

# caritas

## QUARTERLY

A Spotlight on Local Charities • Fall 2017 • [www.caritasutah.com](http://www.caritasutah.com)



/kärəˈtäs/ (noun) love of humankind, charity

### IT TAKES **ALL OF US**

PAGE 2

SPONSORED BY



PAGE 3

### **HEALTHCARE**

FOR THOSE WHO NEED IT MOST  
• **FOURTH STREET CLINIC**

PAGE 10

### **RECOVERY**

IN AN ATMOSPHERE  
OF FITNESS AND SAFETY  
• **FIT TO RECOVER**

# IT TAKES ALL OF US

By Scott Anderson  
President and CEO  
Zions Bank

Steve Schaefer, in the December 2016 issue of *Forbes* magazine, wrote: “In his influential 1962 book, *Capitalism and Freedom*, economist Milton Friedman argues that there is ‘one and only one social responsibility of business — to use its resources and engage in activities designed to increase profits. Executives with a conscience who cared about job creation, employee treatment or the environment,’ Friedman wrote, ‘were nothing more than unwitting puppets of a social responsibility doctrine that threatened free markets.’”

I strongly disagree with Friedman’s philosophy. For a corporation to really be great and to have a lasting impact on the economy and on business, it must also create value for its community — the people and neighborhoods in which it operates.

As Henry Ford said, a “business that makes nothing but money is a poor business.”

In his *Guiding Principles for Zions Bancorporation*, Chairman and CEO Harris Simmons — a business visionary, genius and great humanitarian who

understands the value and power of corporate giving — wrote: “Our goal is to create value for our customers, for our communities, for our employees, and for our shareholders. ... We are committed to improving the quality of life for our customers on every rung of the economic ladder by enthusiastically engaging ourselves in community issues and offering creative financing solutions to challenging community needs. We recognize that banking is a local business, and that to be successful, we must have very strong ties to the communities we serve.”

Good corporate citizenship that creates value for the communities and provides creative solutions to community needs has benefits beyond simply meeting needs that cannot be funded through government entities. They bind together communities around shared goals, very differently than what happens in the adversarial arena of politics. We need to foster this increased attention on and need for good corporate citizenship and community involvement.

Business must be committed to working with individuals, families and communities to help make our neighborhoods stronger and our communities better. For our success as a business always has been and will continue to be directly tied to the success of the individuals and the communities that each of us serve. After all, their stories make our story possible.

In my view, as Simmons so eloquently said, business should use its power to create value beyond profits: value for our communities — making our communities better and our neighborhoods stronger, and improving the quality of life for everyone.

I would add that involvement by businesses in the community is no longer considered just the “right” thing to do. Many today expect companies to play an active role in solving society’s problems. The public feels better about a socially responsible organization. Companies can make priceless contributions and

improve their image as they sponsor and participate in local volunteer activities. After all, a healthy community makes for healthy companies. The fact is that businesses function best when operating in stable communities. When communities are at risk, businesses are as well.

I believe that it simply takes all of us getting involved in the community to make a difference. It takes all of us to make this world a better place. This idea of community involvement outside of the business is just good business. Business relies on customers, employees and the communities in which it operates to be successful: When employees are taken care of, when communities flourish, then the business benefits.

We have many in our community who are examples of giving back that should inspire us and convince us that giving back is the key to success in business and in life:

- Gail Miller and her family has made one of the most remarkable contributions to this

community by putting the ownership of the Utah Jazz in a trust to ensure the team is never sold and moved out of the state. Salt Lake City is unique in that it has both a professional sports team and an orchestra. Without either, Salt Lake would fall to a second-tier city.

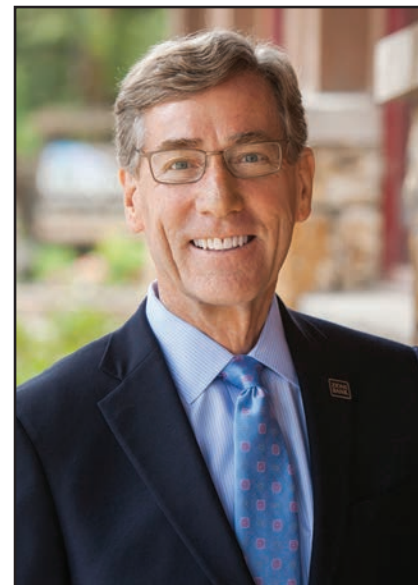
- Spence Eccles and the various Eccles foundations have done more for Utah education and the arts than any other group. Without their support, our universities, colleges and art organizations would have difficulty fulfilling their missions.

- Dell Loy Hansen has not only led out in providing affordable housing in Utah and around the country, his generosity is behind soccer fields, charter schools and the Real Salt Lake soccer

club.

- Kem Gardner is a story of America. His business success is remarkable. He tests the envelope of human creativity, intellect, energy and promise. He motivates, produces, achieves, grows and unites. His is lavish with his worldly gifts to the arts, music, education, scholarship and public affairs. But he also gives of himself. He facilitates progress on a much grander scale by using his influence and means to give back to society some of what he has reaped.

It is vitally important for each of us, who are recipients of so much, to find opportunities to give to others. This reaching out to give back has the unique ability to lift and build. This reminds us that when we think outside of ourselves, we have the power to facilitate change; that when we think of others’ lives



as linked to our own, our compassion grows. When we reach out a hand to one, we influence the condition of all. When we build the strength of our neighborhoods, we bolster the health of our communities, we build business, and we change the lives of those who walk by us every day.

As Jon M. Huntsman Sr. said in his book *Winners Never Cheat*: “At one time I believed charitable giving was purely voluntary. ... I changed my mind. Giving back applies to everyone, but it surely is not optional. It is the moral obligation of any person, any business, and certainly any leader worthy of its name to return to the community some of what they have been given. ... All must give their share. ... Giving is a spiritual obligation.”

## Dear readers and friends,

We are pleased to announce a new supplement to *The Enterprise* dedicated to exploring the who, what, where, when, how and — most importantly — the why of our community’s charitable organizations. Whether large or small, these organization and the people who keep them running make significant contributions to both the economy and the humanity of our city and state.

As you can see from the title of this supplement — *Caritas Quarterly* — we expect to publish a new edition every quarter, with each issue featuring several local charities and their supporters.

"Caritas" is Latin for love of humankind — or charity. That love of humankind is something many businesses, firms and other community members have been demonstrating to our local charities for years. They have given of their time and substance largely unnoticed and unrecognized. Shedding light on their contributions is one editorial purpose of *Caritas Quarterly*.

The other is to share the stories and missions of the remarkable charitable organizations among us. We will tell their stories through the lens of facts and figures, but also through the lens of the personal experiences of people whose lives have been touched and improved by the work these charities do.

And, yes, of course, we also hope to motivate you, dear reader, to get involved in whatever way you can with one or more of our community’s charities.

We look forward to being uplifted together by the stories of these great organizations and the great people and businesses behind them.

caritas  
QUARTERLY

**George Gregersen**  
Publisher  
801.654.3141  
george@slenterprise.com

**Frances Johnson**  
Editor  
303.249.1938  
frances@slenterprise.com

**Publisher’s Note:** *Caritas Quarterly* is an affiliated publication of The Enterprise Newspaper Group Inc.

# Healthcare with a Heart



*For more than 20 years, Utah's homeless population has received comprehensive primary care and other health services at the nonprofit community health center*

For Chris Smith, it all fell apart because of alcohol. Originally from Chicago, he relocated to Utah and had been living with his girlfriend in Tooele for 14 years. He worked lots of jobs, including at a power plant, a custodian at an elementary school and, most recently, at an assisted living facility. But nine months ago, his life started to unravel.

“Once my drinking caught up to me, I lost my job and she kicked me out,” he said.

Smith made his way up to Salt Lake City but couldn't find steady work, which meant he had no insurance. So when his leg started swelling so large and painfully that he couldn't climb stairs, he landed at Fourth Street Clinic in downtown Salt Lake City.

He has been coming to the clinic regularly for eight months to receive IV antibiotics that control the swelling in his leg. He also received up-to-date vaccinations and a new vision prescription and eyeglasses through the clinic. And best of all, he has been sober for five months. He had been to rehab lots of times before — three times in Illinois and twice in Utah, he said — but his deteriorating health and the support he's

received at the clinic have given him extra motivation to kick his habit.

