

HELPING HANDS NEWSLETTER



Helping Hands Newsletter

March 2015

Taking control of Diabetes at JCHC

Carmen is a 38 year old mother of two young children who mean the world to her. She works cleaning houses, and puts her children's needs before her own. She went for years without health insurance. She had been diagnosed with diabetes 8 years ago, however she could not afford medications and doctors visits, so she tried to control it on her own. Carmen never realized how much diabetes could affect her health if left untreated. She learned about the Judeo Christian Health Clinic about a year ago because she was having some changes in her vision. Upon evaluation, it was found that her diabetes was wildly out of control and her Hemoglobin A1C was 12.8 (a normal level being 7 or under). Her uncontrolled diabetes was affecting her vision.

Through the Judeo Christian Health Clinic, Carmen was referred to an ophthalmologist who diagnosed her with diabetic retinopathy. This condition meant that Carmen was at risk for losing her vision altogether. Through the volunteer eye doctors, Carmen was able to receive panretinal photocoagulation or PRP laser treatment that is used to stabilize and help prevent future



vision loss due to diabetic retinopathy. Almost losing her vision was the wake up call that Carmen needed to realize that she had to take control of her diabetes. She made some lifestyle changes and began regularly attending visits with her PCP here at the Judeo Christian Health Clinic. Because medications through the JCHC pharmacy were free, she was able to bring her Hemoglobin A1C down to 9.4 in six months, after one year it is closer to normal at 7.2. Carmen is so thankful to have had the opportunity to save her vision and continue working and being a loving mother to her two children.

Judeo Christian Health Clinic sees many patients like Carmen, who once given the education and the tools to succeed, take control of their diabetes and overall health. The support of the community makes the mission of the Clinic to provide free, quality, timely, and compassionate healthcare for patients like Carmen a possibility.

In This Issue

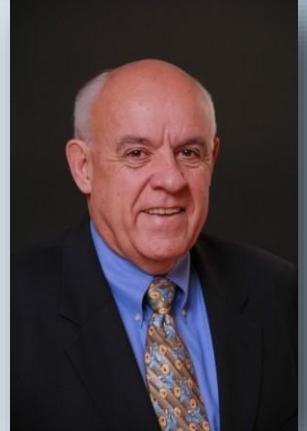
- 2015 Testimonial Dinner : April 16th
- Flavor of West Tampa 11/08/14
- Thanks to our Donors
- Taking Foot Health to New levels at JCHC



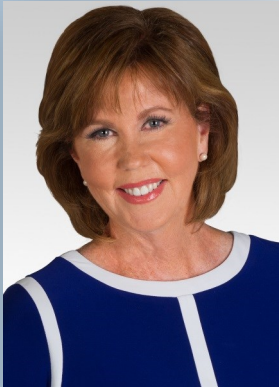
JUDEO CHRISTIAN HEALTH CLINIC TESTIMONIAL DINNER

Please join me in celebration of the Judeo Christian Health Clinic's 2015 Humanitarian Award recipient, Reverend Morris Hintzman, for an evening of dinner, cocktails, and fun shopping in our silent auction. The proceeds from this fundraising event will benefit the Judeo Christian Health Clinic, serving the healthcare needs of the working poor since 1972.

The Clinic's mission is to provide free, quality, timely and compassionate healthcare for those residents of Tampa Bay who have no other resources for their healthcare needs. The Clinic provides primary & specialty care, vision, dental, and pharmaceuticals all free of charge. All of this is accomplished without government or United Way funding.



I hope you will join us in this gala tribute to Reverend Morris Hintzman and to help raise much needed funds for the Clinic.



Blessings,

Gayle Sierens Martin
2015 Dinner Chairman

Want to Help with the Silent Auction?

It takes a lot of items to make the Silent Auction a success each year. If you would like to donate something for the Silent Auction, simply drop it off at the Clinic or call Kelly Bell at (813) 870-3231 x 22. Your donation of course would be tax deductible. The following are some items donated in previous years: weekend getaways, art objects, sports items, quilts, perfumes, jewelry, tickets to special events, spa visits, designer sunglasses, dinner certificates at local restaurants, gourmet food baskets, etc. Don't feel limited by this list, but only by your imagination!





JUDEO CHRISTIAN HEALTH CLINIC TESTIMONIAL DINNER

Thursday, April 16, 2015

**Higgins Hall
5225 North Himes Avenue
Tampa, FL 33614**

**Cocktails and Hors d'Oeuvres
6 o'clock in the evening**

Dinner Program and Awards to Follow

Cocktail—Black Tie Optional

**Please return RSVP with payment by April 6, 2015 to:
Judeo Christian Health Clinic
4118 North MacDill Avenue, Tampa, FL 33607**

For more information, please call Kelly Bell, Executive Director at (813) 870-3231.

