



Bethesda

HEALTH CLINIC

“JUST COME HOME”

“No tengo las palabras”, said Maricela Hurtado. “I don’t have the words... to say what Bethesda Health Clinic has meant to me and my family.”



When Maricela first came to Bethesda about eight years ago, it was to establish a medical home for basic health care. A hard-working housekeeper, who has had the same clients for more than a decade, she had no health insurance and just needed a check up and a referral for a mammogram. But that first visit began a long relationship that touched Maricela’s family in extraordinary and life-changing ways.

Some years later, Maricela’s son, Jose, who had long wanted to serve his country as a member of the armed services, fulfilled his dream by enlisting. His very first physical exam turned his life around: the poor vision in one of his eyes was more serious than he had thought. He was losing his vision

completely. Maricella recalls: “When Jose called to tell me the bad news, I said, Don’t worry. Jesus has other good things in store for you. Just come home.” Maricella made him an appointment at Bethesda.

After several visits with specialists, all arranged by Bethesda, the news was serious. Jose needed a cornea transplant. Bethesda sent him and Maricela to Houston for an appointment with the Houston Eye Foundation. After eight months on the waiting list, a donor was found and the transplant completed at no cost. Now, Jose has 20/20 vision in that eye, and his gratitude is immense. “Bethesda Health Clinic literally gave me a future. With my eyesight restored, I am back on my feet and working. One day I hope to give back to Bethesda.”

“This is a place that helps,” says Maricela. “It doesn’t matter who you are, what your race is, where you come from, they will help you. And if they can’t help you themselves, they will find someone who can. Look what they did for my family!”

Maricela became a US citizen five years ago, and her journey to improving her life continues.

Although she is a high school graduate in her native Mexico, she

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hopes to receive her GED in the US educational system. She has completed her certificate as a Certified Medical Assistant. Her goal? “To help Bethesda Health Clinic,” Maricela says emphatically. “I had a very high score on the Certified Medical Assistant test, and I know why. I took the classes with my heart. And my heart is to help Bethesda.”

“I want to help Bethesda because they helped me. And they helped my son. I have done all my paperwork to be a volunteer. I can’t help with money, but I can help with my time, on the weekends when I’m not working. It’s my goal. It’s my dream is to help Bethesda.”

There are many ways to give to Bethesda’s mission, many ways to support the work of the clinic. Every gift is important, and every gift matters. But there are gifts from the heart, like Maricela’s, that touch us deeply and which we hope will inspire others to help Bethesda continue to serve our hard-working, much-deserving friends and neighbors.



A NOTE FROM JOHN

Reflections on Bethesda’s first fifteen years...
And some thoughts about the future...

Next year, in 2018, Bethesda Health Clinic begins its fifteenth year of ministry. In preparation for that milestone, we began a conversation with Dr. John English, Bethesda’s CEO, who has been involved with the clinic since before its inception.

Looking back on these first fifteen years of Bethesda’s ministry, what have been the “constants”?

Amazingly, the demand for our services has been a constant and has grown every year, a fact that cements the reason we are here. People need our care, even with all the changes in healthcare in the US. The other constant is the support of our mission that we have been given from day one – dedicated volunteers, unwavering and incredible financial support from our donors, the buy-in from the medical community who have supported us in countless ways, the strong support from our board of directors who have stood by all our decisions.

What has changed?

The health care landscape now changes almost daily, especially in the era of the Affordable Care Act. The complexity of the clinic’s operations has grown, especially after we added dental services in 2005, creating a demand that we haven’t been able to keep up with ever since!

Is there anything you would do differently?

We thought we were opening a healthcare clinic, but now we recognize that most of our patients have complicated lives, just as we do, and there are many factors, physical, social, emotional and mental, that impact their health. We have to address all of those things if we are to improve their physical health, and we probably should have started our social work services earlier to help address those issues – but hey! We were medical people who started the clinic, and we thought we were dealing with medical issues! The thrift stores have been such a success. Wish we had started those earlier and gotten that income stream in the flow earlier than we did.

What do you know now that you didn’t know then?

The idea of “volunteer nurses and physicians” is harder to operationalize than we appreciated in the beginning. They are busy professionals and in their spare time, they want to do other things than share their professional gifts. Our patients have complicated lives – and coming for medical appointments is hard to schedule. We know now that we can’t just be an 8 to 5 Monday through Friday clinic. To accommodate the need for expanded hours, we offer some evening and Saturday clinic hours numerous times during the year.

... We are Here to Help



2017 Birthday Bash Chairs from left:
Sherri Soules and Gina Butler

**What can a group of creative,
energetic, committed ladies do?
What can they NOT do?!**

In 2010, the ladies of the Bethesda Alliance had an idea for a fundraiser for the clinic. A birthday party! 2010 was the seventh anniversary of the clinic, and the Alliance ladies decided that a party was in order to celebrate the occasion. Celebrate and fundraise they did at the first Bethesda Birthday Bash, and the Alliance has been helping Bethesda celebrate and fundraise ever since.

