

THE STORIES

Voices From Beneath the Surface

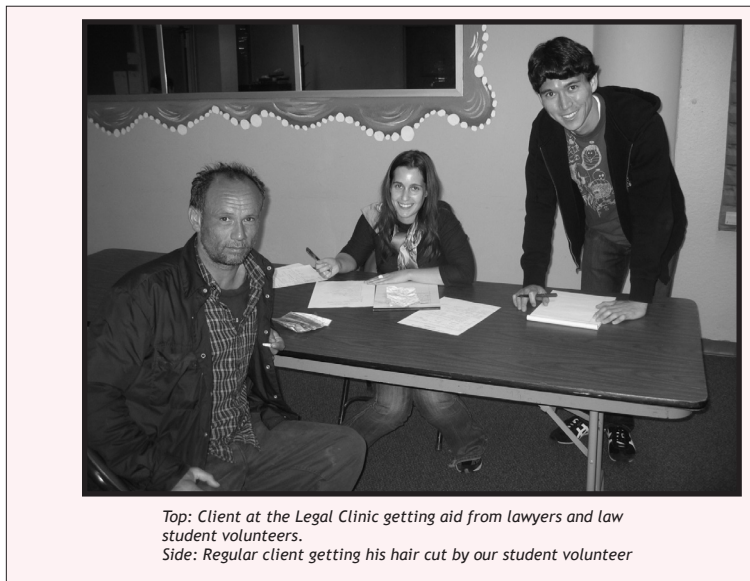
By Jensine Lee

“Hi, I’m Jensine, and I’ll be washing your feet today. How are you today?” He laughs at me, and his eyes ask “Do you know what you’re getting into, asking that question?”

He tells me he feels like everything around him is getting worse and worse -- the nation’s leadership, the war, the national debt, even just seeing the way his homeless friends are treated by other homeless people. “They are homeless, just like us. We are all the same; why are they so mean?” he asks me. “Why is this world so messed up? The government is so careful to keep their



machinery muffled in the daytime, and then at night they roar everything full blast and go so slowly just to make life difficult



Top: Client at the Legal Clinic getting aid from lawyers and law student volunteers.
Side: Regular client getting his hair cut by our student volunteer

for us. They know it’s bad for our health, but they don’t care.”

“Why are we here? What is the meaning of life?” I wonder

what images are running through his head as he asks these questions, what remembered humiliations lie behind his half-smile.

Then he turns to me he says, “At least for this second, this moment, I feel like a valuable human being” and I can see in his eyes how slippery these moments are. I want to tell him there is hope, there is always hope, but all I have to offer is a bucket of soapy water for his feet.

Jensine is the new foot-washing coordinator at the General Clinic.

OUR GIFTS

- MEDICINE
- DENTISTRY
- OPTOMETRY
- CHIROPRACTRY
- LEGAL
- HOMEOPATHY
- ACUPUNCTURE
- COUNSELING
- CoCA (CONTINUITY OF CARE ADVOCATE)
- SHARE (SEARCHING HOW TO ACHIEVE RESPECT AND EMPOWERMENT)
- HAIRCUTTING
- HEALTH EDUCATION
- FOOTWASHING
- MASSAGE
- CLOTHING
- DINNER
- CONVERSATION
- SHELTER
- CARE

OUR MISSION:

To promote the health and overall wellbeing of underserved individuals through service provision, cooperative learning, and collective action among community and professional volunteers, students, and participants.

IN THIS ISSUE

- The Stories
- CARE
- Farwell Seniors!
- Another Amazing Year!
- Thank you Dr. Steinbach
- Our Deeds, the Future
- An Avenue for Aid

Clientele Advocate for Resources and Employment

Our Next Step in Community Service *By Sheila Loharuka*

As the Suitcase Clinic continues to grow, so do the resources we offer to our clients. In addition to the long-standing services provided at each of the clinics, the General Clinic has recently added a new program. Entitled "Client Advocate for Resources and Employment" yet commonly referred to as CARE, the new service seeks to find housing and employment for those who come to clinic. In just a few months, CARE has quickly become a successful and established asset of the General Clinic.

