



Dr. Todd Raabe (left)
with Roger Miller

To live a life without pain is something Roger Miller will never take for granted.

Two years ago, on Christmas day, he bent over to get something out of his car and heard an awful sound. He immediately felt pain shoot down his spine, into his lower leg and his foot.

He had no idea how this pain would haunt him for years to come.

In the meantime, Roger continued living his life as a caregiver. His job required him to run errands, do housecleaning, cooking and so



*“I am so grateful,
I couldn’t ask for
a better team of
doctors, and I’ve got
a brand new back!
Praise God!”*

You gave Roger a life *without pain!*

forth, and the back pain began to get more intense.

He started having other health problems, and a local nurse asked him if he had ever thought about becoming a patient at Bethesda Clinic.

He remembered Bethesda from years ago, when he struggled with depression. Your support had helped Roger while he was living at the Salvation Army. It was a dark time where anxiety and depression had overcome his life, but YOU helped him get on the right track. It had been more than 10 years since he visited the clinic, and he was grateful at the thought of a place that would help someone without health insurance.

Right from the start, Bethesda was a beacon of hope in the life of Roger. Your gifts to the clinic allowed him a second chance in life – which began with a much-needed colonoscopy.

On his quest to give back to Bethesda, Roger Miller made the generous decision to leave his estate to benefit the programs and patients at Bethesda Health Clinic. For more information on planned giving and leaving a legacy, visit www.bethesdaclinic.org.

After that procedure, he worked with Bethesda physicians Dr. English and Dr. Humphries on a plan to get his blood sugar and cholesterol under control. After putting his health on the back burner for so long, he was very close to living a life with diabetes.

Throughout all the appointments, however, the back pain was constant. His foot and leg were completely numb.

In October of 2020, Roger had another episode with his back. This time the pain didn't go away.



"This time it didn't get better in 3-5 days," Roger recalled. "Dr. English told me about a microscopic surgery and said it was really simple, but I would need to see an orthopedic surgeon."

Dr. English referred Roger to Dr. Todd Raabe at Azalea Orthopedics. Dr. Raabe, who has been

involved with Bethesda since the clinic's inception, took Roger's case pro-bono.

After two injections, they were still unable to relieve the pain.

"It was making me very, very depressed, and I started losing hope," Roger remembered. "I thought I would

always be like this. I knew I was going to be crippled." Dr. Raabe was invested in Roger's case, and didn't give up. They moved forward with the surgery.

Before the procedure, Dr. Raabe prayed with Roger and assured him that surgery was the right choice.

A few hours later, the procedure was a success.

Today, weeks after surgery, Roger's excitement and joy is uncontainable. He has received feeling back in his leg and foot, exclaiming, "I know that I am healed!"

"I am so humbled. I have never been so full of energy or high spirited in my life," Roger said. "Dr. Raabe went in and shaved off L4 and L5 and let the nerve through to relieve the pain. I have no discomfort and no numbness. I can feel my foot now!"

Your support of Bethesda opened doors that Roger never thought was possible. You gave him a life without pain!

Roger's message to Bethesda donors is this: "Look what you did for me. Your money and donations do not go to waste. You are helping people like me!"

"I am so grateful," Roger continued. "I couldn't ask for a better team of doctors, and I've got a brand new back! Praise God!"

Roger's new life without pain has given him the desire to give back, in whatever way possible.

/// I am looking forward to helping people; that's my passion. I want to volunteer at Bethesda. I want to tell people like me not to give up. I want to share my story - that if I can feel better - so can they. ///

Volunteers and community partners like Dr. Raabe, Azalea Orthopedics and Baylor Scott and White Texas Spine and Joint are essential to the operation of Bethesda Health Clinic. We offer our sincere thanks to all involved in Roger's surgery, and all donated surgeries for Bethesda patients.

A NOTE FROM JOHN

Dear Friends,

Last month marked one year since COVID-19 was declared a world-wide pandemic. The past year has taught us much – but one main lesson we learned is that our work is essential and our donors are committed.

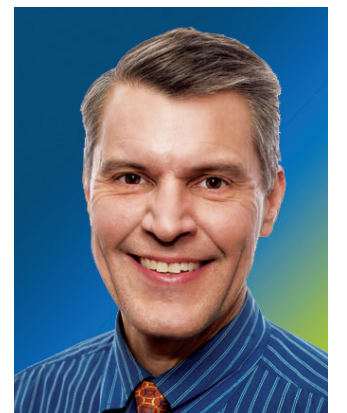
It was during these times that I was reminded why I became a doctor and that it is necessary for us to reach any possible patient that could qualify for our services. We know now, more than ever, that Bethesda Health Clinic is rising to meet the unique challenges of providing access to healthcare.

Although our team has worked hard to adapt to life post-COVID, it is our generous donors – YOU – that keep our doors open for our patients.

