



The Pulse
of People's Health Clinic

FALL NEWSLETTER

With the Change of Season...

People's Health Clinic is Transitioning
into Fall with Exciting News to Share



Friends of People's Health Clinic:

As I walk down the Clinic hallways, seeing our PPE-clad staff and volunteers bustling about to ensure our patients are getting the medical care they need, I feel an overwhelming sense of gratitude to all who have kept our nonprofit running during this time of uncertainty. Without the volunteers, doctors, staff, donors, supporters, and friends of the Clinic, we would not be able to provide this valuable service to our uninsured neighbors in both Summit and Wasatch Counties.

November is a time to be thankful. Our hearts are filled with gratitude for the many acts of kindness bestowed on this wonderful Clinic. This Thanksgiving in particular, I'd like to take a moment to thank the countless community members who contributed in their own way during this pandemic:



- Thank you to our dedicated staff for caring deeply about each and every patient.
- Thank you to our incredible volunteer medical providers – our family doctors, pediatricians, pharmacists, social workers, ophthalmologists, psychiatrists, obstetricians, and so many more, for donating your valuable time to see our patients. We could never repay you for the hours you have worked to ensure our community members received the care they needed.

- Thank you to the individuals who have donated to our nonprofit: those who have supported our clinic for many years, those who have donated for the first time ever and to those who are considering making a contribution to our clinic.
- Thank you to our volunteers for taking your own personal time to help us carry out our mission of providing quality medical care to the uninsured.
- Thank you to the many companies in our community who have sponsored and selflessly given in-kind donations to help our organization. I'm overwhelmed by your generosity and dedication.

Lastly, I would like to thank our patients for entrusting us with their health. Please know we are devoted to you and your family and it is a privilege to serve you.

From all of us here at People's Health Clinic, we are hoping you had a Thanksgiving filled with bountiful blessings and wishing you a holiday season filled with LOVE. Please be safe during this time. We will get through the remainder of this year together and head into 2022 with hope for all of our futures.

With gratitude,
Beth Armstrong
Beth Armstrong
Executive Director
People's Health Clinic



Congratulations People's Health Clinic! A Select Health Awards winner!

This year, more than 200 organizations applied for the award. A selection committee of representatives from Select Health, Intermountain Healthcare, and the community evaluated the submissions and recommended the 20 award recipients from across the state.

Select Health Awards

Recognizing organizations in our community. Select Health support organizations that:

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| <ul style="list-style-type: none">• Promote health and wellness• Assist individuals with special needs• Create safe environments | <ul style="list-style-type: none">• Build strong communities• Support the underserved |
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Each year, they grant \$3,000 and a marketing package to well-deserving organizations to further their missions. **People's Health Clinic feels honored to be recognized as a Select Health Award winner.**

Thank you!



Park City Community Foundation awards \$12,500 Grant Award as one of the 2021 Community Fund Recipients to People's Health Clinic


Park City Community Foundation today provided critical support and recognition to local nonprofits. Community Fund grants totaling \$275,000 were given out to support 52 high-impact nonprofits that have created positive change in our community. Nonprofits are selected to receive a Community Fund grant by a committee which thoroughly reviews community needs, conducts site visits with the nonprofits, and analyzes organizations' financials to gain the knowledge necessary to make smart grants with big impact.



Promontory Awards People's Health Clinic \$20,000

Since its inception in 2006, the Promontory Foundation has distributed more than \$2.1 million to local non-profits with their matching requirements. This is an impact of more than \$4.75 million. Beneficiaries of the Promontory funds include some of the following: Peace House, People's Health Clinic, Nuzzles & Co., Egyptian Theatre, KPCW, Habitat for Humanity, and many more! These Funds are raised during Promontory's July 4th Celebration.



91.7 | 91.9 | 88.1 | APP | .ORG 

With Gratitude!

KPCW Pledge Drive 2021

People's Health Clinic + Flanagan's on Main teamed up to help raise funds for the KPCW Annual Pledge Drive. We are grateful to John Kenworthy, owner of Flanagan's, who sponsored the hour with his donation. We also appreciate all those who called in during our hour to contribute. With your help, we were able to exceed the \$10,000 goal by raising \$15,815. This amount raised, not only will help KPCW with daily operations but will provide People's Health Clinic that value in airtime to promote the Clinic's events throughout the year.

MOBILE OUTREACH CRISIS TEAM is SAVING LIVES

Mobile Outreach Crisis Team (MCOT). MCOT is a group of peer support specialists trained by Wasatch Behavioral Health to deescalate and support in situations where an individual is suicidal. They respond to calls across the Wasatch; their office is located at Kimball Junction. They often respond to 911 calls in conjunction with EMTs. The beauty of this team is their purpose is to intervene in a domestic setting (not a medical setting). The staff at People's Health Clinic has used MCOT's services first-hand and wants to share their service information with friends, family or community members who may need this crisis intervention.

