



Dear Friend,

November has arrived, bringing both a time for gratitude and the reminder that men's health deserves our attention during *November*.

We are putting that attention into action by making sure our male patients continue to get the care they need and deserve: PSA tests, blood pressure checks, cholesterol screenings, and annual exams.

Your support makes all of this possible. **Because of you, men in our community are catching problems earlier, asking for help sooner, and getting the care they need without worrying about the cost.** Thank you.

I also want to thank some of the people and partners who make this work even stronger. **We are deeply grateful for recent grants from The Carls Foundation, Impact100 Oakland County, and the Donald R. and Esther Simon Foundation.** Their belief in our mission fuels real change, and you can read more about these incredible gifts in this month's newsletter below.

We are also honored to be **featured in the Crain's Detroit 2025 Giving Guide**, a moment of recognition that reminds us how far we have come together.

Looking ahead, **our season of giving kicks off on December 2nd**, Giving Tuesday. **This year, the first \$25,000 donated will be generously matched by Dr. Stephen Shaya and Akkad Holdings.** Every dollar you give will go twice as far!

Thank you for standing with us, for giving your time, your support, and your heart to this work. **Because of you, people are getting the care they never thought they could.** Because of you, our community is healthier and stronger.

Mary Lewis



## Stronger Tomorrow: Why Men Must Prioritize Their Health Today

*Dr. Raymond Weitzman, GBCHC Volunteer*

Men's preventive health is a crucial aspect of overall well-being that often receives less attention than it deserves. Regular health screenings and check-ups can help identify potential health issues early, making them easier to treat and manage: but men tend to delay medical visits and are more non-compliant with treatment resulting in delayed diagnosis and treatment of common medical problems like diabetes and heart disease. As a result men tend to experience heart disease and strokes 10-15 years prior to women and die more frequently from cancer than women.

Moreover, lifestyle choices play a significant role in men's preventive health. Maintaining a balanced diet, engaging in regular physical activity, managing stress, and avoiding harmful habits such as smoking, drug abuse and excessive alcohol consumption are essential for long-term health. Educating men about the importance of mental health is also vital, as conditions like depression and anxiety can often go unrecognized and untreated especially in men who are less likely to share health problems with their families or providers.

Prioritizing preventive care today gives men the power to lead longer, stronger, and healthier lives tomorrow.

## Amazing Partners, Amazing Impact!

Three foundations have made incredible investments in our programs this month, and we are excited to tell you how they are helping our patients.

***The Carls Foundation - \$125,000***

A heartfelt thank you to The Carls Foundation for their investment in replacing flooring throughout the entire 7,000 square feet of our clinic. They are helping us to create an environment where every patient, volunteer, and staff member can move through our space safely with confidence and dignity. Their support means we can welcome our patients into a space that reflects the quality of care they receive and the respect they deserve. Thank you for believing in the impact of this work.

***Impact100 Oakland County - \$82,000***

We are deeply grateful to Impact100 Oakland County for selecting us to receive this grant award this year. Losing health coverage can leave someone feeling scared and alone, unsure where to turn next. Thanks to their support, every new GBCHC patient has a steady guide by their side. Their investment funds a Full-Time Patient Navigation Specialist who helps people sort through eligibility screening, schedule medical and dental appointments, access medications, complete lab referrals, and get support with Medicaid enrollment or re-enrollment. And if someone is no longer eligible, we will bring them into the GBCHC system quickly so care is never interrupted.

This grant also supports a Part-Time Community Outreach Specialist who will build referral pathways through trusted community partners like shelters, school systems, social workers, and local organizations. Together, these roles will open more doors to care for our patients.

***The Donald R. and Esther Simon Foundation - \$100,000***

We are honored to receive continued support from the Donald R. and Esther Simon Foundation—beginning with the \$12,500 pilot award in 2024 and now a significant two-year, \$100,000 investment in 2025. This funding strengthens and expands the GBCHC Pharmacy Technician Training Program, providing volunteers with real-world, hands-on experience in a fast-paced community clinic setting.

The enhanced program offers comprehensive learning materials, national exam test-preparation resources, practical skill development, and personalized guidance to ensure participants are fully prepared to pass the Pharmacy Technician Certification Exam. Through this partnership, GBCHC is building a stronger, more diverse healthcare workforce while expanding high-quality care for the patients we proudly serve.

## **We're in the Crain's Detroit Giving Guide!**

We're honored to be featured in the Crain's Detroit Business 2025 Giving Guide alongside 25 remarkable organizations making a difference across Southeast Michigan. GBCHC provides everything from dental care to cardiology, lab work to prescriptions for uninsured Michiganders from all 83 counties thanks to our volunteers, our incredible staff, and you. Your continued support makes this work possible, and we are so excited to celebrate this moment together. [Please see our feature here.](#)

## Year-End Campaign Announcement:

*Double Your Gift, Double the Healing starting on December 2!*

Our season of giving kicks off on Giving Tuesday, December 2, and we're excited to show how your support transforms lives. Be ready to open your emails and the mail delivered to your door.

And don't forget, your impact will go twice as far! Thanks to the generosity of Dr. Stephen Shaya and Akkad Holdings, every dollar you give will be matched up to \$25,000, doubling the care, healing, and hope for the patients who rely on GBCHC.



**Stephen Shaya, MD**

*A visionary leader, philanthropist, and global healthcare innovator inspiring change with compassion and excellence.*

### THANK YOU to Our Partners!

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**Donald R. and  
Esther Simon  
Foundation**

**THE CARLS FOUNDATION**



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