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Catalina Horak of Darien Appointed to AmeriCares Free Clinics Board of Directors

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Darien resident Catalina Horak, who founded Building One Community in Stamford, has been named to the board of directors of AmeriCares Free Clinics, the organization announced on Thursday.

Also elected to the board is Jay Sandak of Stamford, partner at the law firm Carmody Torrance Sandak & Hennessey. Horak and Sandak began their three-year terms Jan. 17.

— *an announcement from* [AmeriCares Free Clinics](#)

“We are thrilled to welcome Catalina and Jay to the board,” said AmeriCares Free Clinics Executive Director Karen Gottlieb. “Their passion and dedication for serving the community is inspiring and we look forward to working with them to help even more Fairfield County residents access quality health services.”

The AmeriCares Free Clinics Board of Directors oversees the largest free clinic network in the state. The clinics, located in Bridgeport, Danbury, Norwalk and Stamford, provide quality health care to nearly 3,000 low-income, uninsured patients.

Patients receive comprehensive health services, including exams, medications, laboratory work, diagnostic services and flu vaccines at no cost.

Catalina Horak

Horak brings to the board nearly 20 years of experience in the nonprofit sector. In her current role as executive director of Building One Community, formerly Neighbors Link Stamford, she oversees all aspects of the organization's efforts to advance the successful integration of immigrant families in the community.

She was the driving force behind the initiative to establish the thriving organization in Stamford, that in less than nine years has provided services to more than 10,000 immigrants from more than 100 countries.

Horak earned a bachelor's degree in biology from Universidad de Los Andes in Bogotá, Colombia, a master's degree in genetics and plant breeding from Michigan State University and a master's degree in nonprofit management from The New School in New York City.

"I am honored to be joining the AmeriCares Free Clinics board and support the important work they have done over the past 25 years, providing high-quality medical care at no cost for the uninsured," Horak said.

Jay Sandak

Sandak, a Stamford native, brings to the board more than 40 years of legal expertise. He has also served as a special master for the U.S. District Court of Connecticut and the Connecticut Superior Court for nearly 20 years.

A leader in the Stamford community, Sandak currently serves as president of the Herbert & Nell Singer Foundation and previously served on the boards and committees of the Child Guidance Center of Southern Connecticut, Hands for Life, Pacific House, Stamford Center for the Arts, the Stamford EMS Foundation and the United Way of Stamford.

In 2015, Sandak and his wife, Mary Sommer, were named Stamford's Co-Citizens of the Year for their dedication to volunteerism and making a difference in the community. Sandak graduated with a bachelor's degree from Colby College and earned his law degree from Syracuse University College of Law.

"I am honored to serve on the board of the AmeriCares Free Clinics," said Sandak. "The AmeriCares Free Clinics have long been providing exemplary care for their patients and I am proud to be part of the team."

More About AmeriCares Free Clinics

The aim of AmeriCares Free Clinics is to provide quality health care to low-income, uninsured patients in a

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setting where all individuals are treated with dignity and respect. Since 1994, the AmeriCares clinics have helped more than 27,000 Connecticut residents receive free health care services valued at nearly \$107 million. For more information, go to the [AmeriCares Free Clinics website](#) or call 203.658.9500.

AmeriCares Free Clinics is a program of [AmeriCares](#), the emergency response and global health organization. Both are headquartered in the Glenbrook section of Stamford.