medical staff to provide blood monitors to 150 patients and guide many of them to other services the CBC has to offer—like diabetes education classes and tobacco cessation screenings. It also allowed us to gain insights into successful approaches to take when researching and addressing tobacco cessation support. This is a great example of how our integrated services help our community members to be more successful in managing a healthier lifestyle! Many thanks for David Sundwall, MD; Oscar Gomez, MD; and Paola Morales, CHW, for heading up this program!
- The Midvale CBC Food Pantry experienced an exponential growth in impact in 2023: the number of households served from January through December increased by 71%: that is more than 29,000 adults and children served over the course of the past year! Thank you to all our Food Pantry volunteers for positively impacting people's lives on a weekly basis.



From left to right: Mauricio Agramont, CBC Executive Director; Steve Bass, CBC Operations Director; Jennifer Morgan from USU and Cathy Mullanly, former CBC Office Manager.