“Everybody around me has been really great to me,” Smith said. “I can't say nothing bad about this place.”

Smith's story is typical of many of the clients who come through the doors at Fourth Street Clinic said Janida Emerson, the clinic's chief operating officer.

“We are a homeless health center. What that means for us is that we provide services targeted to the homeless population,” she said. “And a lot of what is underlying that homelessness is mental health and addiction issues.”

Part of targeting health services to the homeless population is addressing co-occurring mental health and substance abuse so a major focus at Fourth Street Clinic is integrated behavioral health. Every patient who comes to the clinic has access to psychiatric care — and medication to address mental health issues — all at a greatly reduced cost. The clinic also sponsors support groups such as Alcoholics Anonymous and Narcotics Anonymous.

In 2016, 10 percent of the 28,000 total patient visits at Fourth Street

Clinic were for mental health services. Fourth Street Clinic also offers comprehensive primary care (54 percent of visits in 2016), dental services (5 percent of patient visits) and case management services (24 percent of patient visits), which includes help finding housing,

clothing and food. This type of holistic care is usually not available in traditional primary care settings, Emerson said, so the care delivery model at Fourth Street Clinic is better positioned to meet the needs of homeless patients

*continued next page*



*Dr. Hal Cole checks the pulse of a patient at Fourth Street Clinic. In total, Cole has volunteered roughly 3,800 hours of his time at the clinic over a time span of 10 years. Photo by James Jarrard. Photo courtesy of Fourth Street Clinic.*



Pediatric Nurse Jeff Daniel attaches a pulse oximeter on the finger of a homeless child at Fourth Street Clinic, Utah's homeless health care clinic in Salt Lake City. Photo courtesy of Fourth Street Clinic.

than more traditional providers.

Another barrier to traditional care for most homeless patients is insurance. Around 95 percent of Fourth Street Clinic patients are uninsured and can't afford medical care anywhere else, but services at Fourth Street Clinic are offered on a sliding fee scale based on income. The highest fee comes in at about \$4 and it can be paid in installments. Most patients receive their care for free.

"If you are uninsured, you do not really have a way to access healthcare through a private company or private practice," Emerson said. "There are huge unmet needs in the uninsured population."

In addition to mental illness and addiction, the majority of those needs are related to untreated or under-treated chronic illness. Take a patient with diabetes, Emerson said. In a traditional primary care setting, a doctor would talk to a diabetic patient about controlling their diet, limiting sugar and using insulin. The homeless population can't control their diet, don't have access to insulin or, in many cases clean syringes, and don't have a primary care physician for regular follow-ups, so manageable conditions become emergencies.

"Your health outcomes are largely driven by socioeconomic factors," Emerson said. "You're not going to worry about your diabetes if you don't know where your next meal is coming from or

where you're sleeping that night."

Physicians at Fourth Street Clinic can provide urgent, one-time medical care such as setting bones, draining abscesses and treating frostbite and other wounds, but their goal is to be a "medical home" for homeless patients — a place where they can come to receive the type of consistent, preventive primary medical care that insured, non-homeless individuals enjoy. Physicians and physician assistants try to engage with every patient about follow-up care and additional medical services they can access, Emerson said, but scheduling and keeping appointments can be challenging for the population they serve.

Losing track of patients or having them never come back for follow-up care is one of the major frustrations of the job, said Dr. Bob Rolfs, who has been connected with the clinic as a volunteer or employee for 23 years. But those patients are no less deserving of high-quality, compassionate healthcare.

"They're people and the more we all learn that the better off we'll all be," Rolfs said. "If you treat the people coming in there with respect, they return it. A lot of them can make it back if they get a hand."

Jeffrey Gregg is a walking example of that.

At 54 years old, Gregg had been using heroin and methamphetamines for 40 years. The last full-time job he had was in 2008. He lost his wife and son and hasn't talked to his own par-

ents since his 21st birthday. He has been receiving care at Fourth Street Clinic for the past 12 years for infections, abscesses and other health complications resulting from his drug use.

"I'm an addict from hell. I lost everything," Gregg said. "I've been really sick. This place has saved my life multiple times."

It looked like he would be stuck in the addiction cycle forever, but several months ago Gregg was caught with dope in a sting operation near Pioneer Park. He was given the option of entering a treatment program instead of serving jail time and he took it. Gregg now lives at Odyssey House, a therapeutic community for recovering addicts. He has been clean and sober for seven months. He is about to transition out of treatment and case managers at Fourth Street Clinic are working to help him find transitional housing.

Gregg also gets medication for degenerative disc disease and a mental health condition through the clinic. He is hoping to access the clinic's dental care to get a new set of teeth before his time in treatment is over. He runs the kitchen at Odyssey House and is hoping to get a job in the food service industry when he's finished. Gregg is ready for a fresh start and — more importantly, he said — he feels like he deserves one.

"People want to change. I grew up in a good home where I had good parents and siblings and we camped and fished and all those things and



## 2016 Snapshot

For almost 30 years, Fourth Street Clinic has provided quality health care and support services to men, women and children experiencing homelessness.

## PATIENT DEMOGRAPHICS & CLINIC STATISTICS

Fourth Street Clinic served **5,105** homeless patients — a 3% increase over 2015.

<b>SEX:</b>	<b>AGE:</b>
Male: 65%	0-17: 7%
Female: 35%	18-44: 44%
	45-64: 47%
<b>SLEEPING STATUS:</b>	65+: 4%
Homeless Shelter: 51%	<b>INSURANCE STATUS:</b>
Living on the Street: 20%	No Insurance: 78%
Doubling Up: 16%	Medicaid: 17%
Transitional Housing: 7%	Medicare: 5%
Other/Unknown: 5%	

## CLINIC SERVICES: 28,222 total patient visits

- Medical Services: 54%
- Case Management Services: 24%
- Mental Health Services: 10%
- Substance Abuse Services: 6%
- Dental Services: 5%
- Vision Services: 1%

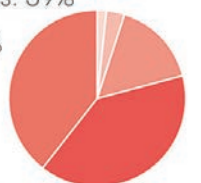


The **ALSAM Pharmacy** at Fourth Street Clinic filled over **70,000** prescriptions in 2016.

## 2016 FINANCIALS\* January 1 - December 31, 2016

### REVENUES

- Public Grants: 40%
- In-kind Goods & Services: 39%
- Private Fundraising: 16%
- Patient Insurance: 3%
- Contracts & Other 2%



### TOTAL REVENUES: \$8,706,951

In-kind & Volunteer Services: \$3,425,344  
Grants, Fundraising & Other sources: \$5,281,607

### EXPENSES

Program Services & Administrative Expenses: \$4,465,502

In-kind Expenses: \$3,651,458

### TOTAL EXPENSES: \$8,116,960

\*2016 financial data is currently unaudited

continued on page 8

The *first* rule  
of being part of a  
community:  
*Giving back.*

First Utah Bank—proud to be a community partner  
for almost 40 years.



[www.firstutahbank.com](http://www.firstutahbank.com)

## Fourth Street Clinic Key Staff

### **Laura Michalski, CEO**

Laura joined Fourth Street Clinic in November 2014. She previously worked as the Associate Executive Director and Director of Strategic and Quality Initiatives at CommunityHealth in Chicago, currently the largest free clinic serving the uninsured. Laura has a Bachelor of Science in Biochemistry and a Bachelor of Arts in Criminal Justice from the University of Illinois at Chicago.

### **Janida Emerson, COO**

Janida has worked at the U.S. Government Accountability Office on the Health Care team, and as the Government Affairs Manager with the Association for Utah Community Health. She has served as the Criminal Justice Program Administrator for the State Division of Substance Abuse and Mental Health and, prior to coming to Fourth Street Clinic, as the Associate Director of Salt Lake County Behavioral Health. Janida received her Masters of Science in Public Policy and Management from Carnegie Mellon University in Pittsburgh.