In this newsletter you'll meet Roger, a kind, good-hearted man who has received a life-changing surgery because of your support. You'll also read about why community leaders like Michelle Carr make it a priority to give back through service.

We invite you to read these stories and be blessed, knowing that we are only allowed to do what the community gives us the resources to provide. You have provided so much, and we are always grateful.

Thank you for standing with us to provide affordable healthcare.



Dr. John English, CEO

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In Memoriam



Norma Patricia Mallory May 16, 1938 – December 22, 2020

Reverend Pat Mallory dedicated her life to helping those in need, with numerous hours helping build what we know now as Bethesda Health Clinic. She co-founded the clinic and served on the Executive Board from 2002-2005, while serving as the Missions Minister at First Baptist Church. Pat served as an emeritus board member until the time of her death.

Pat provided leadership through four years of planning and preparation before the clinic opened in September 2003 to serve uninsured, working adults.

It is quite certain that without Pat Mallory's unwavering faith in the project, Bethesda Health Clinic would most likely not exist. Her passion for Bethesda Health Clinic was the driving force to ensure Bethesda's future success.

Pat worked relentlessly with other church and business leaders in the community to start the clinic and create a space where healthcare is offered, through the love of Christ, to those in need.

We will miss her tremendously and are forever grateful for her vision and passion for missions.



20 years of service: Thank you Dr. Eckert!

It's always fun to ask a doctor why they decided to be a doctor, and why they picked their specific specialty. Their answers are sometimes very surprising.

In the case of Dr. Thomas Eckert, a long-time volunteer podiatrist, his answer was simple – his mom. He had planned to become a dentist, but his mother's ailing problems with her feet inspired him to specialize in podiatry. He says, "I was the family podiatrist."

When it comes to Bethesda, Dr. Eckert really can't remember a time he wasn't involved. His faithful service spans back to even before the clinic doors were opened. He was in private practice at the time and remembers fondly the days when he helped to pioneer what is now Bethesda Clinic.

"It was always fun to come and treat patients," he said. "We would help them out and see if we could make them better. As we went along, we kept getting more and more patients."

Dr. Eckert was recruited by a long-time family friend who worked for a pharmaceutical company who donated medication to the new clinic. When his friend told him to volunteer, he couldn't say no.

"It was a rewarding feeling to volunteer and it was very, very rewarding to treat patients," he said. "When I would treat their problems, and help them, and they were so appreciative.

A lot of times they would come back for more care and

sometimes we would even do foot surgeries. Every one of them would shake my hand and thank me for working on them. They were grateful for the relief of their foot problems. I always looked forward to it."

Dr. Eckert retired from private practice in 2017 but continued seeing patients weekly at Bethesda.

"It was gratifying to help people out – people who were low-income who didn't have money to go to a podiatrist without Bethesda," he said.

Dr. Eckert says that Bethesda became part of his identity. He held onto it as long as he could, but realized this year it was time to officially retire.

"It feels good to have volunteered for so long," he said. "Patients would ask me if I did it for free, and would be shocked when I said 'yes.'"

On behalf of all of the patients and staff at Bethesda, we wish Dr. Eckert a wonderful retirement. His faithful volunteer service has truly changed more lives that he can imagine, and we are forever grateful.

Volunteer Feature: Michelle Carr



"Everyone will, at some time, have a healthcare need, and I love that Bethesda is there for those who have nowhere else to turn."

As the wife of a local physician, Michelle Carr knows the overwhelming need for affordable healthcare. She gives of her time generously to Bethesda by serving on the Board of Directors and also volunteering in the social work department.

Michelle uses her degree in social work to assist Diana Jones (Bethesda's Patient Advocate) in searching for resources for patients. Sometimes patients need procedures that Bethesda cannot provide as a primary care facility. Diana and Michelle use their experience to truly advocate for patients and find ways to say "yes!" to their needs.

"With my husband being a physician, we are very aware of the challenges for both the patient and provider in the healthcare system," Michelle said. "Bethesda provides a

safe haven for those who have been left out of the current healthcare system."

Michelle's husband, Jeff, is a cardiologist at CardiaStream in Tyler. They have been married for 35 years and have three grown children, Katelyn (31), Kelsey (28), and Trevor (24). They are also the proud grandparents of baby Easton, who is 7 months old.

Jeff and Michelle moved to Tyler 26 years ago and are committed to their community and their church.

"I love the mission of Bethesda," Michelle says. "I love that there is an excellent, Christian-based medical and dental clinic that can meet the needs of the low income and uninsured population. The patients are so grateful for the services they receive and it brings them hope as well as health."

Michelle's hobbies include exercising, spending time with friends, playing golf, skiing, reading and bridge.

"It is a blessing to serve here. It has given me a chance to use my social work skills."

