



# Bethesda

HEALTH CLINIC

*Celebrating 10 Years*

Spring 2013



**Dr. John English**

## *Celebrating 10 Years!*

*"And my God will meet all your needs according to the riches of his glory in Christ Jesus." Philipians 4:19*

Ten years doesn't seem like a long time from a historical perspective, but anyone who has ever raised kids knows how much change can occur in the first ten years of a person's life. Having been with Bethesda Clinic from the beginning, these first ten years feel that same way to me. The time has gone by so fast and so much has changed, but one thing has remained constant; God has definitely been a part of everything we have done at Bethesda.

As I look back over these years, I see God's presence in the building and equipping of our facility, and in the generous support of our community. He is present in the lives of our committed volunteers and in the lives of each of our fine staff. We will take some time this year to mark this milestone in Bethesda's history, to celebrate with those who have been here from the beginning and those who are new to our work together. Most especially, we will thank God for all that He has made possible in our lives and in this ministry. I hope you will join us.

From the beginning, Bethesda Health Clinic was driven by the phrase, "Never make small what God intended to be big." Thanks to the Smith County community who heard God's call, the clinic has touched thousands of lives in this decade. Our work remains to live out the Bible through healthcare for the poor and through our mission to become the healthcare resource for our working uninsured neighbors.

I am excited to see what God has planned for all of us in the next ten years.

### Event Calendar

#### SATURDAY CLINIC

April 27, 2013

Pollard United Methodist Church

#### SATURDAY CLINIC

May 4, 2013

Grace Community Church

#### DIA DE LAS MADRES

May 15, 2013

Bethesda Clinic

#### SATURDAY CLINIC

May 18, 2013

Christ Episcopal Church

#### BETHESDA ALLIANCE

May 21, 2013. 4:30 to 6:30 p.m.

Bethesda Clinic

#### SATURDAY CLINIC

August 3, 2013

Grace Community Church

#### SATURDAY CLINIC

August 24, 2013

Christ Episcopal Church

#### BETHESDA

#### BIRTHDAY BASH

September 20, 2103

Villa di Felicita

6:30 to 10:30 p.m.

#### SATURDAY CLINIC

September 21, 2013

Pollard United Methodist Church

#### 10 YEAR ANNIVERSARY

#### CELEBRATION LUNCHEON

November 5, 2013

Willow Brook Country Club

# Celebrating 10 Years!



## Celebrating Faith

*Ten years ago, April Barr had an entirely different life than the one she lives now.*

Today, April is a walking testament for strength, redemption, and the power of faith.

Her professional attire, her silky effortless hairstyle, her relaxed demeanor, and her beautiful smile all highlight the fact that April is a confident woman who has experienced God's faithfulness personally. She knows her own worth.

April heard about Bethesda Clinic through her job at Christian Women's Job Corp (CWJC) where she serves as Executive Assistant. Through accompanying her CWJC students to nutrition clinics at Bethesda, April realized the lessons were for her as well. With a family history of heart disease, diabetes, cancer, and weight issues, she realized the need for serious preventive care. "I thought, if I start taking care of myself now, I won't pack a 'suitcase' of medicines when I get older," she laughs.

Pam Van Meter, Bethesda's Nutrition Education Director, structures the CWJC lessons with a focus on healthier lifestyles that women can incorporate in their own homes and with their entire family. For April the beauty of the class is not just the nutrition focus. "Pam incorporates the spiritual part as well," she says. "It's about spiritual health too."

"I try to tell my students that they are fearfully and wonderfully made," says Pam, referencing Psalm 139:14. "They are the temple of the Holy Spirit, and I want to give them the tools to take care of that temple."

To see April now, as she ministers to the Christian Women's Job Corps students, it is impossible to guess the amazing work God has done in her own life. It's a story she loves to tell.

A top student in high school, involved in student council, band and athletics, and active in her church, April began to rebel against her parents. Leaving home at age 16, she didn't have the skills to support herself and soon began a downward spiral into an unhealthy lifestyle that included selling drugs. "I was a 'business' person," she says wryly.

Arrested, she served two sentences on drug charges. "Obviously I didn't learn my lesson the first time," she says in retrospect, "But the second time I realized that God had a plan for my life."