### **Michele K. Goldberg, MD, Medical Director**

Michele joined Fourth Street Clinic in January 2017. She earned her medical degree in 2010 from the University of Southern California, Keck School of Medicine, and is certified by the American Board of Family Medicine. She has worked as Chief Resident in Family Medicine at Kaiser Permanente Hospital in Woodland Hills, Calif., and has conducted substantial research in Pediatric Neurology, Oncology and Cardiology at the University of California – San Diego, the San Diego Cancer Center and Northwestern Healthcare in Evanston, Ill. Most recently she worked as an associate physician in a private medical office.

### **LaFaye Bergman, PharmD, Pharmacy Director**

LaFaye began at Fourth Street Clinic in 2009 as a volunteer in the pharmacy. Six

months later she was hired as a part-time pharmacist. In July 2013 she became the pharmacy director. LaFaye earned her Doctor of Pharmacy degree from the University Of Utah College Of Pharmacy in 2007.

### **Ron Kehl, DDS, Dental Director**

Before joining Fourth Street Clinic, Ron spent 13 years as the Managing Director of the TriCounty Dental Clinic, a public health clinic of the TriCounty Health Department serving Daggett, Duchesne and Uintah counties. He has an undergraduate degree in Biology with a minor in Chemistry from Utah State University and graduated with honors in Operative Dentistry from the University of Oklahoma in 1998.

### **Yolanda McCollum, Accounting Manager**

Yolanda joined Fourth Street Clinic in 2015. She holds a B.S. in accounting from National University. Prior to joining Fourth Street Clinic, she was the controller for Dollarex, a foreign currency exchange bank.

### **Monte Hanks, Client Services Director**

Monte has over 20 years of experience at the Fourth Street Clinic, linking people with services as a liaison with our homeless population, medical providers and the community. Monte represents the Clinic in many community meetings and presentations regarding the services provided at Fourth Street Clinic as well as the medical/social implications of homelessness.

### **Laurel Ingham, Development Director**

Laurel has more than 20 years of development experience and was appointed Development Director in 2014. She manages all aspects of fundraising from grant writing and special events to donor cultivation, working with individuals, corporations and foundations.

## Fourth Street Clinic Executive Board

**Scott D. Williams MD, MPH (Chair)** has worked as a University of Utah faculty pediatrician treating underserved populations. and with the Utah Department of Health as the Director of Family Health Services. He has been affiliated for the past 10 years with the Mountain Division of the Hospital Corporation of America, first as the Chief Medical Officer of its 10 hospitals in three states, and then for the last two years focusing on the development of HCA's electronic medical record pilot project at St. Marks Hospital. He holds a B.A. in American Literature, Masters of Public Health, and medical degree all from the University of Utah and completed his residency at the University of Wisconsin.

**Jeff Jensen (Vice Chair)** has served as Chief Financial Officer of Intermountain Healthcare's physician group since 2015. Prior to his current assignment, Jeff served as the Finance Director/Chief Financial Officer with Intermountain Medical Center, located in Murray. He has also served as a Chief Financial Officer with IASIS Healthcare at a hospital and regional level, and has worked at Primary Children's Medical Center in various finance roles, including payer contracting, business office/medical records and other functions. Jeff has a B.S. in Accounting from Weber State University and a Masters of Business Administration from Utah State University.

**Thomas Miller, MD (Treasurer)** is the Chief Medical Officer of the University of Utah Hospitals and Clinics and an Associate Professor of Medicine. As Chief Medical Officer, he manages the Medical Staff Office and Office of Graduate Medical Education. He also continues a practice in General Internal Medicine and has been on faculty since 1992. Thomas earned his medical degree from The George Washington University and completed his residency and chief residency at the University of Utah.

**Karen Shepherd (Secretary)** is a former member of Congress and Utah State Senator who now serves on several corporate and community boards. She has had a long and varied career, including working as a teacher of English and literature, serving as the first woman director of Salt Lake County Social Services, and serving as director of continuing education at Westminster College. After serving in the Utah Senate and the U.S. Congress, President Clinton appointed her to be the U.S. Representative at the European Bank for Reconstruction and Development (EBRD) in London. Her many years of community work have focused on organizations that promote the health and safety of women and children and on campaign finance reform.

**Garrett Barnes** is a Senior Vice President at Zions Bank in the Premier Wealth Management Division. Garrett has a deep passion for people, life and giving back to the community. He is actively involved in committees that seek to meet the needs of the homeless population with serious health concerns, and his passion for pediatric feeding struggles has driven him to advocate for children that are 100 percent tube-fed due to total oral aversion; he speaks locally and nationally on the issue and works to educate parents and insurance providers.

**Stephen Beyers** has served as a Vice President in Commercial Banking and as a Business Banking Manager at Banner Bank, formerly AmericanWest Bank, since 2007 and has a wide range of financial expertise. He received his bachelor's degree in Business Management and Economics from the University of Arkansas at Little Rock in 1982; he also holds graduate degrees in Commercial Lending (1989, University of Oklahoma) and in Banking (1993, University of Colorado at Boulder). In addition, Steve is a Licensed Professional Counselor (LPC) with specialties in addictions and substance abuse.

**George Durham II, MD** is an Adjunct Professor Emeritus in the Department of Pediatrics at the University of Utah School of Medicine where he has served on the Admissions Committee since 2014. He holds a B.A. in biochemical sciences from Harvard University and graduated from Duke University's School of Medicine in 1973, completing his residency in pediatrics at the University of Utah in 1976. He practiced with Bryner Pediatrics from 1976 to 2014 and is a former member of the Governing Board of Primary Children's Hospital. He was a pediatric volunteer physician at the Fourth Street Clinic in the mid-1990s and has served on the Fourth Street Clinic's board since 2012.

**Rev. Elizabeth Hunter** is a Deacon at the Cathedral Church of St. Mark and is active in interfaith and community activities. She is retired from employment with the State of Utah, where she worked primarily with public assistance, employment services and programs to assist low-income households. From 1999-2003 she was the director of the Jubilee Center, a co-location center for small non-profits, religious organizations, arts groups, community organizations and support services for low-income households.

**Glen R. Lambert, LCSW**, is the former Executive Director of Odyssey House of Utah, a substance abuse and social service agency, a position he held for more than 30 years. During his tenure, Odyssey House grew from one program with 27 clients to a multi-site agency that serves up to 400 clients daily and employs a staff of 160. Glen holds a Master's of Science in Social Work from the University of Utah. In addition, he has been an active community steward serving on the Community Nursing Services Board of Directors, the Governor's Commission on Criminal and Juvenile Justice, the State Advisory Sexual Abuse Committee and more.



## UTAH'S PREMIER BUSINESS & LITIGATION GROUP.

Established over 30 years ago, Strong & Hanni's Business & Commercial Litigation Group provides full legal services in a wide range of disciplines including, corporate representation, litigation, contract drafting and negotiation, mergers and acquisitions, employment, real estate, securities, tax and estate planning. With a such a wide range of business and personal legal services, we represent both public and private companies and individuals. We have watched our clients grow and have assisted them in developing into successful enterprises of all sizes.

**STRONG & HANNI**  
LAW FIRM  
[strongandhanni.com](http://strongandhanni.com)



*Medical Assistant Cameron Bennett treats frostbite wounds on James, a patient at Fourth Street Clinic. James has been living on the street for over two-and-a-half years, and got frostbite in January when temperatures plummeted to only a few degrees Fahrenheit. Photo by James Jarrard. Photo courtesy of Fourth Street Clinic*

**from page 4**

I'd like to get back to that," Gregg said. "I've proved that I'm worth investing in."

Spend a little time with any patient at Fourth Street Clinic and you will find they are all worth investing in, Rolfs said, and that means the clinic and its mission are worth investing in, too. After several years volunteering as a physician at the clinic, Rolfs served as a member of the board of directors, and eventually as the chair. Fundraising was the part of the job Rolfs liked the least, but he also found that the cause had a way of promoting itself.

"I felt good about the product I was selling," Rolfs said. So good, in fact, that in addition to working part-time at the clinic and serving a term on the board, Rolfs is also a regular donor.

According to Fourth Street Clinic's "2016 Snapshot," private fundraising accounts for 16 percent of the clinic's operating budget. The largest portion of the clinic's revenue — 40 percent — comes from public grants. The clinic is a federally qualified health center, Emerson said, which means they meet requirements to receive Federal funding specifically set aside for community health centers serving underserved populations.

