



Bethesda

HEALTH CLINIC

THE LIGHT OF UNDERSTANDING

Light comes in many forms at Bethesda.

“It was as if a light finally went on,” said Darla with tears in her eyes. “I finally understood it. Pam explained it to me, and after a lifetime of suffering, I finally understood it.”

Darla’s medical history is complex and complicated. She had seen doctor after doctor her entire life, but no one had been able to put the pieces together. Repeatedly misdiagnosed and inappropriately treated, Darla found her life diminished by the sudden and inexplicable attacks that left her unable to breathe. She knew she had food allergies, but that didn’t explain the paralyzing severity of her problems. Often she was unable to work. She could rarely go into public places. “I’m a mother, a wife, a hair dresser. I own my own business. I knew something had to change,” Darla said.

Something did change when Darla found Bethesda Health Clinic. After being seen by Bethesda’s doctors

she was referred to two specialists and underwent test after test. When she came back to Bethesda for the results, Dr. English said to her, “Let’s talk about your asthma.” “I NEVER knew I was asthmatic!” said Darla. “Then he said, ‘Let’s talk about your diabetes.’ WHAT? No one had ever told me I was diabetic either!”

Dr. English had Darla meet with Pam Van Meter, Bethesda’s Wellness and Nutrition Director. “That’s when the light finally went on,” said Darla. “I could connect all the dots. My allergies were causing the asthma. Being overweight was contributing to my diabetes. I UNDERSTOOD!” Pam helped Darla with a diet and a system for checking her blood sugar and taught her to read product labels, searching for even the tiniest hint of ingredients that could trigger her allergies. Armed with her new knowledge, Darla was off and running, watching her diet, keeping a chart and checking her blood sugar. Within just a few weeks, her weight dropped dramatically, as did her blood

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“It was as if a light finally went on.”

Continued from front cover.

pressure. She has not had an asthma attack in months and she has been able to stop taking her blood pressure and sleeping medicines. She has also been able to cut her diabetes medicine by a third. Darla is hopeful that she can gradually get off all the medicines she has been prescribed.

Pam is quick to praise Darla's efforts. "She can now participate in her health. Darla has the power to change her life, and she is using it."

Darla's praise for Pam and everyone at Bethesda is reciprocal. "How I wish I had met someone like Pam years ago," she asserts. "Bethesda has been a Godsend to me. Everyone takes the time to listen, and they listen deeply. They genuinely care about me, and I'm not a number. I wish I could come here every day!"

Light comes in many forms at Bethesda. In our work, in this place, we openly acknowledge that Christ is the Light within us, leading us in the way we ought to go. When His light shines through the people of Bethesda, it bathes our work and the lives of our patients with His love. The light of that love became the light of understanding for Darla, a light that is leading her to a new life, out of the darkness of illness and into a new life of health and wellness.

Thanks be to the One who is the light of the world.



A NOTE FROM JOHN

Growth. Change.

Consider this:

- By the end of the summer of 2016, Bethesda had already served as many new patients as we did in the entire year over the past five years
- In each month of 2016, an average of 950 medical patient visits occurred
- When the dental clinic was staffed with volunteers, it averaged 350 dental visits a year. Now that we have our own dental staff, the clinic averages 375 visits each month.

At Bethesda Health Clinic, growth and change seem to be the constants of our ministry.

Each year brings new challenges and opportunities, and while we are always focused on meeting current needs, we must also keep an eye on the future and the growth and change that will inevitably occur.

One thing that has not changed is Bethesda's need for your support. Though much has changed in the health care environment, the statistics above make it clear that the number of people in our community who are either uninsured or underinsured has continued to grow, and most likely will continue to do so.

In this newsletter you will read about two important efforts to fund Bethesda's ministry, both now and in the future. Hangers of Hope, Bethesda's thrift store, will expand to a bigger location to help fund our current need for expanded services. Planned gifts through wills and estates will fund future challenges we can only begin to imagine. Both depend, as does everything we do at Bethesda, on your faith, prayer and generosity.

Your support makes growth and change happen at Bethesda and in the lives of those we serve. We are grateful for your support today and for sharing our vision for the future.





Opening before the end of the year 2016. Located on the South Loop next to Chuck-e-Cheese.

HANGERS OF HOPE

A THRIFT STORE ON A MISSION

In the fall of 2013, Bethesda Health Clinic opened Hangers of Hope, which was designed to diversify the funding mix that supports Bethesda's mission of providing high-quality care for low-income working adults in our community.

In just three short years, the support and donations from the community have been so generous, that Hangers of Hope has outgrown its current location and is moving to a larger facility on the South Loop.

All proceeds of the thrift store go back to the clinic and provide the additional resources needed to greatly expand Bethesda's services.

As with everything else at Bethesda, Hangers of Hope is mission-connected and big-picture focused. "This move into a larger facility isn't really about growing a thrift store business. It is all about the possibilities that lay ahead for making an even greater impact on those among us who need it most. And we

feel blessed to be in community that has made this future possible." said John English, M.D., Bethesda's Medical and Executive Director.

"With such a supportive and caring community, we are hopeful that the larger facility will provide the financial resources for us to broaden and increase how we can serve those in need," said Dr. English. "And we pray that God continues to bless this endeavor as He has so many other programs and projects of the clinic."

When you shop or donate your unwanted items, you help us continue to make possible the exceptional medical care, support and guidance for those in need that is the hallmark of Bethesda Health Clinic.

We appreciate donations of clothing, household goods, furniture, small appliances, books, toys, and holiday decorations.