The 2017 Bethesda Birthday Bash, just like all its predecessors, was a phenomenal success. Through sponsorships of the event and through funds raised by the live (and lively!) auction of birthday cakes decorated by "celebrity" cake decorators, "The Bash" has raised more than a million dollars for Bethesda since its inception.

It's not all fun and games. Planning and organizing an event of this scale is a year-long project for the 180 ladies of the Alliance, who are already down in

BETHESDA ALLIANCE CELEBRATES BIRTHDAY BASH

the details of the 2018 Birthday Bash. They are also hard at work on other projects they do to help the clinic, particularly their service at Hangers of Hope, Bethesda's thriving thrift store.

This year's "Bash" chairs, Sherri Soules and Gina Butler reflected on Bethesda, "The Bash," and what it means to serve our community. "I support Bethesda because of the core values the staff and volunteers espouse" said Gina, "and I like being part of the Alliance because we are all working toward the same goal by using our different talents and strengths. I want to honor God in all I do, and I believe Bethesda is a worthy way to spend my time and efforts." Sherri feels the same way about service to her community. "The money the Alliance raises does so much to help Bethesda and the people we serve. This community opened its arms to me in so many ways, and I love that I have the opportunity to give back." Bethesda Health Clinic is grateful to all the members of the Bethesda Alliance for all they do to further the mission of the clinic. We can't wait to see what they do next!



Charitable Giving and Your IRA

If you are over 70 1/2 you must start taking the required minimum distribution from your IRA, income which will be taxable to you. If you are in the enviable position of not needing this income, you have another option which could benefit you as well as Bethesda Health Clinic.

You can give all or part of that distribution from your IRA to Bethesda Health Clinic, tax-free, and have it count as all or part of your required minimum distribution for the year.

This could have positive tax benefits for some seniors. It keeps the money out of your adjusted gross income, and could make less of your Social Security benefits taxable.

Consult with your professional advisor to see if this option could benefit you, and what steps you need to take to do it properly. If you are planning this unique way to make a gift, please let us know so that we can acknowledge you.

**RANDALL V. CHILDRESS, CFP, AAMS
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Birthday Bash 2017



David and Cathy Krafve



Matthew and Rachel DeVaney



Judy and John Soules



Karen and Michael Tidwell



Paul and Teresa Owen, Grace English, Peaches Owen



Sunni Boren, David Nichols, Nathan Atkinson



Mark Whatley, Audrey Stinson, Sherri Whatley

Taylor and Olivia
Heaton, Karen and
Charles Heaton



LaVerne Gollob,
Derrith Bondurant,
Jennifer Gaston



Birthday Bash 2017



Matt Magill, Bill and Lynda Evans, Megan Magill, TJC Phi-Theta Kappa Volunteer



Stephanie and Clint Carter, Sherri Soules



Regina and Charles Moss



Samantha, Jason, Cindy and Bill Ellman, Logan Stone and Stephanie Osborn



Matt Jones, John English, Sherry Jones



Jacob and Rachel Putnam, Jeff and Kimberly Abeldt



Betty Ann Smith,
Eleanor Stringer,
Darla Bennett,
Julie Nichols



Jeff and
Debra
Johnston



BETHESDA BIRTHDAY BASH 2017



Grace English M.D., Margarita De La Garza-Graham M.D., Dana Cargile, Michael Tidwell Phd., Matt and Megan Magill, Rabbi Neal Katz, Councilman Bob Westbrook, Dana Hughey, Senator Bryan Hughes

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MISTRESS & MASTER OF CEREMONIES *Barbara Bass & Bryan Houston*

THE ULTIMATE PARTY FAVOR PROVIDED BY *Susan Robinson Fine Jewelry*

EVENT PORTRAITS PROVIDED BY *Donna Cummings Photography*

... We are Here to Help

DIA DE LAS MADRES

On a pretty day in May, every other year, Bethesda Health Clinic gathers community partners to focus on the needs of women. The festive atmosphere of brightly colored booths, free refreshments and giveaways delights the more than 500 women who participate. But underneath the fun, some serious work gets done: The Dia de las Madres (Mother's Day) event allows women to focus on their health.

Affectionately called "Dia" for short, the Dia de las Madres event began when some leaders in the Hispanic community realized that many Hispanic women had little access to medical and community services. Traditionally focused on the needs of their family, and putting others' needs first, many rarely focused on their own health.

At the "Dia," free medical screenings, such as pap smears, mammograms, glucose, blood pressure and cholesterol tests, and HIV screening are available. A wealth of information about health and wellness, nutrition, exercise, early detection and preventative measures, and community resources is provided.

Though Bethesda organizes the event, it is a true collaborative community event, with labs and services donated by Pathology Associates of Tyler, the Komen Foundation, East Texas Medical Center, CHRISTUS Trinity Mother Frances Health System, UT Health Northeast and the volunteer efforts of numerous doctors and nurses.