In-kind goods and services round out the clinic's operating budget. Many in-kind donations come from private healthcare providers in Salt Lake or around the state, Emerson said. For example, Intermountain Healthcare provides vouchers for Fourth Street Clinic patients to receive diagnostic care such as X-rays at an Intermountain facility. Fourth Street Clinic also partners with individual providers who can help pa-

tients access specialty care and medication. For example, one volunteer physician works exclusively with Hepatitis C patients, and his care includes free access to extremely expensive medication.

This cooperative care delivery model makes the most sense, Emerson said. There is no reason for Fourth Street Clinic to invest its limited resources in expensive equipment like X-ray and MRI machines, and there is no reason for large healthcare organizations such as Intermountain Healthcare or the University of Utah to spend extra money equipping themselves to meet the specific needs

of the homeless population, in addition to the patients they already serve, when there are community health centers that can focus on that population exclusively.

"I think it is far more effective for them to partner with a community health center. The needs of this population just don't mirror the needs of a higher-income, insured population," Emerson said. "We couldn't do it without both [the clinic and partnerships]. They are completely co-dependent. There is a lot of support for wanting to comprehensively understand and address the underlying root causes of homelessness."

It is precisely that mission that has kept Dr. Rolfs working at Fourth Street Clinic for so long. He spent most of his career focused on indigent populations, first at the Centers for Disease Control and then as an epidemiologist at the Utah State Health Department. After years working in administrative roles, he started volunteering at the clinic just for a chance to practice medicine.

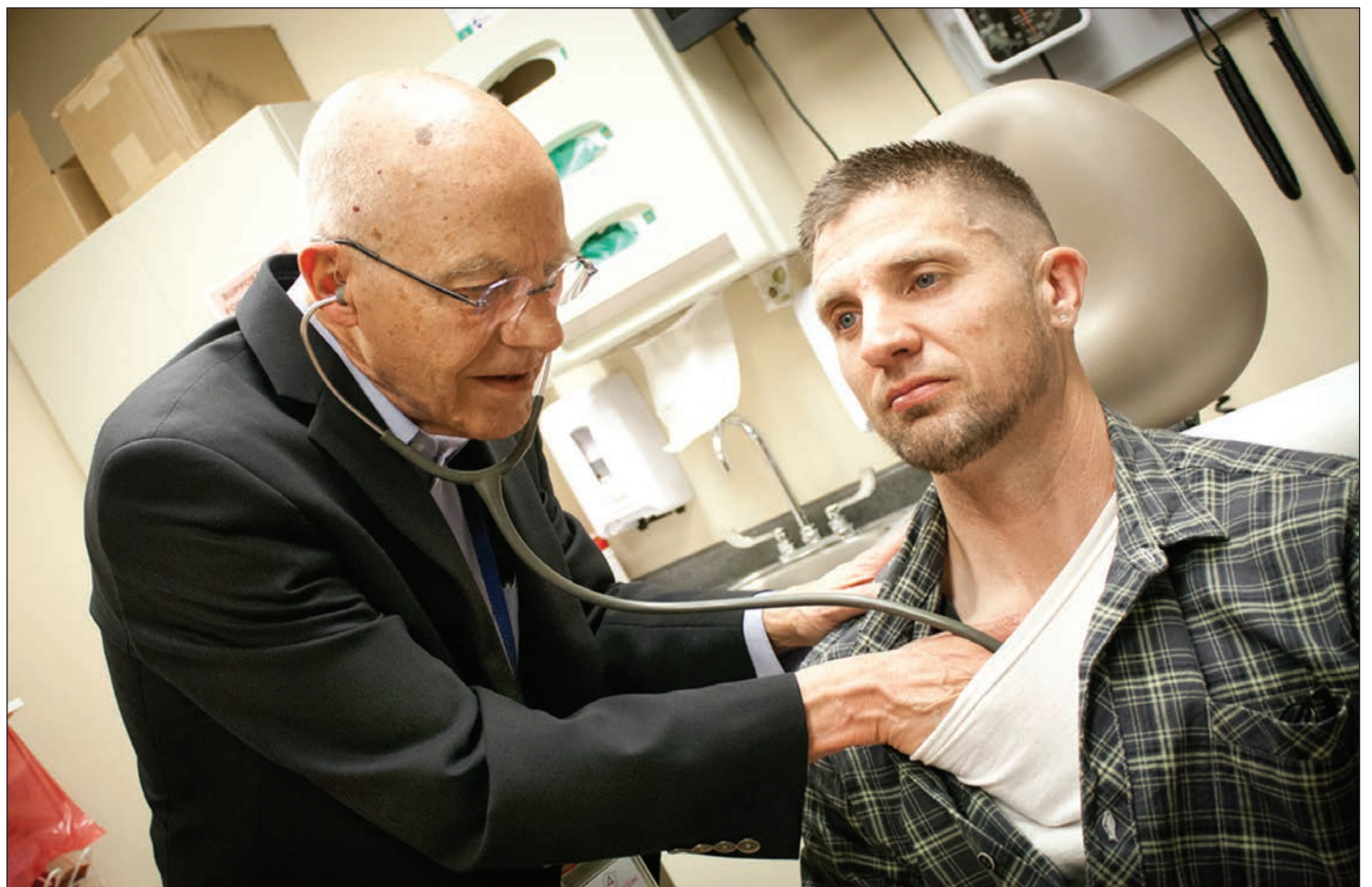
"Over time, the relationship changed," Rolfs said. "I started to realize that I was getting every bit as much out of it as I was giving to the clinic."

Rolfs said he has been impressed with the passion and compassion people bring to their work at the clinic, and he has been impressed with the resilience of the patients he has treated. It's something he wishes more people in the community at large could see and understand.

"Driving downtown every day, you see this whole world that if you don't have any experience with it, you are going to make assumptions," he said. "There is nothing in the world that isn't made better by knowing or understanding someone in that situation."

Emerson agrees.

"I wish that people had more empathy for how challenging it is to be homeless, for the amount of trauma that has happened to these individuals and what it is to have a mental health issue that is untreated," she said. "We all need to fight the urge to lump the good in with the bad. We really strive to deliver high-quality healthcare, and we don't believe that a person's housing status or income should affect the quality of care they receive."



*Dr. Hal Cole, a volunteer provider at Fourth Street Clinic, listens to a patient's heartbeat. Cole, a gastroenterologist, has been volunteering his time at the clinic for over 10 years; he helps treat homeless patients suffering from Hepatitis C and other chronic diseases. Photo by James Jarrard*





# Donor Spotlight: IC Group

## 'It brings our people together around a cause'

As PTA president at her children's high school on the east side of Salt Lake City, Jane Barker thought she would spend her time on fundraisers and dances and football games. Instead, she found a purpose.

Not long into her term, Barker discovered that, despite the affluent background most of the students came from, there were 90-100 homeless teens attending the high school. School buses picked them up early from shelters and other locations every morning and dropped them off last every afternoon. Almost no one knew their situation.

"I became aware of the different faces of homelessness and I wanted to get involved," Barker said.

Barker, who owns IC Group, a secure printing company in Salt Lake, said Fourth Street Clinic offered the perfect opportunity for the involvement she was looking for. The clinic has been IC Group's charity of choice for two years in a row, and Barker also serves on the clinic's corporate council.

"When I toured Fourth Street I was really floored by the care and respect that the nurses and doctors and everyone give to homeless people," Barker said. "They are usually the most mistreated people in our society."

Becoming involved with Fourth Street Clinic also reinforced the realization she had as PTA president that

homelessness is more complex and widespread than most people realize.

"Our company chose this cause for that reason," she said. "There are a lot of different reasons people become homeless. It's not just a middle-aged man hooked on drugs. It's people who lost their jobs, parents living in their cars and their kids are along for the ride."

As a business owner, Barker has seen her priorities shift as a result of her support of Fourth Street Clinic. Before she introduced the cause to her employees a couple of years ago, she made sure all her own employees were taken care of, that they had the health insurance, time off and other support they needed. And as employees have joined her in the cause, the company culture has changed for the better as well.