Rachelle Flinn, PA-C at People's Health Clinic had an incident this Fall with a 26-year-old Latina female in clinic who was following up after a panic attack landed her in the park city emergency room two weeks prior. When Rachelle saw her, she was actively suicidal. Rachelle immediately reached out to MCOT and spoke directly to Rick Killpack. He and another specialist arrived at People's Health Clinic within the hour to help Rachelle with her distressed patient. They spent an hour with Rachelle's patient, tried to create a safety plan for the weekend, when that attempt failed, they brought her to the PKH ED where she was eventually transferred to a psychiatric inpatient unit at Utah Valley Hospital. A life saved!

For more information MCOT contact Rick Killpack @ rkillpack@wasatch.org. The phone number for the PUBLIC when in crisis is: 800-273-8255



Highlighting our very own BETH ARMSTRONG

People's Health Clinic was pleased that the Park City Chamber of Commerce featured Beth Armstrong our amazing and dedicated Executive Director & People's Health Clinic in Small Town Stories in the Park Record in November 6th issue! Take a moment to read as it highlight's Beth's career and People's Health Clinics services. Congratulations Beth! And we all appreciate everything that you do for People's Health Clinic and our community.

[READ MORE](#)



Dr. Leining Uses her Voice as an Advocate for the Patients of People's Health Clinic

Dr. Mairi Leining our Medical Director was featured in the October/November issue of Utah Physician speaking on behalf of her patients at People's Health Clinic. She provides a face to the poverty that is present in Park City. Dr. Mairi describes heartbreaking stories of some of her patients, who struggle with housing insecurity, food insecurity, illiteracy, unemployment, and discrimination. The stories are filled with terror, courage, and injustice. They are stories of survival, which are not known to many Park City residents. We are proud of Dr. Leining using her voice to bring to light the inequalities in our very own resort town and finding a way through People's Health Clinic to bring some balance and health to these amazing people she serves. On that note, Dr. Leining recently was influential in having Utah Medical Association support legislation for a comprehensive outreach program to increase health insurance enrollment for all children living in Utah regardless of legal status.



SPOTLIGHT

Volunteer Highlight Dr. Keri Gardner

Dr. Keri Gardner came to the People's Health Clinic as a volunteer to provide follow-up care to patients who had been seen in the Emergency Department. Since she is an emergency physician herself, she knows that patients can struggle to get a timely appointment to be re-checked after discharge from the Emergency Room.



She was inspired to join People's Health Clinic after meeting Dr. Easter, who is also a volunteer physician at People's Health Clinic. She met him at the Summit County's vaccination clinic and while working together, he expressed how special the People's Health Clinic staff are and the patients they serve.

Dr. Gardner was convinced and became a volunteer physician herself. In addition to her work as an Emergency Physician, Dr. Gardner is a public health specialist and an avid hiker and whitewater rafter. Her free time is spent training search and rescue K9s with Utah Search Dogs. She has worked all over the country and even at the US polar station in Antarctica, but has settled in Park City with her husband, Rob, because of the beauty and community spirit.



Keeping our Patients Smiling Bright

People's Health Clinic provided 80 of our patients with dental cleanings and evaluations. We could not have done it without the help from Roseman Dental, Fortis Dental, Junior League of Salt Lake City, University of Utah Health and Nomi Health for the Covid testing and our fabulous Dalia Gonzalez for her planning and execution of dental program! Thank you to everyone who helped - you are all rock stars. A special thanks to Clockworks Café for the delicious lunch.



NEW PROGRAM Implemented at the Clinic

Settie Harrison, Medical Assistant is leading the way in Contraception for People's Health Clinic

Settie Harrison has created a program to provide a safe place for teens to learn about sex that is based on science and truth. In the state of Utah, there is no comprehensive sex education and abstinence must be stressed as the most effective way to avoid pregnancy and sexually transmitted diseases. Due to the lack of safe information regarding sex, Settie Harrison took the initiative to create People's Health Clinic own sex education class for teenagers. The class is for teenagers ages 14-18 years old and offered on a monthly basis. She has partnered with Planned Parenthood's Teen Counsel program to teach the class. With the first class under her belt, Settie was happy to provide positive feedback on attendance and is looking forward to next month's class.

LIVE PC GIVE PC a Record Year for ALL!



This year Live PC Give PC set a new record overall for the Park City Community Foundation, raising 4.4 million in funds for 126 nonprofits in Summit County. This was 1 million more than last year. People's Health Clinic also reached a new record by raising \$146 K over last year's \$104 K. We were 10th overall with 354 donors and #1 in our category of Healthy Minds and Bodies where we were awarded \$1250 for placing first with \$57 K.

Our early and consistent fundraising of reaching out to previous donors and organizations was rewarded with generous matching grants.

