



FOURTH STREET CLINIC
HEALTHCARE FOR THE HOMELESS

FALL 2012



Health and housing are interdependent as it is impossible to be successful in one without the other.

■ Homeless people are 3 to 6 times as likely to experience illnesses than those who are housed.

—nhchc.org

■ Bankruptcy is a major cause of homelessness and 62% of all personal bankruptcies in the U.S. were caused by health problems—and 78% of those filers had insurance.

—American Journal of Medicine, Aug. 2009

■ The average age of death of a homeless person in the United States is 48—on par with life expectancies in Afghanistan and Nigeria, the lowest in the world.

—World Health Organization 2009

Helping to Build a New Life

Jamie has trouble remembering pieces of her life when she was high and living on the streets in Salt Lake City. There are other parts that she wishes she could forget, like the time when she was stabbed or when bad drugs burned her finger and turned it black. “Drugs. Prostitution. Rape. Being sick. These are real things that trap people and keep them homeless,” says Jamie.

“I grew up with my mom and dad separating and remarrying,” said Jamie. “I started doing sneaky things like finding cigarettes and smoking them. I did all kinds of little rebellious things to take out my resentments.” Soon Jamie was addicted to drugs and at 17 left home and dropped out of school.

“Jail became my home away from home,” says Jamie. “I went to jail so many times that I got my high school diploma there.” When Jamie wasn’t in jail, she slept in the mountains or open fields, never in the emergency shelter. “I was always sick,” says Jamie. “I was skinny and malnourished. I had bronchitis, abscesses, and staph infections. Hep C made my liver bad.”

“Jamie has been my patient since I started working here seven years ago,” says Fourth Street Clinic Medical Director, Dr. Christina Gallop. Dr. Gallop helped Jamie with her physical health and linked her into detoxification and rehabilitation facilities and psychiatric units. “My life was full of drug addicts. There was no love,” says Jamie. “Fourth Street was my love, my positive. They were supportive, kind and encouraging.”

Today, Jamie is about to graduate from The State of Utah’s Drug Court program. “I quit smoking a year ago,” says Jamie. “I know now that it’s a trigger. First I smoke, then everything else.” Jamie loves not smoking anymore. “My skin is better. I don’t smell. I have more money.” Jamie now lives in her own apartment with her own bed and a goldfish. “I work 1 ½ jobs.” Jamie also sympathizes with people who are still homeless. “I got to go to an in-patient treatment program. Not everyone gets that chance. You just can’t clean up if you are living hard core on the streets.” Jamie’s next step is to contact her Bishop. “Religion was always a big part of my family, and I never connected with it. I work on Sundays, so I’m going to ask for some home teachers.” Dr. Gallop has real hope for Jamie. “Jamie is a whole new person. She’s just transformed.”



[If we can do cataract surgeries in Nepal,
why not at Fourth Street?]

Jennifer Nelson, MD

A Chance at Sight

Barbara's life has not been easy. Both of her parents died within months of each other, and her son who was bipolar committed suicide. Her daughter still struggles with mental illness and is hearing impaired, and Barbara suffers from depression, chronic ulcers and bad eyesight that no glasses ever seemed to correct. Life got a little better when the two moved into The Road Home Emergency Shelter's Palmer Court housing project; but, Barbara still couldn't see. Her vision was cloudy and blurry. "I quit driving long ago," said Barbara. "Quit reading books too. I would cover one eye to watch TV." At Fourth Street Clinic's Ophthalmology Clinic, Barbara was diagnosed with advanced cataracts, but because she was uninsured there was no way to get her corrective surgery.

"We can diagnose and treat many diseases on-site," says Fourth Street Clinic Medical Director Christina Gallop. "It is the advanced treatments like cataract surgery that are typically out of reach for homeless Utahns." For volunteers Brian Stagg, MD, an Ophthalmology student, and Jennifer Nelson, MD, an anesthesiologist resident, this didn't seem right. "If we can do cataract surgeries in Nepal, why not at Fourth Street?" they reasoned. "The Fourth Street Clinic cataract patients are so advanced that they are basically blind," said Dr. Stagg. "Surgically removing the cataract is their only chance at sight."