"It seems like it's brought people together, from the top down," Barker said. "It's been very gratifying. We like the way it brings our people together around a cause."

Barker said she is floored by the number of her employees without much extra themselves who want to donate money and get involved. At Christmas time the company launched a project to assemble backpacks with food, socks, blankets, hygiene products and other necessities to be distributed to members of the city's homeless population.

And all this do-gooding is good

for business, too. The front office at IC Group has collection boxes and flyers with information about Fourth Street Clinic and first-hand accounts of people the clinic has served. Most of their customers and vendors are prompted to ask more about the cause, Barker said.

"They see that we're trying to do something that makes a difference. We have a little more to offer because we're giving on the other side," she said. "I'd like to think that if someone is giving back, that's a company I'd want to do business with."

Convincing other companies to follow IC Group's lead is Barker's main objective as a member of Fourth Street Clinic's corporate council. The council hosts tours of the facility and puts on other special events to introduce business leaders to the clinic, its mission, and how they can get involved. Corporate council members also assist with fundraising efforts; their next goal is to raise enough money to buy a medical van to make care more accessible for people on the street and those living in shelters farther away from the clinic itself.

"We've lost our humanity, kind of, in the last 18 months. These are people you pass on the street every day and they're entitled to good health care and dental care just like you and I are," Barker said. "This is a need. This is an

ongoing need and it seems to be growing."

Fourth Street Clinic CEO Laura Michalski agrees, which is why donations and involvement from the local business community is so critical to the clinic's success. Simply put, more money means more mission.

"With the changing and evolving landscape of homeless services, Fourth Street Clinic has been heavily involved with the local discussions with the city, county and other homeless providers and plans to be an integral part of the services provided at current and new homeless resource sites and agencies," Michalski said. "However, growth comes with a price tag, so expansion sustainability is a key issue in our planning process as well as undertaking a comprehensive needs assessment to be clear about the services required and the desired outcomes."

Barker said she was very disheartened by the negative reactions to recent proposals from Salt Lake City and Salt Lake County to relocate the downtown homeless shelter and she wants to help dispel the misperceptions that led to the unfriendly community response.

"My next thing is to get the word out that it's not always who you think it is when it comes to homelessness," Barker said. "We're hoping to enlighten people about the plight and the issue and how we can hopefully slow it down."

## IT'S THE DONORS THAT KEEP THE FOURTH STREET CLINIC GOING

ALSCO, Inc.  
The Church of Jesus Christ of Latter-day Saints Humanitarian Services  
Florence J. Gillmor Foundation  
HRSA, Bureau of Primary Health Care  
Intermountain Community Care Foundation  
Utah Department of Health  
American Express Center for Community Development  
George S. and Dolores Doré Eccles Foundation  
The John M Parrish Foundation  
Sorenson Legacy Foundation  
Jennifer P. Speers / My Good Fund  
United Way of Salt Lake  
University of Utah Hospitals and Clinics  
Marriner S. Eccles Foundation  
Willard L. and Ruth P. Eccles Foundation  
Willard L. Eccles Charitable Foundation  
Edwards Lifesciences  
FEMA  
Pamela Atkinson Homeless Trust Fund  
Salt Lake City

Salt Lake County  
UBS Bank USA  
Utah Medical Association Foundation  
Association for Utah Community Health  
Banner Bank  
Casa Family Foundation  
The Church of Jesus Christ of Latter-day Saints Foundation  
CIT Bank  
Lawrence T. Dee and Janet T. Dee Foundation  
Delta Dental Community Care Foundation  
Stephen G. and Susan E. Denkers Family Foundation  
Episcopal Diocese of Utah Community Services  
Global Medical Staffing  
Intermountain Healthcare Community Partner Fund  
Intermountain Healthcare Urban Central Region  
KUER  
Paul and Kathy Littlefield  
Pulos Family Fund  
Alice and Kevin Steiner  
Synchrony Bank  
Trust Two

C. Scott and Dorothy E. Watkins Charitable Foundation  
ALLY Bank  
Bamberger Allen Health & Education Foundation  
BD Medical  
Black Family Foundation  
R. Harold Burton Foundation  
Thomas Carter  
Michael and Beth Chardack  
Chevron U.S.A. Inc.  
Comenity Capital Bank  
Cross Charitable Foundation  
Drew Arthur Wendt Memorial Foundation  
Brian and Michele Jahne  
Robert D. Kent Jr. Trust  
Jennefer Kesteloot  
Elizabeth Knoch  
The Memton Fund  
Herbert I. & Elsa B. Michael Foundation  
Anne and John Milliken  
Holly Mirabelli Estate  
O.C. Tanner Company  
Robert H. Parker Jr.  
Marilyn L. Read  
Renaissance Charitable Foundation, Inc.  
Robert Rolfs MD and Diane Rolfs

Roseman University of Health Sciences  
Sarah Beth Coyote Foundation  
SmartGo Foundation  
Joshua Smith MD  
The Cathedral Church of St. Mark  
Utah Financial Services Foundation  
Wells Fargo Foundation  
Richard Wright  
Ames Construction, Inc.  
Anderson Hatch Foundation  
B.W. Bastian Foundation  
Beesley Family Foundation  
Michael and Cindy Bender  
Kenneth P & Sally Rich Burbidge Foundation  
Robert S. Carter Foundation  
Moody Chisholm  
Dennis and Polly Coleman  
Community Foundation of Utah  
Douglas and Susan Davis  
Ray and Kathryn Etcheverry  
James and Dee Ann Evans  
Goldman Sachs Urban Investment Group  
Randin Graves  
Wesley and Sunny Howell  
Kennecott Utah Copper Corporation

Mike and Jan Littlefield  
The M Lazy M Foundation  
Masonic Foundation of Utah  
Judy Millard  
Sally Mulford Patrick Charitable Fund  
Derek Payne  
Richard and Beth Pratt  
Rocky Mountain Power  
Nancy S. Sakahara  
Barry and Marjorie Saunders  
Sentry Financial Corporation  
Takashi  
WEX Bank  
Julia Whitaker MD and Kurt Whitaker MD  
Joan Abele MD and Chris Cowley  
Lesley Ackerman  
Actavis  
Zoe and Peter Adler  
Archer Family Charitable  
Cathy Argus  
James Avent MD and Margaret Avent  
Julie and Mark Balk  
Daniel and Sheila Barnett  
Beehive Bail Bonds  
Angus and Christi Belliston

continued next page

Bennion Jewelers Inc  
 Big-D Construction  
 BNI Investments, LLC  
 Thomas Bosteels and  
 Isabella Tcaciuc  
 Audrey Bramwell and Katy Welkie  
 Ken and Karen Brewster  
 James and Kim Brown  
 Kathy Bryden  
 Kate and Bert Bunnell  
 Catalyst Foundation, Inc.  
 Champion Technology  
 Services, Inc.  
 Scott K. Christensen MD  
 Floyd and Mary Anne Cooper  
 Shirlene H. Duncan  
 Durham Jones & Pinegar  
 David N. Elsmore  
 Marshall Empey  
 Scott and Rebecca Gardner  
 Generation Systems Inc.  
 Gerald Gleich MD and  
 Kristin Leiferman MD  
 Roxane J. Googin  
 Greek Orthodox Church of  
 Greater Salt Lake  
 Helen Hu and David Weinstein  
 Jacobsen Lake Foundation  
 Lakshmi Johal-Dominguez and  
 David Dominguez  
 Drew Johnston  
 Brian R. Jones William and  
 Linda Kile  
 Lisa Killpack  
 David and Kathy Kuhn  
 Les Lang and Mary Susan  
 Berkebile  
 David M. Larsen  
 Robert Leary  
 Van and Elizabeth Lund  
 Howard Mann MD  
 Peter Martin  
 Carin Maurer  
 Gregory McComas MD and  
 Vilija Avizonis  
 Elizabeth and Richard Miller  
 Thomas Miller MD and  
 Alexandra Miller  
 Michaela Mohr MD  
 Daniel and Helen Moser  
 Kathy Murray MD and  
 Ron Apfelbaum MD  
 Dr. Scott Narus  
 Donald and Mildred Nielsen  
 Kent and Danielle Nielson  
 Maude and Van Norman  
 Jason Olsen  
 The Rosemary and David Olsen  
 Foundation  
 Doug and Joyce Pell  
 Physician Group of Utah  
 Brent Rammell  
 Robert Rees  
 Barbara Reid MD and John Reid  
 Jared and Jessie Richards  
 Richards, Brandt, Miller & Nelson  
 P.C. Charitable Foundation  
 Rio Tinto Matching Gift Fund  
 Robin Roberts PhD and  
 Gordon Roberts JD  
 Mark and Margee Ruff  
 Agnes B. Sabiston  
 Karen and Samuel Schroyer  
 Segal Foundation Inc.  
 Karen and Vince Shepherd  
 Grant Smith  
 Brittany Snow  
 Susan and Jack Speer  
 Stephanie Steele