Soon, April was sharing her deepening faith with friends whose lives began to change, too. Of the many friends who have come to the Lord through her testimony, April has a



*"As a patient of the clinic, I found it such a comfort when the nurse and doctor both prayed with me before I left my appointment. It was healing in every area. I am so grateful."*

2003-2013

## *What a difference a few years – and a little faith – can make.*

simple explanation. “Most of it has been just seeing what God has done in my life and how God rebuilds.”

“April is so awesome. She’s the perfect example of what God will do with a heart that belongs to Him,” says Christian Women’s Job Corp Executive Director Kathy Gohmert, “Best of all, she is what both CWJC and Bethesda stand for; lives devoted to His glory.”

After she was released six years ago, April began pursuing her first college degree. And while she still has trouble believing it is possible, she will soon be completing her third degree, a Master’s in Business from Liberty University.

Perhaps it is achievements like those – accomplished with strength, hard work, perseverance, and faith – that make April so pleased to be among the patients at Bethesda.

Plus, there’s the added bonus of seeing other women, especially her own CWJC students, begin to appreciate their worth, too, through programs like Bethesda’s nutrition classes.

*What a difference a few years – and a little faith – can make.*

By Cathy Primer Krafve



*“Thank God for the staff. They are little angels God sent down from heaven just for people like me.”*



# Celebrating 10 Years!



## Celebrating Grace

Ten years ago a small group of committed volunteers dared to dream of a clinic mission in the heart of Smith County, a place where hurting people could receive medical care and something more, as well. Grace English, M.D., was there then, and for ten years, she has remained an integral part of what is now Bethesda Clinic.

"When we first got word that a clinic like Bethesda was in the making, John and I jumped on board!" says Dr. Grace. The 'John' to whom Grace refers is her husband, Dr. John English, now Executive Director and Medical Director of Bethesda. "John was a part of the initial group that started meeting monthly and eventually became the first board of directors." Though fully supportive of the clinic's concept, Grace had another support role to play, "babysitting" the three English children (Sarah born in 1997, Daniel in 1999 and Matthew in 2001) so that Dr. John could attend meetings. Dr. Grace also had a thriving part-time private medical practice that meant a great deal to her professionally.

For three years, the work of the clinic was meeting and planning, planning and meeting. Then one day, everything changed.

"John returned home from a meeting and told me that the clinic would finally open and begin seeing patients!" says Dr. Grace. "My jaw dropped because I couldn't believe that we were going to begin the clinical side of Bethesda! Up until that point, it all had been in the paperwork and planning stage. I was especially surprised because the clinic

itself was just the shell of a building with no renovation. It certainly didn't look like a place where patients could be seen but it didn't matter! We went right ahead, using shower curtains and movable folding walls to create makeshift patient rooms for those first couple of months."

Turns out, John and the clinic's board had more news for Grace that evening.

"After John told me that we were going to begin seeing patients, he then asked me a second question which was even more of a surprise," recounts Dr. Grace. "The Board wants to know if you would be the temporary medical director." 'Excuse me?' was my response. "That thought had never crossed my mind until then. With three pre-school age kids and a part-time private practice at Trinity Clinic, my plate was already plenty full!"

As has happened so often in the history of Bethesda Clinic, prayers for direction led to the right answer, both for the clinic and for Dr. Grace.

"I began praying and asking God what He wanted John and me to do," says Grace. "As I continued asking for His direction, He continued to point me to a 'new' thought... Give up my private practice, be a full-time mom and step in as temporary medical director at Bethesda as the professional part of my life."

It was not an easy decision. Dr. Grace thoroughly enjoyed her patients and her



*"I am a patient of Bethesda. As a missionary of Youth With a Mission, I am blessed beyond words to receive health care from this clinic."*

*“When we first got word that a clinic like Bethesda was in the making, John and I jumped on board!”*

practice at Trinity Clinic and the English family enjoyed the comfort of two incomes. Dr. Grace and Dr. John stepped out on faith, open to redefining their future and trusting God with the process.