In addition, many non-profit agencies are available to provide information about community resources and the services they offer. These organizations include: Literacy Council of Tyler, St. Paul's Children's Foundation, East Texas Crisis Center, CHRISTUS Trinity Mother Frances Ross Breast Center, NET Health WIC, Susan G. Komen East Central Texas, Children's Defense Fund, Family Circle of Care, TJC, UT Health Northeast, The Mentoring Alliance, Special Health Resources, Wellness Pointe, Amerigroup, and Texas Children's Health Plan.

Many thanks go to the generous sponsors of Dia de las Madres, including John Merrill State Farm Insurance, Prosperity Bank, Super 1 Foods, Iglesia Bautista Colonial Hills, Michael Munn State Farm Insurance, Linda Rowe State Farm Insurance, Don Juan Mexican Restaurant, Law Office of Jeremy Coe, Williams Paint & Sandblasting, Expert Auto Electric and Mega 99.3.



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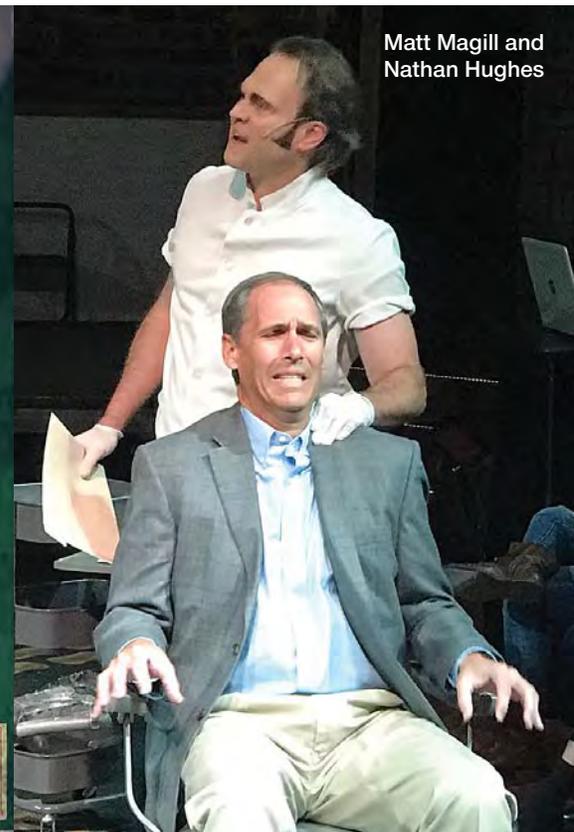
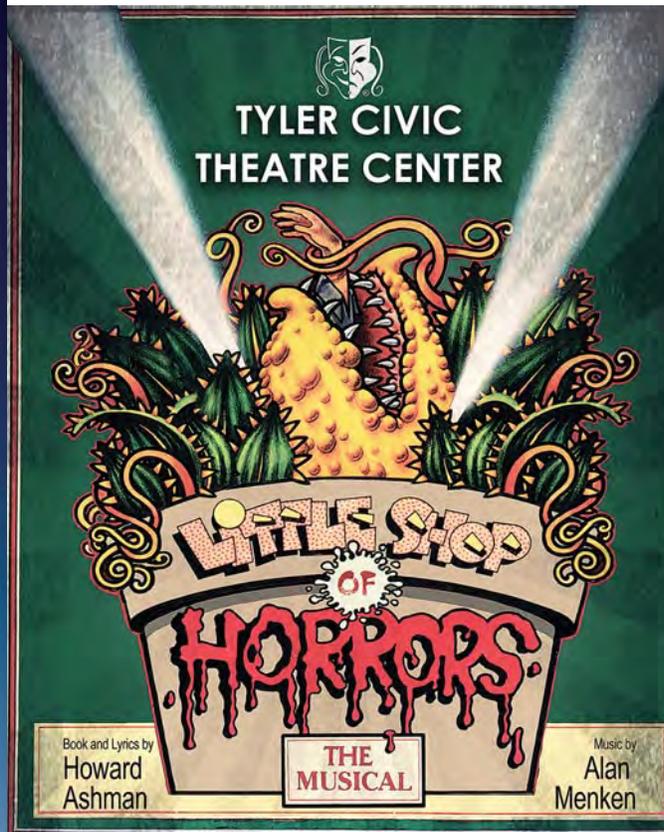
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409 W. Ferguson
Tyler, TX 75702
903.596.8353
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Bethesda
HEALTH CLINIC

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Matt Magill and Nathan Hughes

On October 27, "The Little Shop of Horrors" opened at the Tyler Civic Theatre. The show was directed by Megan Magill, and Matt Magill played Orin, the demented dentist. The couple's non-profit organization, B3 Ministries, partnered with Bethesda to raise funds for Bethesda's dental program. Seven local dentists made donations to Bethesda and each had a cameo appearance as the patient in the show. Special thanks to Matt and Megan Magill, Tyler Civic Theatre, and Drs. Britt Ruby, Lynette Ogletree, Nathan Hughes, Aimee Massey, Jarrod Leisch, Gerald Gray and Travis Markle.