Josef Stehlik MD  
 Diane and Sam Stewart  
 Jeffrey Stokes  
 George Thomsen  
 The Scott W. and Betsy Thornton  
 Family Foundation  
 Tony Caputo's Market and Deli  
 United Way of Northern Utah  
 University of Utah School of  
 Dentistry  
 James Viney  
 Albert Vitale MD and  
 Patricia Vitale  
 Johanna and C. David Whiteman  
 Scott D. Williams MD  
 Alison Wright NP  
 Michael D. Zimmerman JD  
 Susan and Josh Zimmerman  
 Thomas Abbay  
 All Saints Episcopal Church  
 Alliant Techsystems Inc.  
 Justin Anderson  
 K. Ian and Mary Beth Andrews  
 Judy Atwood  
 TiChing Baird  
 Alexa and John Baxter  
 Janis and Richard Bennion  
 Sue Berg  
 Diane Bonham  
 Shelly Braun PhD  
 Cambia Health Foundation  
 Employees  
 Tom and Bonnie Christensen  
 Hal Cole MD  
 Cottonwood Presbyterian Church  
 Cynthia Daniels  
 Eric Decker  
 Tim and Candace Dee  
 John Doane MD and Kerry Doane  
 Gary Donaldson  
 Matthew Donaldson  
 Edwards & Daniels Architects Inc.  
 Elizabeth Ellis and  
 Stuart Ruckman  
 Debra and Louis Falvo  
 Irene Fisher and A. Craig Hansen  
 Christina Gallop MD and  
 Jon Boltax MD  
 Franziska Garrett MD  
 Alan Gartrell and Jean Hindley  
 GE United Way  
 Martin and Sheila Gelman  
 Harriett and Ray Gesteland  
 Paul and Clare Gilmore  
 David Goldgar  
 Sue Gordon  
 Robert Gregory  
 Adi Gundlapalli MD, PhD and  
 Madhu Gundlapalli MD  
 AnnMarie and Duggan Hannon  
 Mary Hansen  
 Denise Harris  
 Suzanne Harrison  
 Maureen T. Harte  
 Joy S. Hartmann  
 James Hinks  
 Robert Hoffman MD and  
 Carolyn Hoffman  
 Britt Holmes  
 Helen Hu and David Weinstein  
 Robert Huefner PhD and  
 Dixie Huefner  
 Hugger Mugger  
 Elizabeth Hunter  
 Elsa Ingersoll  
 Intermountain Medical Center  
 David Jenny  
 Jeff Jensen  
 Michael Jerman

M. Craig and Becky Johns  
 Johnson & Johnson  
 Family of Companies  
 Lara Jones  
 Susan Kaercher  
 Kenneth and Patricia Kimball  
 Lucinda Kindred  
 Karin Kirchhoff PhD  
 Michael Lahey MD and  
 Kate Lahey  
 Chuck and Cathy Larson  
 Timothy Lee MD and Sue Lee  
 Felix Leung and Dolly Peach  
 Herbert L. Ley III  
 Jason R. Lilien  
 Sarah Liu  
 Steven Loeser  
 Menno Lont MD  
 Robert E. Lynch  
 David Mack  
 Judy Maryon  
 Mary and Thomas McCarthey  
 Ralph McKay  
 Clara Michael MD and  
 John Michael MD  
 Laura Michalski  
 Annina Mitchell  
 Jean Morton  
 Marilynn Paine  
 PAL Vitale Charitable Foundation  
 Judy Parker  
 Paxton Production Tools  
 Leslie Petersen and Gary Baker  
 Presbyterian Women  
 Joan Proctor  
 James Reichelt  
 Lon and Zoe Richardson  
 Roderick Enterprises LP  
 Brian Ruggles MD and  
 Janice Ruggles  
 Sarah Sabiston RA  
 Kalyani Samudra  
 Jane and Stephen Santora  
 Janet and Bertram Schaap  
 Nancy and Richard Schutt  
 Jane Semmel  
 Semnani Family Foundation  
 Meredith L. Simmons  
 Gregory Smith  
 Marcel Soklaski  
 Lidia M. Steinvoot  
 Stockham-Hill Foundation  
 Stratus IT Group  
 Freida Sweitzer  
 The Benevity Community Impact  
 Fund  
 Carl Thummel and Suzanne  
 Mansour  
 TNT Auction, Inc.  
 United Way of Greater Milwaukee  
 University of Utah Department  
 of Psychiatry  
 Sarah Uram  
 Utah State Employees Charitable  
 Fund  
 VGR Health, LLC  
 Craig Vickers  
 Jack Vines  
 Kristen G. Vinik MD  
 James C. Warenski MD  
 Tim and Kathy Weiler  
 Daniel Wettstein and Katie Ullman  
 WEX Bank Employees  
 Anna Williams MD and  
 Forrest Williams  
 Dana M Williamson  
 Norma and Steven Wills  
 Kim Wirthlin  
 John Woeste

Gifts In-Kind  
 3M  
 Academy Mortgage  
 Dennis Adkin  
 Advanced Foot & Ankle Center  
 ALSCO, Inc.  
 Amcon  
 AmericanWest Bank  
 Chris Anderson  
 Quinn Argyle  
 Art Access  
 Dennis Ashton  
 Association for Utah  
 Community Health  
 Banbury Cross Donuts  
 Diane C. Barlow  
 Estate of Barney Family  
 Patrick Beli  
 Bell Canyon Ward  
 Margaret Besso  
 Steve and Perriann Beyers  
 Blue Skies Forever  
 Diane Bonham  
 Brio Tuscan Grille  
 Alec Burks  
 Susan Carter  
 Will Chaston  
 Chi Omega Sorority  
 Christ United Methodist Church  
 The Church of Jesus Christ of  
 Latter-day Saints Humanitarian  
 Client Track  
 George and Micheline Combs  
 D. Joy Dantine  
 Deseret Mutual  
 Elizabeth Ellis and  
 Stuart Ruckman  
 Debra and Louis Falvo  
 First Congregational Church  
 Gastronomy  
 GBS Benefits Inc.  
 Good Shepherd Home Care  
 & Hospice  
 Gregory Packs  
 Macy Guthrie  
 Hale Centre Theatre  
 Candice Hall  
 Harmons Grocery  
 Andrea Hatch  
 Amanda Hicks  
 Deborah Hill  
 Home Depot Centerville  
 Home Depot Salt Lake City  
 Jean Howard  
 Willamarie Huelskamp  
 Elizabeth Hunter  
 Barbara and Daniel Hurley  
 IBM  
 IC Group  
 Intermountain Healthcare  
 Intermountain Surgical Center  
 Intermountain Trauma Clinic  
 J.C. Penney at Valley Fair Mall  
 Jason's Deli  
 John A. Moran Eye Center  
 Richard and Janet Johnson  
 Jessica Jones  
 Christopher Katis  
 Linda Kucera  
 Owen Lunt  
 Jeffrey C. Margetts MD  
 Maverik  
 Jim McBride  
 McGillis School  
 McKesson  
 Trina Meersman  
 Michael Memmott  
 Bruce Meyer  
 Myron Milgrom