Every Tuesday night at General Clinic, clients are given the opportunity to sign up for individual appointments to be given information specific to his or her needs. These meetings are with U.C. Berkeley's Career Center counselor Meriah Hudson, who played a fundamental role in establishing this program. She has worked extensively with

our CARE coordinator, Sheila Loharuka, on contacting organizations in the Bay Area and finding other resources that can be useful for CARE's clients. Due to the broad range of clients that come to General Clinic, this ranges from information about job development programs to resume writing to temporary housing. Clients are encouraged to see us on a regular basis to continue progress and be given additional information. The beauty of a program like CARE is that it has the potential to constantly grow. Every week we find new resources to share with the clients, and thus have been able to help a large amount of people thus far.

General Clinic's clients have been incredibly receptive to CARE and have shown nothing but appre-

ciation and gratitude of what the new service has been able to offer them. Our goal is to extend CARE to Women's and Youth clinic in the coming months as well. Given its



Anne signing one of our clients up on that well known blackboard. Organizing which clients are signed up for which of our many services is a large but routine task that runs smoothly just about every week, thanks to all of our amazing coordinators!

initial success and positive feedback, it seems evident that CARE is going to become permanently embedded in the Suitcase Clinic and will help ensure long-term stability

FAREWELL - Thank you Seniors!



Here is a last photo taken of the Seniors at SPAD, Spring 2007. Your love and devotion to the Suitcase Clinic has made us into one of the most benevolent and respected organizations around that provides care and service to our underserved community members. You have become the change you wish to see in the world!

From left to right: Kevin Gia-Le Phung, Bian Wu, Sunny Jha, Anne Bozack, Kara Bagley-Knutson, Amit Gil, Stephanie Wong, Christina Chun, Jake Becker, Melanie Schoeppe, Andrew Kronemyer, Julia Pollock, Sachini Bandara, Sarah Adler-McDonald, Daniel Khakshooy, Imran Khan.

We love you all!

Another Amazing Year!

By Courtney Hernandez

This year has been a highly successful year for the Suitcase Clinic. With a strong new planning committee structure, the Suitcase Clinic has been stronger and more productive than it has ever been before. Each of our clinics is offering more services and we are able to provide to a larger sector of the low income and homeless population of Berkeley. Although it has been a lot of hard work, we have enjoyed every minute of it because we have all worked together to get where we are. In the future we hope to expand our services and bring about homeless awareness in the community.

I believe that I speak for everyone when I say that the Suitcase Clinic has become more than just community service; we are a family who are passionate about improving the overall well being of everyone who does not have access to adequate healthcare.

Top: An enormous crowd for Spring 2007 elections. It lasted for a few hours, as each candidate was thoroughly and thoughtfully discussed before casting our vote.



Bottom: These four officers discuss business (well, if you can call it business) in the med room. The med room is held in a childrens sector of the church we occupy, so everything is very vibrant and colorful.

This year has also been a year of transitioning. Our faculty sponsor Alan Steinbach who aided in the creation of the Suitcase Clinic is retiring. His contribution to the organization is far greater than words can describe. For many of us he has been both a friend and a teacher. He has provided us with the skills to run our clinics and also has been a constant support system; every encounter with him leaves you inspired. He has empowered all of us to be active members of the community and to be passion-

ate about what we believe in. His impact on all of us is tremendous and we are truly going to miss him.

Finally, we have also had the wonderful opportunity to work with a great group of seniors this semester, many of whom have been with the Suitcase Clinic for several years and have played a key role in our success. They have been amazing role models and friends and we are going to miss them next year. We wish them all the best in their future endeavors.