Clip and Mail in your Reservation Today>>>

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

Please Reserve _____ Table(s) in the name of _____

_____ EMERALD SPONSOR (\$10,000) * Two tables for eight, Sponsor Recognition at the entrance, & five complementary entries into the raffle drawing plus, a full page ad in the dinner program.

_____ PLATINUM SPONSOR (\$5,000) * One table for ten, plus a full page ad in the dinner program.

_____ GOLD SPONSOR * Table for eight, plus a half page ad in the dinner program.

_____ SILVER SPONSOR (\$1,000) Table for eight.

_____ SPECIAL HOST (\$800) Table eight.

Please send _____ individual tickets @\$100 each. Enclosed is my check in the amount of \$ _____

I cannot attend but wish to contribute \$ _____

(Checks may be made payable to Judeo Christian Health Clinic.)

*** Please email all dinner program ads to bfiesler@graphixsolutions.biz no later than April 6,**

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Presenting Sponsor:



2015 Flavor of West Tampa

The 5th annual Flavor of West Tampa presented by Jerry Ulm Dodge, Chrysler, Jeep, Ram was celebrated on Saturday, November 8th in MacFarlane Park. The Flavor of West Tampa is an annual family friendly food and entertainment festival benefiting the Judeo Christian Health Clinic. The Clinic provides medical assistance to medically indigent residents of the Tampa Bay area.

With help from Event organizers, EventFest, the West Tampa Chamber of Commerce, JCHC volunteers and board members, FOWT welcomed the public to attend a day full of fun, food and entertainment! Admission to the event was free, and guests paid 'per taste' to sample items from West Tampa area restaurants. This year's event also featured Food Trucks featuring West Tampa style cuisine.

There were more activities including two stages for entertainment, health screenings offered by event sponsors, brand new cars to check out from presenting sponsor Jerry Ulm Dodge Chrysler Jeep Ram, a real live "Raggedy Ann" at the Altrusa International of Tampa Bay tent and other sponsors displaying their businesses. There were many kids activities including a "bike safety" clinic, where kids received free bike helmets, there was a face painter, music from locally known acts such as GypsyStar, Javier Hinojosa & the Sombras Flamencas and more!

Thanks to all of our Event Sponsors Including:

Altrusa International of Tampa Bay ~ Baycare ~ City of Tampa ~ EventFest ~ Florida Bank ~ Florida Blue ~ Florida Cancer Specialists ~ Florida Hospital of Carrollwood ~ Fox 13 of Tampa Bay ~ Gulf Tile & Cabinetry ~ Hillsborough County Sheriff's Office ~ Humane Society ~ La Gaceta ~ 92.5 Maxima ~ Mount Castle Vein Center ~ Oliva Tobacco Company ~ Oneblood ~ Q105 ~ Roche Surety & Casualty ~ St. Joseph's Childrens Hospital ~ Tampa Bay Buccaneers ~ Tampa Bay Lightning ~ Tampa Bay Rays ~ Tampa Bay Storm ~ TECO ~ Telemundo ~ The Tampa Tribune ~ USAA ~ USAmeribank ~ West Tampa Chamber of Commerce ~ Winn Dixie ~ Yelp ~

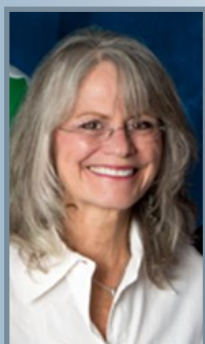


The Flavor of West Tampa Main Stage (pictured left) captivated the attention of the audience (pictured below) with musical acts, flamenco dancers, Frank Rey Dance Studio performers and more!

There were many kids activities including St. Joseph's Childrens Hospital bike safety clinic where kids received instruction and a free bike helmet. (below left) Face painter, and Clinic volunteer Anna Arias painted beautiful creations. (below right)



Special Thanks to our Donors



The work that is accomplished through the Judeo Christian Health Clinic is made possible by those who give so generously to support our mission. Special thanks to all of our supporters and especially to: **Allegany Franciscan Ministries** for their continued support, **The David & Leighan Rinker Foundation**, the **Florida Association of Free Clinic's**, the **Dorothy Thomas Foundation**, the **Walmart Foundation** and the **Walter Foundation**. And of course we thank all of those listed below who supported **Dr. Sylvia Campbell's** annual holiday appeal. We simply could not do it without your support.