Millcreek Home Health & Hospice  
 Modern Display  
 Angus Mollison  
 Mountain Medical  
 Jill Mower  
 National Energy Foundation  
 National Product Sales  
 NeuroSync  
 Eric Nielson Julie Nielson  
 Nordstrom at Fashion Place  
 Richard Normandin  
 April Palmer  
 Paradigm Life  
 John and Joanne Parrish  
 Partners in Medicine  
 Kevin Pasker  
 Alan Paxton  
 Phillips Gallery  
 Pozzetta Scientific  
 Rescue Mission  
 Residence Inn Marriott  
 Becky Roper  
 Roseman University of Health  
 Sciences  
 Vic Rowberry  
 Ruby Mountain OBGYN  
 Ruby Snap Cookies  
 Ruth's Chris Steak House  
 Ruth's Diner  
 Salt Lake Brewing Co.  
 Salt Lake County Health  
 Department  
 Salt Lake Film Society  
 Lois Sandberg  
 Karen and Vince Shepherd  
 Sherman Kendall Academy  
 of Beauty  
 Summer and Steven Simmons  
 Smart Solutions  
 South Jordan Highland 5th Ward  
 St John's The Baptist  
 Ladies Society  
 St Regis Deer Valley Hotel  
 Stance Socks  
 Starbucks at Gateway  
 Sheila Steiner  
 Carin and Adrian Steinvoot  
 Lidia M. Steinvoot  
 Shelly Stephens  
 Student Academy of Audiology  
 Trevor and Vickie Sugden  
 The Cheesecake Factory  
 The Leonardo  
 Third Sun Productions  
 This is the Place Heritage Park  
 Lorraine G. Thomas  
 Tin Angel Cafe  
 Tony Caputo's Market and Deli  
 Tracy Aviary  
 Trader Joe's  
 Terry Turville  
 Ultradent Products, Inc.  
 United Way of Salt Lake  
 University of Utah Rotary Club  
 Hispano-Latino  
 Mae C. Urie  
 Utah Department of Health  
 Utah Museum of Fine Arts  
 Utah Symphony  
 Diana Vassiliades  
 Bryan Vincent  
 Sam and Heidi Vincent  
 Tim Vincent  
 Vocera Communications, Inc.  
 Jack Warner  
 Kolene Webb  
 Mary Wilde  
 Liesel Woodard  
 Yale Ward Relief Society  
 Paul Zabriskie

# Protecting Every Element of Your Innovation



Maschoff Brennan is a leading Intellectual Property & Complex Litigation law firm with more than 40 attorneys throughout Utah and California. Our team offers a range of technical and legal expertise in a variety of fields, and is committed to protecting and promoting the intellectual property interests of our clients.



[www.mabr.com](http://www.mabr.com) | 435.252.1360

## Our Practices

- IP & Complex Business Litigation
- Patent Procurement
- Trademark Registration
- Post-Grant Proceedings
- Opinions and Due Diligence
- Domain Name Disputes
- Trade Secret Protection
- IP Licensing & Transactions
- IP Portfolio Management
- Data Security



# Muscling Through Recovery

*Fit To Recover, a specialized gym, offers a healthy lifestyle and community of support to individuals in recovery*

There was one thing Ian Acker had plenty of while he was in treatment for alcohol addiction: time. He spent most of it thinking. Then one day he got a newspaper clipping in the mail from his mom about Phoenix MultiSport, a gym in Colorado that caters specifically to people in recovery. Suddenly all of Acker's thinking had a purpose — and so did he.

Inspired by the article, Acker, who had always been athletic and interested in fitness, started acting as a personal trainer to other residents at his treatment facility.

“When you start moving your body you feel a little more vulnerable,” Acker said. “People would ask me to train them and the conversation would always lead to talking about recovery. I saw a need for it.”

It didn't take long for Acker to realize that the need to be vulnerable, connect and find a supportive community also existed for people in recovery who had left formal treatment. And so Fit To Recover was born.

The concept was simple: a gym for people in recovery. When he left treatment in 2012, he was



*Fit To Recover operates in 5,000 square feet and offers 31 exercise classes a week, as well as nutrition and cooking classes and creative arts classes including poetry, painting and others. Photo courtesy of Fit To Recover.*

determined to make that idea a reality. Acker bought a \$500 boom box and created a Facebook event inviting people to come work out with him at the park. The first Saturday three people showed up. The next Saturday, there were a

few more. And Acker just kept going.

“Luckily, I was ignorant to the process of what it takes to get something like this going,” he said. “I just kept putting one foot in front of the other. People thought I was crazy.”

But his perseverance paid off. He worked his way up to teaching three classes a week, one of them for money. Treatment centers began to approach him about coming to teach classes at their facilities. After two years of holding classes at the park or in borrowed space, Acker's parents fronted him some money, co-signed a loan and Fit To Recover finally had a home of its own.

Today, Fit To Recover operates in 5,000 square feet at 789 W. 1390 S. in Salt Lake City. Members pay \$1 a day (or \$30 a month) to join and instantly have access to 31 exercise classes a week, as well as nutrition counseling and creative arts classes. In addition to 120 members, Fit To Recover (FTR) also contracts with 10 nearby treatment centers to bring their residents to work out.

In total, Acker said, about 220 people come through Fit To Recover's

doors every week. At the current growth rate, FTR will need another facility within a year.

In other words, Fit To Recover is growing “dramatically,” said John Parrish, who served until recently as chair of the board of directors.

“I think the model works, and clearly there is a lot of need,” he said.

Parrish was first attracted to FTR for personal reasons — he has a son in recovery. As the program has grown, Parrish has turned his attention to making sure the business side of the organization is in order so continued growth can be sustained. In 2016, FTR had two full-time employees and 9 part-time employees and annual revenue was \$267,915, a 250 percent increase over the first operating year (2014). FTR receives some grant money and membership fees are on target to account for 40 percent of the operating budget by 2018, but individual donations are also a critical source of revenue.

“Donations really feed the scholarships for people who can't afford the fees,” Parrish said.



*Fit To Recover founder Ian Acker stands in front of a blank wall at the gym's Salt Lake City location prior to opening. The gym now has 120 members. Photo courtesy of Fit To Recover.*

*continued next page*



A Fit To Recover member, Rachel, "kills" a deadlift as her fellow gym members look on. Photo courtesy of Fit To Recover.

## Fit To Recover Donors

- Zions Bank
- Episcopal Diocese of Utah
- George S. and Dolores D. Eccles Foundation
- Lawrence and Janet T. Dee Foundation
- The Community Foundation of Utah
- John Parrish Foundation
- Larry H. Miller Charities
- James and Jodi Gibson
- Elevated Billing Solutions
- Intermountain Healthcare
- United Way of Salt Lake
- Utah Medical Association Foundation
- Sorenson Legacy Foundation
- Stephen and Suzanne Acker
- Moulton Family Charitable Trust
- Brighton Recovery Center
- Cold Creek Wellness Center
- The Jim, Tammy and Brad Smith Foundation
- Lou Swaringen
- The Wheeler Foundation
- Forever Young Foundation
- Peter and Stephanie Gloeckner
- Petzl Foundation
- Jeremy and Danielle Golesh
- The Val A. Green and Edith D. Green Foundation
- HM Life Limitless
- Utah Medical Insurance Agency
- FJ Management

“We don’t really turn anyone away. That’s a lousy business model.”

For FTR members, though, the gym is not a business at all but a safe, supportive place. Maara, who asked to be identified only by her first name, first heard about Fit To Recover when Acker made a presentation at her recovery group. She was skeptical but her brother, who was also in recovery, convinced her to check it out. The difference it made in her life was instant, Maara said.

“When I went they made it so easy. I finally felt like I was making friends besides just friends to go out and drink with or do other things I shouldn’t be doing,” she said. “I’d never had that before. It’s a community, not just going to the gym to make sure you look great.”

Growing up in a family where everyone was a user or a dealer, Maara said joining FTR was the first time she was surrounded by people who could — and wanted to — support her sobriety. And, most importantly she said, they do it without judgment.

“Everyone knows you’re there to do better and be better,” Maara said. “No one judges you or talks about you. Someone is always walking side by side with you. There’s something about someone

understanding you and you don’t have to explain anything.”