We had matching grants from Park City Realtors Association, Home Builders Association of Park City, Promontory Foundation and one of our own board members Richard Gershen. Additionally, social media, emails and texts by Board Members, staff and volunteers created lucrative donations from long time Park City residents as well as new ones who have relocated in the past year. We are so grateful to our town and the generous donors for their continued support of our mission at People's Health Clinic.

Jennifer Meyer, People's Health Clinic Diabetes Specialist Helps Define Diabetes

November was National Diabetes Month, a time when communities across the country team up to bring attention to diabetes. Here at the People's Health Clinic, we strive to provide the best diabetes care for the residents of Summit and Wasatch Counties.

Let's dive into some education to help you and the ones you love become more aware of what diabetes is and how to help prevent it. Call to schedule an appointment with our diabetes team today!



What is Diabetes?

With diabetes, your body either doesn't make enough insulin or can't use it as well as it should. Diabetes is a chronic (long-lasting) health condition that affects how your body turns food into energy. Most of the food you eat is broken down into sugar (also called glucose) and released into your bloodstream. When your blood sugar goes up, it signals your pancreas to release insulin. Insulin acts like a key to let the blood sugar into your body's cells for use as energy.

If you have diabetes, your body either doesn't make enough insulin or can't use the insulin it makes as well as it should. When there isn't enough insulin or cells stop responding to insulin, too much blood sugar stays in your bloodstream. Over time, that can cause serious health problems, such as heart disease, vision loss, and kidney disease.

There isn't a cure yet for diabetes, but losing weight, eating healthy food, and being active can really help. Taking medicine as needed, getting diabetes self-management education and support, and keeping health care appointments can also reduce the impact of diabetes on your life.

Types of Diabetes

There are three main types of diabetes: type 1, type 2, and gestational diabetes (diabetes while pregnant).

Type 1 Diabetes

Type 1 diabetes is thought to be caused by an autoimmune reaction (the body attacks itself by mistake) that stops your body from making insulin. Approximately 5-10% of the people who have diabetes have type 1. Symptoms of type 1 diabetes often develop quickly. It's usually diagnosed in children, teens, and young adults. If you have type 1 diabetes, you'll need to take insulin every day to survive. Currently, no one knows how to prevent type 1 diabetes.

Type 2 Diabetes

With type 2 diabetes, your body doesn't use insulin well and can't keep blood sugar at normal levels. About 90-95% of people with diabetes have type 2. It develops over many years and is usually diagnosed in adults (but more and more in children, teens, and young adults). You may not notice any symptoms, so it's important to get your blood sugar tested if you're at risk. Type 2 diabetes can be prevented or delayed with healthy lifestyle changes, such as losing weight, eating healthy food, and being active.

Gestational Diabetes

Gestational diabetes develops in pregnant women who have never had diabetes. If you have gestational diabetes, your baby could be at higher risk for health problems. Gestational diabetes usually goes away after your baby is born but increases your risk for type 2 diabetes later in life. Your baby is more likely to have obesity as a child or teen, and more likely to develop type 2 diabetes later in life too.

Pre-diabetes

In the United States, 88 million adults—more than 1 in 3—have pre-diabetes. What's more, more than 84% of them don't know they have it. With pre-diabetes, blood sugar levels are higher than normal, but not high enough yet to be diagnosed as type 2 diabetes. Pre-diabetes raises your risk for type 2 diabetes, heart disease, and stroke. The good news is if you have pre-diabetes, a CDC-recognized lifestyle change program can help you take healthy steps to reverse it.

Call to schedule an appointment with our diabetes team today!



What is coming up this Winter

December – People's Health Clinic is thrilled to announce the launch of our new website. We have revamped our website featuring a modern & personal yet professional format. It highlights all of our programs as well as our new volunteer physicians, staff and more. Be sure to check it out at www.peopleshealthclinic.com

PEOPLE'S HEALTH CLINIC is HOSTING A TOY DRIVE for OPERATION HOPE TO BENEFIT FAMILIES IN OUR COMMUNITY

We are hosting a Toy Drive from November 24th – December 8th. Please drop off new and unwrapped toys to People's Health Clinic lobby before December 8th. The toys are for children 1 year– 18 years old. We will be donating all the toys collected to the Operation Hope which The Christian Center plans every year.



Turning Spirits Into LOVE

People's Health Clinic is in the Holiday Spirit with Titos! We have partnered with Titos in a holiday collaboration to raise funds for People's Health Clinic. Titos is distributing the following flier to local restaurants as promotion to raise funds and awareness for People's Health Clinic. Thank you Titos for contributing \$5000 to the Clinic and keeping spirits bright this holiday season!





Your Support Is Our Life Support!

TAKING CARE OF THOSE WHO TAKE CARE OF OUR COMMUNITY



Donate Today!



[@peopleshealthclinic](#)

Contact Laura
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