BIRTHDAY BASH



Laura O'Halloran, Shanna Meads



Kellie Ronan, Sandy King



Sasha Vukelja, LaVerne Gollob, Derrith Bondurant, Teresa Butcher



Molly & Lane Brunner, Marilyn Abegg Glass



Linda Sellers, Kristi Boyett, Jennifer Pittman, Sherri & Mark Whatley



Julie Nichols, Darla Bennett, David Nichols

BIRTHDAY BASH



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Sam Greenberg, Sal Landeros, Connie Greenberg



Anniken McNeil, Ellisiv Lien, Isabella McNeil



Larry & Kat Stokes



Lane Brunner, Doug Clark, Gillian Sheridan, Clint Carter, Derrith Bondurant, Sal Landeros, Laura O'Halloran, Mark Whatley, Ellisiv Lien, Anniken & Bella McNeil



GIVING TO THE FUTURE

Since the inception of Bethesda Health Clinic, our commitment has been to care for the whole person.

We recognize that a balanced, healthy life takes into consideration what is going on medically, and what is happening in our lives socially, emotionally, and certainly spiritually. Our commitment is to address each of these dimensions in the lives of our patients. From the beginning, the commitment of Bethesda has also been to structure the programs and services offered by the clinic in the most organized and responsible way possible, always working to have the resources necessary to provide the highest quality care in the most fiscally responsible way.

If Bethesda is to continue its ministry of care for the whole person in the decades to come, now is the time to take action. As Bethesda enters its second decade of service, we are uniquely positioned to look to the future and the stability of this important ministry.

To that end, the Board of Directors of Bethesda Health Clinic has made the commitment to begin to build the resources of Bethesda's endowment fund.

Think of the endowment fund as Bethesda's savings account. Each year, Bethesda raises money and puts that money to work in the lives of those who turn to the clinic for help every day. Resources come in to help people. Resources go out and lives are changed. That has been the pattern of our ministry for more than a decade. Now the time has come to begin to secure the solid financial resources to insure that Bethesda will be

here to provide our unique focus on care for the whole person for decades to come.

Bethesda has a firm foundation on which to build that successful future. Our ministry is mission-focused, grounded in faithful core values and commitments. Our funding base is broad and deep, our leadership respected and visionary, and our reputation for excellence and integrity has few peers in the nonprofit community.

Nonetheless, the future is sure to bring challenges to any nonprofit ministry, especially one in the health care field. That the need for affordable health care for the underserved populations will continue to grow is a certainty; that traditional funding sources for that care will increase is unlikely. This is why we must begin to work now to grow Bethesda's savings.

We know that you, our donors, have a deep devotion to our mission and that you trust the leadership of the clinic to be responsible stewards of your gifts. We also know that you care about the future of the clinic, and that it is important to you that what we have built together will remain strong and continue to serve our neighbors.

We ask that you prayerfully consider a way that you can give to the future of Bethesda, just as you give every year to the work we do on a day to day basis. There are many ways to give to the future... a bequest in your estate plans, naming Bethesda as a beneficiary of your IRA or insurance plan, etc. Your professional advisor will help you find the vehicle that is best for you, your family and for Bethesda.

We must provide today for Bethesda to serve in the future.

Won't you join us?





OF BETHESDA

There are many ways to give to the future of Bethesda Health Clinic, and gifts of all sizes are welcome.

You may designate your gift for general purposes or for a specific area of the Clinic's work. You may make your gift all at once or you may pledge it over time. You may make an outright gift today using almost any type of asset, or you can make a gift later through a bequest or other planned gift.

Just as Bethesda is committed to caring for the whole person, giving to the future of Bethesda can be done generally or specifically. In addition to Bethesda's General Endowment which will help the Clinic in the broadest sense, specific endowment funds will impact areas of focus within the clinic's mission.

Bethesda General Endowment

Annual distributions from the Bethesda General Endowment will be used for the area of greatest need, as determined by the Bethesda Board of Directors.

Medical Care Endowment Fund

The medical care endowment fund will be used to support and enhance the exceptional medical care provided by Bethesda Health Clinic, allowing the Clinic to continue to provide a primary healthcare home for thousands of patients each year.

Dental Care Endowment Fund

Recognizing that dental health significantly impacts overall health, services of Bethesda's dental clinic also impact a patient's self esteem and mental health. Distributions from the Dental Care Endowment Fund

will support and enhance this important component of Bethesda's mission.

Social Support Endowment

The Social Support Endowment will help the Clinic address other life stressors (family issues, financial concerns) that affect patients' progress toward wellness.

Wellness Education Endowment

A key component of Bethesda's mission has always been a focus on the ongoing management of and prevention of chronic disease. This important work will be supported by the Wellness Education Endowment.

Named Endowments

With gifts of \$25,000 or more a donor may "name" an endowment within one of the funds described above. This privilege creates the opportunity to honor or remember a relative, friend or even a special medical provider. For instance, "The Dr. Joe Smith Wellness Education Endowment" could be a part of the larger Wellness Education Endowment, and a way to permanently honor Dr. Joe Smith.

Whatever your preference for giving to the future of Bethesda, we welcome your gifts and are grateful that you share our commitment to the highest quality care for the whole person, now and for decades to come. We encourage you and your professional advisor to work with Bethesda's development staff to ensure that your gift is structured just as you want it to be and that it will accomplish your goals over time.

Please contact Diane Thomason at 903.596.8353 Ext. 106 for more information.

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