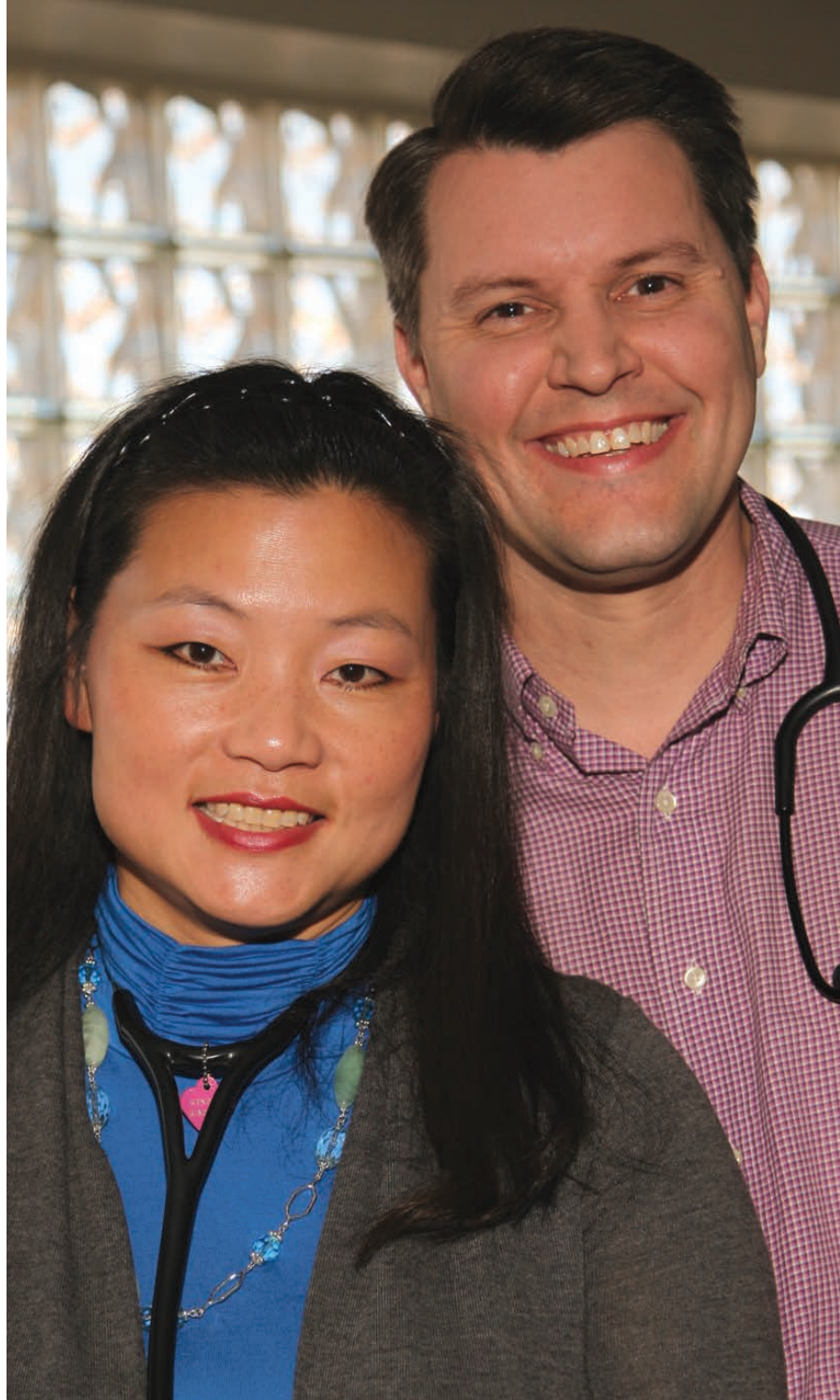
“God has always taken care of us financially,” says Grace. “Money just wasn’t an issue. Doing what God wanted us to do was the main thing for us both.”

Dr. Grace ‘retired’ from paid medical practice and, as a volunteer, began to prepare for the opening of the clinic. Together with a devoted team of nurses and volunteers, she poured all of her medical training and expertise into putting in place the professional protocols and systems that would deliver first-class medical care to the patients of Bethesda.

The rest, as they say, is history. Nine months later, with funding in place to hire a full time Executive/Medical Director, Dr. John English stepped into Dr. Grace’s capable shoes. Dr. Grace remains a faithful Bethesda volunteer, seeing patients each Friday morning. Ten years later, she is clear about one of her favorite things about volunteering at Bethesda. “What we try to do for each patient is to let them know that the reason we are here is because of Jesus,” she says.

That personal touch – her personal faith and commitment – lets each patient know that they are special to Dr. Grace – and to God.