Creating opportunities to talk about and support recovery was Acker’s main goal in creating FTR, but as membership has grown so has the organization’s mission. The organization now operates on four main pillars: fitness, nutrition, creativity and service. In addition to exercise classes, FTR members can access nutrition counseling and cooking classes and creative arts classes such as painting. Every member also participates in regular service projects to give back some of the goodness they are getting. But it all feeds the original mission: a supportive community for people in recovery.

“These pillars are just vehicles to connect,” Acker said. “It’s a way for people to meet new people, to distract them into meeting new people. We’re just tricking them into meeting that community.”

Whatever happens to FTR’s revenue and growth projections, that community is the true value of FTR, Parrish said.

“These people come in and connect with other people. I think that’s the key,” Parrish said. “As you connect with people you start to feel that sense of community but you also start doing things that are

good for you and make you feel good.”

Acker said FTR is currently working with researchers from the University of Utah to produce proof of that positive correlation between community and exercise and recovery and he’s optimistic they’ll be successful. But even without scientific evidence, personal experience keeps people coming back — and keeps members like Maara spreading the word about FTR and the positive changes it has brought into their lives.

Now 29 years old, Maara has been sober for two years — her longest stretch since she was 17. Recovery is a process and every day can’t be a good day, she said, but “I’ve had so many better days knowing I have somewhere safe to go.”

As unlikely as it seemed that first Saturday in the park, Acker said he is not at all surprised by what FTR has become, and he is committed to letting the program grow as big as it needs to be to meet the need. Acker said he feels responsible for FTR as a nonprofit, but it is also a key component of his own recovery. In that sense, FTR means the same to him as it does to every other member.

“It’s a family,” Acker said. “It’s something that holds me accountable.”

*Individual and foundation donations accounted for 50 percent of Fit To Recover’s revenue in 2016. Many donations are used to fund scholarships for individuals who cannot afford a FTR membership. To learn more about how you can support the FTR mission, visit [www.fit2recover.org](http://www.fit2recover.org).*

## *Fit To Recover Board of Directors*

---

**Martha Macomber**  
**Chair**

Martha is the Educational Liaison between the University of Utah and the Ute Indian Tribe. Before coming to work for the University of Utah, she was a high school and college history teacher and a freelance videographer. She has devoted her professional life to increasing the health and effectiveness of nonprofits, businesses and educational institutions by providing energetic and creative board leadership, event organization and digital communication expertise. Her love of Fit to Recover comes from her devotion to health and fitness and her love of community building.

**John Parrish**  
**Vice Chair**

John Parrish recently retired as President of Midwest Floor Coverings Inc., the largest wholesale building products distributor in the Rocky Mountain Region. John also just stepped down as the Board Chair of the Fourth Street Clinic. He served on the board in various capacities for nine years.

**Doug McNeil**  
**Treasurer**

Years ago, Fit To Recover's first step to becoming a nonprofit was to meet with Salt Lake City's SCORE chapter, a nonprofit organization that connects fledgling businesses operations with retired business professionals who act as mentors. It was there that FTR met Doug McNeil, who had recently retired from Interwest Business Group, a full-service tax, accounting and business valuation firm he owned for 29 years. Doug took on FTR as a consultant that day, and stuck with the organization all these years.

**Jennifer Carlson**  
**Board Member**

Jennifer Carlson is Clinical Director of Turning Point Center's Mountain View Residential Treatment Program. She is a Licensed Clinical Mental Health Counselor and a nationally certified Master Addictions Counselor. Jen has worked in the field of addictions treatment and recovery since 2004.

**Kathleen Bratcher**  
**Board Member**

Kathleen is a Licensed Massage Therapist, in private practice 23 years, and former instructor of professional development at Utah College of Massage Therapy. Her previous non-profit experience includes copy writing at Fourth Street Clinic; participant coach with University of Utah's U-Fit Program; public relations for Community Food Co-Op of Utah; and Big Sister of the Year for Big Brothers, Big Sisters of Utah.

**Stephen Acker**  
**Board Member**

Steve is an Emeritus Professor, The Ohio State University, where he taught and conducted research for 25 years on new media and learning technologies. For FTR, he serves in the capacity of directing research and offering strategic direction for innovation.

## *Fit To Recover Key Staff*

---

**Ian Acker**  
**Founder and Executive Director**

Ian received a bachelor's degree in business administration from Wittenburg University in 2008, where he played soccer and was active in other athletics. After leaving treatment for substance abuse, he became interested in how to integrate fitness, community and recovery into a sustainable program, which became FTR. He recently accepted a community impact award from the SCORE Foundation in Washington, D.C., and was the recipient of the People's Choice award from the GIVE Salt Lake Foundation in 2016.

**Georgia Gregersen**  
**Operations Officer**

Georgia joined the Fit to Recover team in December of 2015 as an annual fundraiser volunteer. She was hired on as a part-time administrative assistant in February of 2016 and became Operations Officer in July 2017, bringing with her more than five years of office management experience. Georgia studied Film and Media Arts at the University of Utah. As a person in recovery from substance abuse, she serves as a member of the Fourth Street Clinic consumer advisory board and is an active volunteer with the Utah Harm Reduction Coalition.

**Frank Young**  
**Fitness Pillar Director**

Frank came to FTR in August of 2017 with a passion for wellness and integrating physical fitness into the recovery community. He has more than 20 years' experience as an employee of Salt Lake City Corp. but his true passions in life, however, are fitness and serving those suffering from the disease of addiction. He is a certified StrongFirst Kettlebell instructor and believes that strong community is a powerful and necessary tool in combatting addiction.

**Tessa Acker**  
**Founder and Lead Dietitian, Food to Recover**

Tessa is a registered dietitian with a Master's in Public Health Nutrition from the University of Minnesota, where she focused on underserved and disadvantaged populations. She pursued this field with the belief that nutrition is the foundation for a healthy life and the desire to help others obtain, learn about and enjoy healthy foods. At FTR, she is the founder and lead dietitian of the nutrition pillar, Food to Recover, where she aims to help people in recovery recognize the importance of proper nutrition during recovery, develop and maintain a healthy relationship with food through mindful eating, and gain skills and knowledge to make the best nutritional choices for themselves.

**Sarah Kappos**  
**Creative Expression Pillar Director**

Sarah started with Fit to Recover in 2014 as the honorary artist in residence when she painted all the murals along the walls of FTR's new building. She received a Bachelor's degree in Art Education from the University of Utah in 2010. She has previously taught with Art Access and The Latinos In Action program at Glendale Middle School. As a person in long-term recovery, she believes that everyone has a story, and recovery is strengthened whenever a person takes ownership of that story by expressing themselves through different media.

**Rachel Santizo**  
**Community Service Pillar Director**

Rachel was one of the first members of the FTR run group and Sugarhouse Bootcamp back in 2013. Formerly homeless and now a person in long-term recovery, Rachel has a passion for service to others has led her to the Fourth Street Clinic as a member of the Consumer Advisory Board, the Legacy Initiative of Utah, VOA Homeless Youth Shelter, the Road Home and NAMI. She is currently on staff at Odyssey House of Utah as an Outreach Specialist. She believes being of service is vital to healthy recovery because it allows those in recovery to step out of their own problems and give back to the community they once took from.

YOUR HELP CAN GO A LONG WAY...

# TWO FEET AT A TIME

University Credit Union consists of close to 86,000 members. Members who live and work in this great community - and who care about it. Which is why many of them donate money to our annual **Warm the Soles** program. These donations help the Credit Union purchase new shoes for children in need throughout the Salt Lake Valley. If you care and would like to donate, please visit [UcreditU.com/home/warm-the-soles.html](http://UcreditU.com/home/warm-the-soles.html).



**University**  
FEDERAL CREDIT UNION  
**WARM THE SOLES**

HABITAT FOR HUMANITY PROJECT  
Heber, UT



# HEART, SOUL, MUSCLE, & MIND

At Big-D Construction, we believe in promoting values that enrich the lives of our customers, our employees, and our community as a whole. We're proud of where we work and live. And we're proud to donate our time and talents to make those neighborhoods better places.

We apply every ounce of heart, soul, muscle, and mind to complete our jobs in more than satisfactory fashion. Those very same convictions stand deeply rooted in our involvement with the community.



800.748.4481 | [WWW.BIG-D.COM](http://WWW.BIG-D.COM)