OUR APPRECIATION FOR DR. STEINBACH

Dr. Steinbach, through your work with the Suitcase Clinic, you have directly and indirectly educated, empowered and inspired scores of students to lead lives of service. You have shown those of us fortunate enough to learn from you a tremendous toolbox of skills to utilize in all aspects of our lives and careers, the most important of which being compassion. The Suitcase Clinic is largely responsible for my growth as an individual and for the evolution of my career interests. I know that I can safely say the same for numerous others. Without your involvement and support, the Suitcase Clinic would not be what it is today, if anything at all. As an individual, if I ultimately attain one tenth of your compassion, charisma, vision and determination in my



Photo of Dr. Alan Steinbach. He was with us from November 1989 until May 2007. For nearly 18 years he led the Suitcase Clinic and helped his students become leaders in the field of public service.

life that you have shown in yours, I will be proud of my achievement. You are an amazing individual that I regard with the utmost respect and endearment. I thank you for all that you have done for me and know that you will be dearly missed by those of us who have, do, and will make up the volunteer corps of the Suitcase Clinic. Above all, you are a marvelous person and for that, I thank you.

It's hard to imagine life at Clinic or at Cal without you. You made such a huge contribution to the goals and dreams of so many students, clients and volunteers (myself included). I'm currently living in Buenos Aires working for a nonprofit, and I can whole-heartedly say that your work and spirit strongly influenced who I am today. Thank you for everything - best of luck in your retirement!

Written by Bian Wu

REFLECTING UPON REACHING INTO OUR DEEDS, THE FUTURE

Letting you in on a Few of Our Inner Secrets

This past semester has been a pivotal semester in the history of the Suitcase Clinic. As administrators, one of our main goals is to preserve as much knowledge as possible from all of our graduating seniors and retiring faculty sponsor as possible. We have preserved all notes and lectures from our weekly “Wednesday class,” where Dr. Steinbach trains Undergraduate Student Instructors to teach the “Thursday class” that is mandatory for all new student volunteers.

Our new detailed website has also become integral in this preservation process. We have recorded our Planning Committee minutes, have all large gallery of photos from past and present, tons of information on Suitcase’s history and role in the Berkeley homeless and low-income community, and we will soon have information about old grants. This website also serves as a message board for people within and outside of the Suitcase Clinic.

To facilitate leadership transitioning and to keep Suitcase Clinic working as a team, members have been attending the new Planning Committee meetings which are located at the Plant and Genetics Building on Wednesdays, a large step up from the few brief minutes of PC before General Clinic got going on Tuesday nights. Now, we can hold lengthy discussions and make decisions as a team while also holding small training workshops

Along with the new PC, the administrators have endeavored to facilitate the officer transitioning process by giving every position a binder. At our semester retreats we ask each division to make three goals/objectives and to update PC once a month about their pursuit of these three goals/objectives. In this binder, we encourage everyone to put as much information as possible regarding contact information, certain procedures, and what events have been done by the respective divisions. This allows us to have very effective discussion about our present strengths, weaknesses, and opportunities in Suitcase.

Besides the preservation of knowledge, Suitcase Clinic is dedicated to expanding its services and providing quality and

comprehensive service to the low-income and homeless populations of Alameda County. This semester, we have started the new CARE program, which addresses the housing and employment concerns of our clientele. This program offers help of resume and interviewing skills, addresses the housing concerns and also assists them in the more “social services” aspect of health care.

We have also started counseling services at our Women’s Clinic site. Our Marriage and Family Therapist has been providing one-on-one counseling sessions to the homeless women there, targeting the mentally ill population. We have seen upward of 5-6 clients a week and the demand is increasing as more people are aware of



that certain service. In addition, our small group in the Thursday class has collaborated and even held poetry workshops for our women. Women have a great interest in our therapeutic services and counseling sessions, which is a positive indicator of the need for mental health services in our clientele. Moreover, we have a collaboration in the works with the Wright Institute, the Graduate School of Psychology in Berkeley. We plan to provide clinical hours for the psychology graduate students in exchange for their quality counseling session at our General Clinic, which sees the most patients per night of our clinics. By offering these mental health services, we hope to offer yet another service to the underserved populations.

The main difficulty that small non-profit organizations such as the Suitcase Clinic face is the constant stress of attaining money to fund our operations. It

is comparatively much easier to create collaborations with service providers to offer more services. But with our fervor and passion, we often face the consequence of overstretching our resources and our capabilities. With a budget just about \$11,000 a semester, we often have to find alternative ways of running our clinic. Our main contributors are the ASUC and Cal Corps, which combine to give no more than \$6,000 a year. This means that we must make up the rest of the short-coming through donations and writing grants. This can be a daunting task for undergraduates and we are even handicapped by our connection to the school. UC Berkeley serves as our fiscal sponsor, although it hardly allots enough money to sustain us. By having a fiscal sponsor, we are ineligible for a lot of grants that are specifically for non-profits with no fiscal sponsors. In addition, we are now increasing more than ever, with the career and mental health counseling services, which requires more funds to ensure the success of these ventures. We also aim to start increasing the depth and breadth of our dental services, serving more clients and giving them more services. This will require more funding.