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Raising the Bar on Foot Care at JCHC

Most Americans have walked 75,000 miles by the time they are 50 years old! Foot pain affects the majority of Americans during daily activities such as walking, exercising or standing for long periods of time according to a survey conducted by the American Podiatric Medical Association. (apma.org)

Judeo Christian Health clinic patients are no exception. Our patients have foot pain and problems due to a variety of reasons and ailments. Dr. Martin Port has been volunteering as a podiatrist for the Clinic for several years. Through his experiences, Dr. Port has found that many patients have a need for orthotic shoe inserts, that have simply not been available, or are too costly for patients to buy on their own.

Recognizing the need, Dr. Port set out to make a difference for his patients at JCHC. Dr. Port wrote for a grant to the Florida Podiatric Medical Society in order to purchase orthotic inserts for patients who otherwise would not have access to them. The Florida Podiatric Medical Society was formed to be the philanthropic arm of the FPMA. Over the years its fundraising has aided the FPMA with Public Education, Philanthropy, and the establishment of Scholarships to worthwhile students in the pursuit of a Podiatric medical career as well as many one time charitable contributions to worthwhile charities in the State of Florida. This contributions will allow Dr. Port to provide his patients with doctor prescribed orthotic inserts, which will be beneficial to so many of the patients he sees at the Clinic. On behalf of all patients at JCHC thank you to the Florida Podiatric Medical Society and to Dr. Port.



Martin Port, DPM, is a volunteer at JCHC who has spearheaded the initiative to receive a grant from the Florida Podiatric Medical Society.

Volunteers Make a Difference

Thanks to all those who give of their time to the patients of the Judeo Christian Health Clinic. There are hundreds of healthcare professionals including doctors, nurses, dentists, pharmacists, and many others who volunteer their time in service to our patients. Please welcome our newest volunteers listed below.



Volunteer Ardell O'Neal, RN checks a JCHC patient's vital signs prior to seeing the doctor.

Eileen C. Alexander, ARNP
Mary Alice Blevins, RN, CDE
Carlos Cintas
Magda I. Dugue
Maria G. Echevarria
Richard E. England, MD
Hanen Fernandez
Gabriel S. Gonzalez-Portillo
Rosario B. Hidalgo, MD
Martha E. Kapitz, MD
Paola G. Macias

Patricia Mayers
Leonger Malpica, RN
Maria A. Ospina
Mary Teresa Prendiville, DDS
Angela Rabin
Daniel A. Sanchez, MA
Max J. Shumake
Jennifer E. Strong, RN
Kyle Sutherland
Ailyn C. Valladares
Diana A. Velasquez

Did you know JCHC has an anti-coagulation Clinic?

Patients who take Warfarin need regular blood monitoring to avoid clot formation, increased bleeding risk, and/or drug interactions. With the help of the USF College of Pharmacy and Dr. Jose Barboza, we are able to provide patients with on-site point of care blood (INR) testing 3 days per week which allows for same day adjustments for critical



medications used in anticoagulation. With a protocol in place, the clinical pharmacist reviews patient charts, monitors and evaluates patients, and creates a treatment plan for the visit. This translates into a high level of quality of care provided to patients who require close monitoring for their conditions and medications.

(left) Jose Barboza, PharmD, consults with a Judeo Christian Health Clinic patient.

Contact Us

Newsletter is published by:
Judeo Christian Health Clinic, Inc.
4118 N. Mac Dill Ave.
Tampa, FL 33607
(813) 870-0395

Visit us on the web at
judeochristianhealthclinic.org

Founded in 1972, Judeo Christian Health Clinic provides free medical, dental and eye care for medically indigent people who do not qualify for public assistance. The all volunteer clinic receives no government or United Way funding.

Helping Hands

NEWSLETTER

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Tampa, FL 33607

I HAVE ENCLOSED MY CHECK IN THE AMOUNT OF:

- | | |
|---|---|
| <input type="checkbox"/> \$25 INDIVIDUAL MEMBER | <input type="checkbox"/> \$50 FAMILY MEMBERSHIP |
| <input type="checkbox"/> \$100 SUSTAINING MEMBERSHIP | <input type="checkbox"/> \$500 INSTITUTIONAL MEMBERSHIP |
| <input type="checkbox"/> Please contact me to arrange a presentation to my church or civic group. | |
| <input type="checkbox"/> I am interested in volunteering. Please contact me. | |

My phone number is : _____

Name: _____

Address: _____

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