Mr. Powell realized that he had done a poor job caring for his health. Like so many of us, he had avoided the doctor until he was in desperate need of help. He went to the ER in 2015, and they gave him a list of his conditions. He still carries that list in his wallet. Heart disease. Arthritis. COPD. Stage 2 kidney disease. Prostate issues. Congestive heart failure. High blood pressure. GERD. Hernia. When he saw that list, he vowed to himself and to God to take better care of himself. But he needed help to do that. Mr. Powell is older and lives on a fixed income. He has no insurance. Finding a way to address his medical needs was going to be a challenge.

“I was blessed to get on board at Good Shepherd. I stopped smoking and cut back my drinking.” When Mr. Powell first came to Good Shepherd, his blood pressure was in a dangerous range. “It was something like 200 over 100.” Good Shepherd helped him get it under control, and now, after four years of treatment and better self-care, Mr. Powell has weaned down his medications and has a much more normal blood pressure. Mr. Powell gives a great deal of credit for his lowered blood pressure to the dental clinic at Good Shepherd. He arrived with a very painful tooth that caused his blood pressure to rise. Once the dentists removed that tooth and helped him with his oral health, he found it much easier to regulate his blood pressure.

The Good Shepherd Dental Clinic has done more for Mr. Powell than just regulate his blood pressure. They saved his life! Dr. Bath noticed a spot in Mr. Powell’s mouth at one of his appointments. She referred him to the VA where they diagnosed him with cancer. Diagnosed on his birthday, Mr. Powell remembers that day as a blessing within a blessing. He was given another chance at health because his cancer was discovered early. Though the treatment has been rough on his body, he is doing very well and is on the road to recovery.
“Good Shepherd is a worthy cause. If I had the wherewithal, I would donate. It is so spiritually uplifting. It’s a blessing anytime to anyone. I especially appreciate participating in the morning prayer with Dr. Bath. It’s good for my soul.” If you contribute to Good Shepherd, you are a part of Mr. Powell’s story and the stories of so many others. Your gifts save lives.

Celebrating 42 Years of Good Shepherd!

April 17, 2019, marks 42 years of providing healthcare for low income, uninsured residents of Oklahoma County. From the early days of care offered in a bar to our current state of the art clinic, Good Shepherd has put the healthcare of the most vulnerable people as its primary focus. Our services have always been free because we believe health is priceless and a basic right of all people. In celebration of our many years of community service, we are inviting in our community to see the clinic, take a tour, and dream with us about the future.

Open House, April 17th
11am – 6pm
Celebrating 42 years of quality, consistent care for the vulnerable members in our community

Have you ever wanted a look inside the clinic? Come see us!
Do you volunteer and want to share what you do? Bring someone to see us!
Are you interested in volunteering? Come learn more!
Are you just curious? We can’t wait to see you!

Help us celebrate by contributing to our work!

Volunteers in Action!

Dr Hanna Saadah and Judy Saadah

Dr. Saadah and his wife, Judy, have been amazing volunteers in our medical clinic. Their devotion to our patients and their obvious care will be missed deeply. We love you both and you are welcome to return at any time!
The Board and staff met with Mark Cruise of Governance4Good on April 5th for a Strategic Planning session. This group covered a lot of ground as they began to envision the future for Good Shepherd.

BYOD (Bring Your Own Dentist) day in late March was another great experience. Dental students invite their dentists to volunteer with them at Good Shepherd.

The Big Event and Extreme Racing come together!

Students from OU volunteered at the clinic for OU's Big Event. These awesome PT students spent the morning making a lot of slime! Sounds crazy, but this slime is part of Good Shepherd's participation at Remington Park's Extreme Race Day. We will be out on that day to sell slime and to tell our story. Intrigued? Come out to learn more! April 28th at Remington Park.

Allie, Alex, and Tyler with a box of slime!
Swing!

Calling all golfers! It's not too late to sign up to play in our Charity Golf Tournament on May 13, 2019. The tournament will be held at The Greens Country Club at 1pm. A team of four can register for $500 and single players for $150. If you are interested, click the link here to sign up.

Sign Up for Good Shepherd Golf Tournament

Looking Ahead

**April 28th - Remington Park Extreme Race Day**

Remington Park welcomes you to come to the races - the extreme races! Watch as exotic animals race. This family friendly event is one of the ways Remington Park is supporting Good Shepherd. As one of their charities this year, our clinic will be at the event selling some fun kid items. Come out for fun and visit us!

**May 9th - Keller Williams Red Day**

Good Shepherd Clinic is the proud to be the chosen charity for Keller Williams Realty Elite OKC offices for Red Day. Realtors will spend the day beautifying the clinic with paint, flowers, and good cheer.

**May 13th - Good Shepherd Golf Tournament**

This tournament is a great way for the community to support Good Shepherd. Teams of golfers enjoy an afternoon at The Greens Country Club. See the link above to sign up today.

**July 12th - Good Shepherd's Run Like Health 5K**

Mark your calendars now for Good Shepherd's first 5K! The run will be at 7pm at Wheeler Park and includes a ride on the Ferris Wheel. Click here to register for just $35.