For Barbara and 10 other patients this all changed on a Saturday morning in February 2012. The Moran Eye Center donated their surgical facility and 42 volunteer anesthesiologists, surgeons, nurses and operating room techs worked 5 hours to surgically remove their cataracts and correct other vision problems. After surgery, Lion's Club volunteers transferred all the patients to local motel rooms that were paid for by Fourth Street Clinic's Recuperative Care Program, and then all had follow-up appointments the next day at Fourth Street Clinic's Ophthalmology Clinic. Medications were dispensed through The Fourth Street Pharmacy. With Alcon donating supplies, the donated facilities and the help of volunteers, what would have cost \$33,626 was done for \$1,200. Funding was provided by private donations.

"The surgery was just wonderful. Scary but wanted," said Barbara. "Now I can read and see signs." The team of volunteers from the Moran Eye Center has plans to coordinate a second Cataract Surgery Day at the end of January 2013. There are currently 15 patients on the list. Fourth Street Clinic especially thanks Jeff Pettey, MD, the lead surgeon; Albert Vitale, MD, the volunteer Clinic Supervisor at Fourth Street Clinic's Ophthalmology Clinic; Laurel Kay, the surgical coordinator; Bryce Radmall, University of Utah medical student; and Brian Stagg, MD, and Jennifer Nelson, MD, project coordinators for providing a cost-effective solution that changes so many lives.

Handmade Teddy Bears Make the Perfect Stocking Stuffer!

Buy your bear today and support Fourth Street Clinic. Buy one for you, one for the kids, or one to be given away at a pediatric appointment. Small bears \$15. Large bears \$25.

Call Kim at 385.234.5702 or email kimb@fourthstreetclinic.org

Homelessness Hurts. Health Care Helps.



GIVE ONE RAISE TWO *Challenge Grant*

December 1 - 10, 2012

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BE PART OF OUR CHALLENGE GRANT!

10 Ways to Help in 10 Days:

10. Get to know your homeless programs

Societal change doesn't happen overnight, but success is readily seen in individuals served.

9. See homelessness

Homelessness is all around us; so are the solutions.

8. Acknowledge the individual

People become homeless for many different reasons. Everybody is different.

7. Smile and speak with respect

Homeless people are used to body language and words that chip away at optimism and hope. Civility and politeness go a long way.

6. Start a community service project

Get engaged. Visit fourthstreetclinic.org for ideas.

5. Become informed

Homelessness and poverty usually stem from public policy more so than personal character.

4. Advocate

Tell your representatives that you value community programs that reduce poverty and homelessness.

3. Keep (or get) health insurance

Medical catastrophies cause 62% of personal bankruptcies and put everyone at risk for homelessness.

2. Tell a friend

Pass along your knowledge and compassion.

1. GIVE

**Double your donation
December 1-10, 2012 through the
Fourth Street Clinic**

**GIVE ONE RAISE TWO
Challenge Grant!**

Where Does Your Money Go?

Money at Fourth Street Clinic goes to help 3,800 homeless patients, trains future medical professionals and supports more than 150 volunteers.

For every \$1 given, nearly an additional \$1 is leveraged through volunteers and donated medicine.

**Yes! I want to double my donation
December 1-10, 2012 through the
Fourth Street Clinic**

**GIVE ONE RAISE TWO
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My check is enclosed.

Please mail to: Fourth Street Clinic

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[The flu alone kills 50,000 people annually,
and homeless people are at greater risk.]

Keeping Utah Healthy

Kelly Kinney who lives at The Road Home Emergency Shelter and Robert Martinez who moves from place to place were some of the first patients to take advantage of free vaccines offered at Fourth Street Clinic. "Everyone around me is always sick," says Kinney.



Photo courtesy of Jeffrey Allred, Deseret News.

Fourth Street Clinic is working to vaccinate 2,200 homeless Utahns before Christmas to help stem the spread of flu, pneumonia, and whooping cough. The flu alone kills 50,000 people annually, and homeless people are at greater risk for contracting viral infections and complications from those illnesses because of lack of sleep, poor nutrition and communal living conditions. Once sick, what could have been prevented with a \$10-\$60 vaccine can cost hundreds if not thousands of dollars to treat.

"Several government, health care agencies and pharmacies donate vaccines, but donated supplies are limited and often don't come in until late into the winter season," said Dr. Christina Gallop, Medical Director at Fourth Street Clinic. "The best defense is to inoculate at the beginning of winter and that is our goal."