

Accessible care. Compassionate service. A healthier community for all.

A Word from Our Medical Director

We are excited to launch our first quarterly newsletter. We want to stay connected and make sure you know the impact made when you support and share about Good City Health.

2026 has started off as a wonderful year. It has been a joy to watch Good City Health come into its own. When we opened our doors in August 2024, we held onto a conviction that our community needed accessible, compassionate urgent care — and the growth we have seen confirms that conviction. From Q1 2025 to Q1 2026, our patient visits increased by more than 55%. That kind of growth does not happen by accident. It happens because a dedicated team of six staff members and approximately 40 volunteers show up — day after day — to serve with excellence and compassion.

We have also welcomed Melissa Mason as our Director of Operations. Melissa brings over a decade of experience in the free and charitable clinic space, and her expertise in community outreach, volunteer coordination, and extended clinic operations has already strengthened our ability to serve more patients, more effectively.

To everyone who has prayed, encouraged, donated, and volunteered — thank you. You are the reason this clinic exists and the reason it is able to continue serving our city well. We are grateful, and God willing, we will continue serving faithfully.

With gratitude,

Elizabeth Helander, MD

Executive & Medical Director, Good City Health



By the Numbers: Q1 2026

212

Patient Visits

47

ZIP Codes Served

56%

Visit Growth YOY

84%Under 200%
Poverty Level

What Our Patients Are Saying

"...thank you so much for your prayers, your help, and your medical insight. I had to bring my son in for a cough that wouldn't go away. The staff was very knowledgeable, welcoming, and also provided additional resources due to my situation. I'm so thankful and grateful for this organization."

— Google Review

"This was the calmest, cleanest, kindest urgent care I've ever experienced. Thank you for your genuine care for me when I was so very sick and for praying over me. I am so grateful."

— Google Review

The Gap We Fill

In our community, there is a real gap in access to care for people who are uninsured or underinsured. When illness strikes, many face an impossible choice: wait weeks for a primary care appointment, lose time from work or school, or visit the emergency room for a non-emergent condition — often at a cost they cannot afford.

Good City Health fills that gap. We provide walk-in urgent care where patients can receive a diagnosis and treatment for active illness — the same day, at no cost. By meeting patients where they are, we reduce unnecessary ER visits, prevent the spread of illness, and keep families in school and at work.

Our chronic disease clinic also serves as a short-term management tool, keeping patients healthy and stable until they can establish care with an affordable primary care provider. We are building accessible, affordable pathways to long-term health — one patient at a time.



More Than Medicine

Good City Health exists through the hands and feet of Jesus, and we are deeply grateful for those who support this mission. We offer more than medicine. Good City Health is a place where people are truly seen and cared for — not just physically, but spiritually. At the end of every visit, a spiritual care volunteer offers to pray with each patient. While it is never required, 99% of our patients say yes to prayer during their visit.

Volunteer Spotlight



Ingrid Bender

Spanish Interpreter & Spiritual Care Volunteer | Since August 2024

Community involvement and outreach have always been close to my heart. When I first learned that Good City Health was opening its doors to serve the uninsured and underinsured, I immediately felt drawn to be part of it. As a Spanish translator, I have the privilege of bridging a language gap — helping the medical staff provide the best care possible and helping patients feel safe and understood. When offering spiritual care, I meet patients who have already been welcomed by our kind front desk team and served with excellence by our medical staff. To be truly seen is a gift, and simple, attentive listening is powerful. Serving at Good City Health is exactly what I came to do, yet belonging to this team of compassionate, dedicated people has been an unexpected blessing.

On the Horizon: A One-Stop Free Care Facility

One of the biggest barriers our patients face is medication access. A patient can receive a diagnosis and a prescription at our clinic — but if they cannot afford to fill that prescription, the care cycle is incomplete. That is why we are working to open a Class D pharmacy at Good City Health. A Class D pharmacy would allow us to dispense medications on-site at no cost, making us a true one-stop urgent care facility for the uninsured and underinsured. Grants have been submitted, and pending funding, this project will bring us closer to removing every barrier between our patients and the care they need.

How You Can Help

Give Financially

Your gift is more than dollars — it is hope, healing, and compassion in action. As we grow, additional funding supports expanded clinic hours, supplies, and special projects like the Class D pharmacy.

goodcity.health/give



Volunteer With Us

We are looking for people willing to serve in the following areas:

- **Evening Clinic Team:** Help us extend our hours and serve patients
- **Translators:** Join our team for Spanish interpretation during clinic hours.
- **Friday Nurse / Tech:** Clinical support for our Friday clinic hours.

goodcity.health/volunteers



Spread The Word

One of the most powerful things you can do for Good City Health is simply tell someone about us.

- **Follow us on Facebook and Instagram** @goodcityhealth
- **Leave a Google review** if you have visited the clinic
- **Share with others:** Every conversation helps someone in our community know that no-cost, compassionate care is available to them

Pray For Us

Prayer is the foundation of everything we do at Good City Health. Every clinic day begins with devotional and prayer, and our spiritual care team offers to pray with every patient before they leave. We ask that you join us in praying for our patients, our team, our volunteers, and for the resources to continue this work.



MAKE YOUR CITY GOOD.

Pray for us. Give financially. Volunteer your time. Share our story.

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