By Cathy Primer Krafve



*“I am grateful to find people that care and are able to help since I am a single mom. There are no words to thank all of you.”*



# Health, Hope



Standing L to R: Tim Meads, Rhona Meads, Richard McKellar, Dr. Maung Oo, Dr. Katrina Glover, Dr. Robert Droder, Dr. Paul Arnold, Kathryn Droder, Byron Meads, Janet Martins, Dr. Arielle Lee, Dr. Joseph Martins, Dr. Chuck Lee, Dr. Michael Asigbi, Dr. Myrtha Basile, Fred Ernest, Dr. Craig Harrison.  
Seated from left to right, Dr. Heidi McKellar, Nita Meads, Catherine Harrison.



L to R: Bob Irwin, Mary Irwin, Dr. William Starling, Marie Starling



L to R: Susan Smith, Jill Hickerson, Kay Green



Left to right: Kathryn Droder, Lindsey Heaton, Dr. Travis Heaton, Manon Heaton



Drs. Chuck and Arielle Lee, Bishop Joseph Strickland

Photography courtesy of Batten Photography



*“I now see the blessings of a truly caring medical staff and caregivers. What a difference they make!”*



# *& Happenings*



L to R: LaVerne Gollob, Catherine Harrison, Derrith Bondurant



L to R: Barbara Shtofman, Marilyn Abegg-Glass, Patrick Willis, Dr. Sherilyn Willis



L to R: Paul Smith, Mary John Spence, Norma Smith



L to R: Mary Dale Thomas, Margaret Perkins, Jim Perkins



L to R: Dr. Rod Mabry, Merle Mabry



L to R: Drew Landes, Tim Simpson, Melinda Shoemake, Tom Shoemake, Marie Starling, Dr. Bill Starling, Vernon Faulconer, Amy Faulconer, Sherry Simpson, Bess Arnold, Dr. John English, Marilyn Richey. Seated: Eleanor and Dr. Harold Cameron

*“I really like how Bethesda is so affordable for my budget. It is a life saver for my household.”*



# Celebrating 10 Years!

*The Beloved Physician*



2007 Doctor Luke Society Banquet

## *The Bethesda Clinic Doctor Luke Society*

In 2004, Bethesda Clinic created The Doctor Luke Society as a way to honor physicians who demonstrate the loving and caring spirit that reaches out to those in our community who cannot afford adequate medical care.

Each year, physicians are chosen as Doctor Luke Society honorees because they reflect the characteristics of Luke, referred to by the Apostle Paul, in Colossians 4:14, as the "beloved physician." Luke's writings reflect his commitment to respect all people, his concern for the poor and his hope for God's mercy and forgiveness for all, values at the heart of Bethesda's mission and shared by those honored with membership in the Doctor Luke Society.

Since the inception of The Doctor Luke Society, 28 physicians have been recognized with this prestigious award. The annual Doctor Luke awards ceremony and dinner serves as an important fundraiser for Bethesda Health Clinic and the Bethesda Clinic Foundation.

This year, Dr. Arielle Lee and Dr. Bill Starling were honored at the awards ceremony and

dinner on February 15, 2013. With the humility that characterizes both of these fine physicians, each expressed what an honor it was to be recognized as a member of what has become a prestigious group of colleagues.

"Bethesda Clinic embodies the mission of St. Luke with respect, concern, hope and forgiveness, said Dr. Lee, a medical oncologist and hematologist. "I sincerely appreciate the trust you have given me these years. It is truly an honor to be the doctor and confidant to so many wonderful people who always, in turn, teach me about respect, concern, hope and forgiveness."

Dr. Starling, who is retired from a pediatric practice that spanned more than 40 years reflected on the blessings of his profession. "God blesses our lives when He calls us to be servants. I believe 'medicine' is a calling. I was blessed to work with the little children. God charges and challenges us in life. Our charge is to act justly, to love mercy and to walk humbly. This seems to embody the purpose and directive of Bethesda Clinic."



*"I work hard but I don't have insurance and Bethesda checks me all over even my liver, my stomach, and everything. I am grateful for Bethesda."*



2003-2013



2009 Doctor Luke Society Banquet



2010 Doctor Luke Society Banquet



2011 Doctor Luke Society Banquet



2012 Doctor Luke Society Banquet



Dr. Bill Starling and Dr. Arielle Lee,  
2013 Members, Doctor Luke Society

## *Members of the Doctor Luke Society*

E. Maxey Abernathy, M.D.

Charles Albright, M.D.

Lawrence Anderson, M.D.

