



A Healthy Heart at a High Cost



A rare infection at a young age

Jose is 20 years old and dreams of a great future. He works hard and dreams of finishing college. But money for college is hard to come by when you have to care for a mechanical heart valve and you have no medical insurance.

Jose was born with a heart condition, but it had little effect on his daily life until three years ago when he began to feel bad. He had long-lasting nosebleeds. He was chilled. At first he thought it was the start of a bad cold, or a change in weather. Yet his fever and chills got worse. Despite warm summer weather he became so cold that he was wearing long sleeves, a sweater, and lying under a blanket while turning up the heat. One day he began to lose feeling in his left leg. His family was very concerned, but Jose was avoiding the doctor because he had no insurance and he knew the bills would be high. Finally he realized he needed help desperately, no matter what the cost.

When Jose finally went to the hospital, he discovered he had lost 34 pounds in one week. The doctors diagnosed him with a heart infection. Jose had suffered a rare occurrence of a deadly infection. Doctors said most likely he had a little cut on his skin in which the infection entered. The doctors said, "It's a rare occurrence. The bacteria got in and went straight to your heart." He was given a 2% chance of survival. Had he waited even one more day, he would have died. Doctors rushed Jose into surgery. Surgery took 13 hours and during that time, Jose had two strokes. Thankfully, doctors saved his life and his heart, and they implanted a mechanical valve into his heart.

Today, Jose looks and feels healthy. He lost peripheral vision in his left eye, but doctors anticipate that it will one day return. What he still doesn't have is medical insurance. Good Shepherd Clinic provides his basic medical and dental care for

free, but every visit to his cardiologist costs approximately \$1,000. The volunteers and staff of Good Shepherd are working with Jose to find a way for him to receive free or low-cost cardiac care. Our goal is provide the best care we can and to use our resources to make sure our patients get specialized treatment they need at a cost they can afford.

Jose says, "The people at Good Shepherd are really helpful and informative. They are really care. Any way they can, they will help. Everyone is very positive, all the time." It is easy to be positive when you can give someone like Jose the care he needs to live a long and full life.

The Beat Goes On

"Good Shepherd Clinic provides **consistent**, quality medical and dental services for the vulnerable members in our community." In 2018, our Board of Directors adopted this mission statement to convey the essence of Good Shepherd. The word "consistent" was easily and quickly seen as necessary to our work. Good Shepherd Clinic is one of the few free clinics that operates as a medical home. Our patients don't stand in line for hours on end, hoping to be seen in a one-time, urgent visit. Rather, our patients know that this is their medical home. They have regular appointments to treat and improve their health. Why? Because we want to do more than give temporary relief for a problem. We want to make a life-changing difference for our patients. We want to treat illness, maintain good health, and prevent disease. Consistent, quality care is **ESSENTIAL** to make this happen.

Consistent care is dependent upon you. It takes consistent funding to operate Good Shepherd Clinic. The return on investment is impressive. Our cost per patient visit in 2018 was \$104. Most free clinics have a cost per patient over \$200. Private care is even higher! When you commit to consistent monthly giving, you are part of this radical approach to medical and dental care. The Beat Goes On Campaign is all about providing consistent funding for consistent care.

If you commit during the month of February to giving at least \$10 per month for the last 10 months of 2019, you become a member of our 10 for 10 club. You are a core part of our care! As a bonus, your name will be entered into a drawing for a Night On the Town prize package which includes a night's stay at The Ambassador hotel and more! Details will be given throughout February so watch our social media and website for more information about **The Beat Goes On** campaign.

[Join 10 for 10 today!](#)

Just consider...

OK minimum wage is \$7.25. A person working 40 hours per week would make \$15,080 annually. If this person is raised to \$10 per hour, their annual income is \$20,800.

Cost of Living
Rent \$800 monthly \$9600 annual
Utilities \$350 monthly \$4200 annual
Food \$500 monthly \$6000 annual
Gas \$40 per week \$2080 annual
Total Annual Expenses \$21,880

Childcare at \$500 per week for 2 children can add up to \$26,000 annually.

This person is working full-time and has already spent more than they have made.



If this family does have insurance, the average deductible is \$2500, adding to the the already overwhelming burden.

Good Shepherd Clinic meets the need of hard-working community members struggling against these difficult odds!

Health Is Priceless

Still Time to Sign Up!



SPORTING CLAYS FUN SHOOT

Invite your friends for an exciting new event. Good Shepherd is hosting a charity Clay Shoot. On March 1st at 10:00am we will meet at Silverleaf Shot Gun Sports in Guthrie. A team of shooters costs \$600 and individual shooters cost \$150. All participants receive lunch, ammunition, and a gift. All



CHARITY GOLF TOURNAMENT

Make the hole. Make a difference.

Good Shepherd is once again hosting a charity golf tournament. It will be held May 13th at 12:00pm at The Greens Country Club. A team of four costs \$500 and a single player costs \$150. All proceeds benefit the work of Good

proceeds go to benefit the work of Good Shepherd Clinic.

Shepherd Clinic.

[Sign Up Here](#)

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Looking Ahead

February 16th Health Fair at the OU College of Medicine

The Health Fair will be focused on building the future of healthcare vis-a-vis innovations in technology, policy, and community engagement. As a community clinic, our contribution would focus on populations with limited access to healthcare and what we do to address their needs, and what others in the community can do to help.

February 21st Health Fair at Mayfield Middle School

The Health Fair introduces local families to the options available to assist them with social needs.

March 1st Good Shepherd Sporting Clays Fun Shoot

A fundraising and fun event to raise money for the work of Good Shepherd. See the announcement above, or go to the [registration page](#) for more information.

March 1st Fun Friday at Good Shepherd

Once a month, Good Shepherd hosts a Friday dental clinic. Volunteer dentists and hygienists help us serve more patients with an extra day of care.

March 8th Remington Park Gala and Auction

This fundraising event benefits Good Shepherd Clinic as one of this year's chosen charities of Remington Park.

March 9th Community Health Fair

Good Shepherd and other community health providers will be part of a health fair providing resources and information on health for the community. Health Fair will be held at Pete White Wellness Center at INTEGRIS Southwest.