Moreover, we must sustain our existing successful programs and possibly look into expanding them as well. Suitcase Clinic is the only organization around that will offer free eyeglasses to our clients. With our collaboration with the UC Berkeley School of Optometry, we get free eye check-up and lenses and the Suitcase Clinic picks up the cost of the lenses. With this wonderful collaboration we help over 10 clients a night and help them read and view the world more clearly and visibly. In addition, we also have our medical division. With our collaboration with the Joint Medical program of UCSF-UC Berkeley, we are able to get medical students and doctors to provide acute care to clients and give over-the-counter drugs. Our medical division is also in collaboration with Berkeley Primary Care. Our clients have the opportunity to have drop-in appointments the next day, and all costs are picked up by the Suitcase Clinic.

By Karandeep Juggy Singh

Looking for

AN AVENUE FOR AID

The Impact I will Have

Donations to the Suitcase Clinic will help fund:

- Expansion of Suitcase into new and desperately needed arenas of community service and care
- Mental Health Clinic growth
- Homeless and low-income client general medical, dental, and eye care
- General, Women's, and Youth Clinic supplies to keep clinic running smoothly
- Ongoing education and skill training of volunteers
- Community Care
- Public Outreach



Dedicated Suitcase members spreading the word on Cal Day.

There is a wonderful way for you to reduce your taxes while supporting the Suitcase Clinic in its mission: all donations are completely tax-deductible. The Suitcase Clinic's non-profit tax ID code is #94-0294680.

Once we unite the forces of every family member and friend, we will be able to make the biggest impact and be the best solution to this public health issue. We thank you dearly for your generosity.

OUR OFFICERS!

Jake Becker Administrative Coordinator A	Shahil Patel Referrals
Courtney Hernandez Administrative Coordinator B, Class Coordinator, and UGSI	Elijah Mun CoCA (General)
Karandeep Juggy Singh Administrative Coordinator C	Weiwei Wen CoCA (General)
Sachini Bandara Class Coordinator	Bian Wu CoCA (General) and Dental Coordinator
Andrew Kronemyer Class Coordinator and Web- master	Puneet Samra CoCA (Women's)
Melanie Schoeppe Class Coordinator and UGSI (Women's)	Brainna Hoffmann CoCA (Youth)
Sunny Jha Clinic Coordinator A (General)	Jason Wong Health Education (General)
Johan Mohd-Yusof Clinic Coordinator B (General)	Erum Arain Health Education (General)
Kevin Gia-Le Phung Clinic Coordinator C (General)	Angela Min Health Education (General)
Dan Green Clinic Runner (General)	Leanne Almario Health Education (Women's)
Sarah Adler-McDonald Clinic Coordinator (Women's) and CoCA (Women's)	Priya Asthana Health Education (Women's)
Julia Pollock Clinic Coordinator (Women's)	Sunniya Basravi Health Education (Women's)
Stephanie C. Wong Clinic Coordinator (Women's)	Addie Cuneo SHARE Coordinator and UGSI
Timothy Yiu Clinic Coordinator (Women's)	Matt Hakimi SHARE Coordinator
Sandhya Jacob Clinic Coordinator (Youth)	Neera Khattar Secretary
Ionas Porges-Kiriakou Clinic Coordinator (Youth)	Lijia Xie Women's Clinic Children's Coordinator
Vikram Mahal Clinic Coordinator (Youth)	Katie Anderson Women's Clinic Children's Co- ordinator and UGSI (Women's)
Jodi Ram SPEAC Facilitator	Nyssa Adackapara Foot Care Coordinator and UGSI (Outreach)
Jenny Zhou SPEAC Facilitator	Imran Khan UGSI (Outreach)
Lance Pollard Newsletter Coordinator	Daniel Khakshooy UGSI (Dinners)
Sheila Loharuka CARE Coordinator	Austin Eckard UGSI (Share)
Mike Johl Volunteer Coordinator	Swetha Madhusudan UGSI (Supply Drive)
James Kim Volunteer Coordinator	Angela Nguyen UGSI (Supply Drive)
LiAnn Punzalan Legal Coordinator	Najm Haque UGSI (Youth)
Dana Gersten Haircutting Coordinator	Ashveer Pal Singh UGSI (SPEAC)
Anne Bozack Historian	