Michelle's favorite verse: "For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, not a result of works, so that no one may boast. For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them." - Ephesians 2:8-10 ESV

Huge thanks to the Women's Fund of Smith County for their generous grant in support of women's health!
From Left, Jackie Bruton, Diane Thomason, Zoe Lawhorn, Dr. John English and Patty Machin.



Patient Testimonial

LYNDSAY RICHARDS

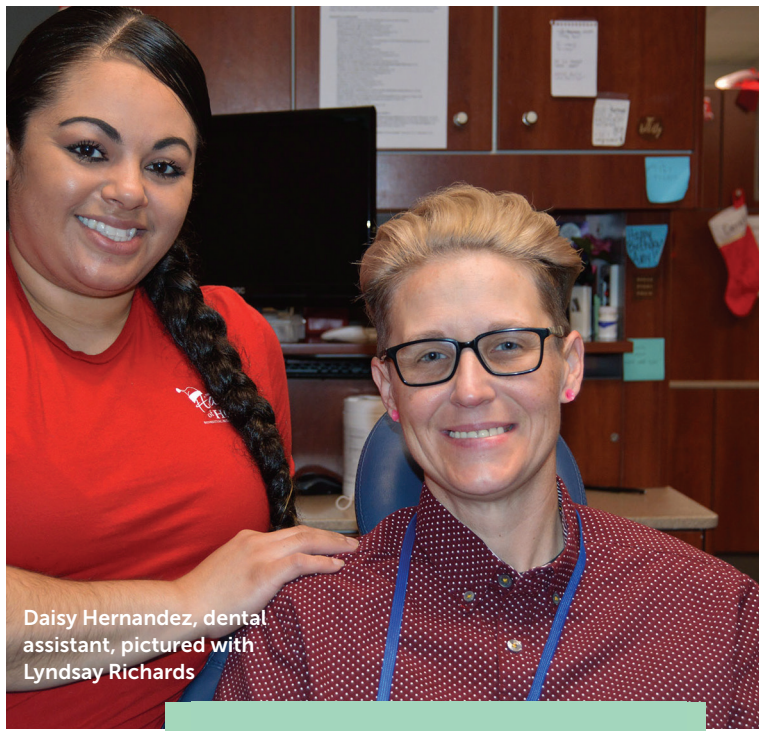
Lyndsay Richards is on a mission to give back after being given a second chance.

"I had issues with my teeth and someone told me to go see Dr. Holland at Bethesda Clinic. I am terrified of dentists from being in the Marine Corps, but Dr. Holland was everything I would ever want a dentist to be. I had two baby teeth that were rotten and several teeth that were broken from past drug use.... Having a new smile totally changes things. It changes your whole life. From going to interviews to dating to eating, you don't realize how much your teeth are involved. Before I didn't want to smile, but now I want to smile more!"

Lyndsay was in the Marine Corps and then struggled with substance abuse but has completely changed her life around. Without insurance, she could never afford a new smile without the help of Bethesda.

A GREAT ENDING

After losing her job due to the pandemic, Lyndsay's landlord suggested she apply at Hangers of Hope, the thrift store that funds Bethesda's mission. Lyndsay now runs the Hangers of Hope Production Facility and is dedicated to the mission of Bethesda, which means even more to her as a former patient.



Daisy Hernandez, dental assistant, pictured with Lyndsay Richards



// Having a new smile totally changes things. It changes your whole life. //

Thank you for giving Lyndsay a second chance!



Texas is the highest uninsured state in the nation.

Many East Texans suffer in silence because they don't believe they can afford healthcare without health insurance.



Bethesda Health Clinic gives them access to high-quality healthcare that is affordable.

We help our patients get the care they need at a rate that's only \$20 or \$30. They are given access to primary care, counseling, medication and many other services.



No one should have to choose between paying bills or going to the doctor.

With your support, we can empower our neighbors to take care of their health, their families and live abundant lives.



Please consider becoming a Pillar of Bethesda by joining our team as a monthly donor today.

As a Pillar, your donation will be the heartbeat of our organization and of every life we impact.

Thank you!

For helping East Texans receive hope and healing!

Your monthly gifts are needed now more than ever. Will you pledge to give monthly?

Become a Pillar today at bethesdaclinic.org.

Pillars of Bethesda

The Beloved Physician
Luke

AWARDS CEREMONY & DINNER 2021

FRIDAY, JUNE 25, 2021
HALF PAST SIX IN THE EVENING
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BETHESDA
HEALTH CLINIC

Purchase tickets online at www.bethesdaclinic.org or by emailing dthomason@bethesdaclinic.org. Sponsorships are available.

2021 Honorees are
Kirk Calhoun, M.D., Don Freeman, M.D., Kevin Green, M.D.

EAST TEXAS GIVING DAY



Give now! easttexasgivingday.org

SAVE THE DATE!

East Texas Giving Day is April 27 but you can pre-schedule your gift online starting on April 5!

\$1 = \$2
Your gift
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up to
\$25,000!

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