Duane Andrews, M.D.

Ben Bridges, M.D.

Harold Cameron, \* M.D.

J. Stuart Crutchfield, M.D.

Ben Fisch, \* M.D.

Robert Gatti, M.D.

Gary Gross, M.D.

Steven Hickerson, M.D.

Samuel Houston, M.D.

Steven Keuer, M.D.

Gary Kimmel, M.D.

Arielle S. Lee, M.D.

William H. Starling, M.D.

Charles McCarthy, M.D.

Bill Moore, M.D.

David Nichols, D.D.S.

Todd Raabe, M.D.

Robert Rossman, M.D.

Patrick Thomas, M.D.

William Turner, Jr., M.D.

James Vaughn, \* M.D.

Svetislava Vukelja, M.D.

Kerfoot Walker, Jr., M.D.

Marietta Crowder Walker, M.D.

Richard Yates, M.D.

\* Deceased

*The Doctor Luke Society honors those  
whose professional and personal lives  
reflect Saint Luke's commitment  
to respect all persons, his concern for  
the poor and his hope for God's  
mercy and forgiveness for all.*

*“You provide peace of mind for so many families, including mine. Thank you for taking such good care of my husband!”*

# *Celebrating 10 Years!*



A group of Alliance leaders gathered recently for a planning meeting. Pictured above top row left to right: Joyce Lynn Arrington, Virginia Finklea, Sandy Welch, Letra Majors, Ann Hossley, Gina Butler, Rose Tallent, Marlen Curry, Bobbie Dance and Cathy Krafve. Seated left to right: Ann Primer, Nikki Moore, Rita Adams, Janet Maxon and Joan Price.

## *Celebrating* Fellowship

What comes in all makes and models – all shapes, sizes and colors, and are **Basically Awesome?**

Well, if you guessed our **Bethesda Alliance** members, you would be correct!

Affectionately known as **BAs**, the mostly female membership is committed to supporting Bethesda Clinic in every way. As they focus on getting the word out to the community about all that is happening at the clinic, they also fundraise and recruit new volunteers.

“We just love our Alliance ladies, and they have been such a blessing for the clinic,” says Diane Thomason, Bethesda Development

Director. “These wonderful women play a critical role at Bethesda through their fundraising efforts and their work as community advocates. They are such a close part of the Bethesda family that I don’t know what we would do without them.”

The annual Bethesda Birthday Bash is the major fundraising event hosted by the Alliance and is just one example of how well these ladies mix the serious business of ministry with lots of fun.

The Bethesda Alliance was the dream of Beverly Castleberry, who had a vision that a women’s group could be of real benefit to the work of the clinic.



*“I was so humbled by the care provided for people in the Tyler area that have no other options for medical care. Thank you so much to all those involved with the clinic!”*



# *Celebrating 10 Years!*

Founded in 2008 by 36 ladies who shared her vision, the Alliance has grown over the past five years to 128 members.

The BA history is chronicled in their yearbook. "On November 20, 2008, a group of spirited and caring women met at Evelyn Jordan's home to discuss forming a helping arm of The Bethesda Clinic. It would take a measure of "seed" money to begin the Bethesda Alliance, but that was not an obstacle too great for these ambitious women! That day, the women raised

\$282 for the infant Alliance by auctioning jewelry and other items they donated. Therefore, it was on that day that Beverly's dream began to formalize. Today, the dream is a reality."

Fun, fellowship, and service are the focus of the Bethesda Alliance. No matter what make or model, each member of the BAs brings her gifts and joy to the clinic. Yes, they are Basically Awesome!

By Cathy Primer Krafve

For information about joining the Bethesda Alliance contact Bobbie Dance at [bobbiedance@suddenlink.net](mailto:bobbiedance@suddenlink.net).

## Join Us in *Celebrating 10 Years!* Save these Exciting Dates!



**Bethesda**  
HEALTH CLINIC  
*Celebrating 10 Years*

**ANNIVERSARY  
CELEBRATION  
LUNCHEON**

**November 5, 2013  
Willow Brook Country Club**

*"This clinic is a blessing from God. Thanks to all of you."*

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*Board Emeritus*

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John Merrill  
Dr. David Nichols  
Mike Rostis  
Joseph Woelkers

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Kyle Penney presenting the Shine Your Light check to Board President Barbara Sjerven and Dr. John English



Catholic Churches Saturday Clinic