BECOME A SUITCASE PROVIDER!

Suitcase Clinic c/o (name of clinic)
570 University Hall #1190
University of California, Berkeley
Berkeley, CA 94720-1190

YES! I want to become a Suitcase Provider! I would like to donate one or more of the following to any or all of the three Suitcase Clinics:

- Money** (This gives us the greatest freedom in purchasing/funding exactly what we need)
- Clothing** (fresh socks, undergarments, shoes, shirts, pants, hats, work attire, etc.)
- Hygiene Supplies** (Toothpaste/brushes, soap, hair products, deodorant, lotion, shaving supplies, Q-tips, nail clippers, or other obscure but desperately needed supplies.
- Footwashing Supplies**
- General Supplies** (chairs, coffee supplies, cups, etc.)

Thank you for supporting us. Your donations will help us tremendously in attaining our vision. Go Suitcase!!!

CONTACT
INFORMATION

Voice mail number: (510) 643-6786
Fax number: (510) 643-8771
URL address: <http://www.suitcaseclinic.org>



Suitcase Clinic c/o (name of clinic)
Health and Medical Sciences Program
570 University Hall #1190
University of California, Berkeley
Berkeley, CA 94720-1190

WE LOVE YOUR SUPPORT!!!

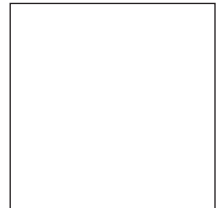
A few of our Suitcase members, along with Dr. Steinbach and his wife Sala Steinbach, attending our SPAD dinner. This year we celebrated Dr. Steinbach's retirement from his 18 years of service and leadership within the Suitcase Clinic. Every year we have a Service Provider Appreciation Dinner to honor our dedicated service providers who devote a portion of their life to volunteer work by giving their time, skills, and energy to team up and provide a diverse list of services to the homeless and low-income community in Berkeley. We also use this time to honor the graduating seniors.



Direction to our drop-in centers:
General Clinic
 First Presbyterian Church of Berkeley
 2407 Dana Street at Haste Street
 Berkeley, CA 94704-2207
 Tuesdays, 6:00 - 9:00 PM
 Voicemail: (510) 848-6242 ext. 510
 E-mail: general@suitcaseclinic.org
Women's Clinic
 Dwight Way Women's Shelter
 2140 Dwight Way between Shattuck
 Avenue and Fulton Street
 Berkeley, CA 94704-2015
 Mondays, 7:30 - 9:30 PM
 E-mail: womens@suitcaseclinic.org
Youth Clinic
 St. Mark's Episcopal Church
 2300 Bancroft Way at Ellsworth Street
 Berkeley, CA 94704-1604
 Mondays, 6:00 PM-9:30 PM
 E-mail: youth@suitcaseclinic.org
 Google Group: <http://groups.google.com/group/YouthSuitcaseClinic07?hl=en>



Suitcase Clinic c/o (name of clinic)
 Health and Medical Sciences Program
 570 University Hall #1190
 University of California, Berkeley
 Berkeley, CA 94720-1190



YOUR SONS AND DAUGHTERS ARE MAKING A DIFFERENCE IN TODAY'S WORLD. THANK YOU FOR YOUR LOVING SUPPORT. OUR TEAM OF SUITCASE VOLUNTEERS IS COMMITTED TO OUR COMMUNITY AND VISION.

OUR MISSION: To promote the health and overall well being of underserved individuals through service provision, cooperative learning, and collective action among community and professional volunteers, students, and participants.