



Raphael Visitor



The Raphael Community Free Clinic, Inc. Newsletter

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Featured Article

THANK YOU, DONORS!

A new year is a time for reflection, and I want to tell you how thankful I am for all that you have done for Raphael Community Free Clinic, Inc. in 2016.

I'm not the only one that appreciates you; 731 uninsured patients and their families, board or directors, clinic staff & volunteers, and so many others throughout the community are very thankful for you, too.

The simple truth is, at Raphael Clinic everything we can do is because of supporters like you. It is your kindness that - for the family who is uninsured - means there is a healthcare and medication home for them. It is **YOU** who stocks our shelves with medical supplies and medications. **YOU** who stands behind the medical treatment and counseling. **YOU** who offers the chance at a healthy life to every patient in our care. **YOU**.

It is my honor to have you as part of the Raphael Clinic Team. If you ever have questions or you'd like to tour the facility that you make possible, I invite you to call me at (830) 895-1044. I'd love to hear from you.

Because of the wonderful gift you have given, at Raphael Clinic HOPE lights even the darkest places. Thank you for the light you bring!

Sincerely,
 Kenneth J. Zysko
 Executive Director



The Learning Center

Are You At Risk for Developing PreDiabetes?

The American Diabetes Association reports: “Every day 3,835 people are diagnosed with diabetes. That means they are much more likely to go blind. To die of a heart attack. To lose a limb...”

PRE-DIABETES is a condition that can lead to type 2 diabetes and heart disease. You are likely to develop prediabetes when you have certain risk factors. Your chances of having prediabetes go up if you

- are age 45 or older
- are African American, Hispanic/Latino, American Indian, or Pacific Islander
- have a parent, brother, or sister with diabetes
- are overweight
- are physically inactive
- have high blood pressure or if you take medicine for high blood pressure
- have low HDL cholesterol and/or high triglycerides
- are a woman who had diabetes during pregnancy
- have been diagnosed with Polycystic Ovary Syndrome (PCOS)

How you eat has a large impact on your weight so follow these 2 eating strategies, 1) Choose the most nutritious foods and control the size of your portions and 2) increase physical activity.

3 Tips to Save 100 CALORIES A DAY!

1. Do you drink more than 2 glasses of whole or 2% milk per day?
Switch to 1% or low fat milk.
2. Switch from regular bacon to turkey bacon.
3. Order a regular coffee and add some 2% milk and a packet of sugar substitute.



Try some of these simple ways to prepare/plan your meals:

- Choose the RIGHT fats - in MODERATION - like olive oil, tuna fish, and raw walnuts.
- Choose a healthy cooking method like broiling, microwaving, grilling, baking or steaming.
- Homemade and FRESH is best so that you can control what goes into your foods.

Learning (cont.)**Try these SUPER FOODS:**

1. **Beans** (in place of meat): kidney, pinto, navy, or black beans. They are very high in fiber, giving you about 1/3 of your daily requirement in just a ½ cup, and are also good sources of magnesium and potassium.
2. **Dark Green Leafy Vegetables:** Spinach, collards, kale – these powerhouse foods are so low in calories and carbohydrate. You can't eat too much.
3. **Citrus Fruit:** Grapefruit, oranges, lemons and limes. Pick your favorites and get part of your daily dose of soluble fiber and vitamin C.
4. **Sweet Potatoes:** A starchy vegetable packed full of vitamin A and fiber. Try in place of regular potatoes for a lower GI alternative.
5. **Berries:** Which are your favorites: blueberries, strawberries or another variety? Regardless, they are all packed with antioxidants, vitamins and fiber. Make a parfait alternating the fruit with light, non-fat yogurt for a new favorite dessert.
6. **Tomatoes:** An old standby where everyone can find a favorite. The good news is that no matter how you like your tomatoes, pureed, raw, or in a sauce, you're eating vital nutrients like vitamin C, iron, vitamin E.
7. **Fish High in Omega-3 Fatty Acids:** Salmon is a favorite in this category. Stay away from the breaded and deep fat fried variety... they don't count in your goal of 6-9 ounces of fish per week.
8. **Whole Grains:** It's the germ and bran of the whole grain you're after. It contains all the nutrients a grain product has to offer. When you purchase processed grains like bread made from enriched wheat flour, you don't get these. A few more of the nutrients these foods offer are magnesium, chromium, omega 3 fatty acids and folate. Pearled barley and oatmeal are a source of fiber and potassium.
9. **Nuts:** An ounce of nuts can go a long way in providing key healthy fats along with hunger management. Other benefits are a dose of magnesium and fiber. Some nuts and seeds, such as walnuts and flax seeds, also contain omega-3 fatty acids.
10. **Fat-free Milk and Yogurt:** Everyone knows dairy can help build strong bones and teeth. In addition to calcium, many fortified dairy products are a good source of vitamin D. More research is emerging on the connection between vitamin D and good health.

Save Money:

Look for lower cost options such as fruit and vegetables in season; frozen or canned fish. Foods that every budget can live with year round are beans and rolled oats or barley that you cook from scratch. See more at: <http://www.diabetes.org>

TIME TO GET ACTIVE!

- 10 minutes of walking each day - Check out the starter walking plan at <http://www.diabetes.org>
- Use a pedometer - an inexpensive tool that counts your steps when you clip it to your belt or waistband
- Burn 100 Calories a day like 10 min. of jumping rope.

VOLUNTEERS. . . .

serve a crucial role in the operation of the clinic, and your time and talents in service to our mission are always welcome. THANK YOU for your generous support.

The clinic's volunteers include Physicians and other medical professionals who together have served over 2,100 contributed hours. Additional office volunteers work over 7,300 hours to keep the administrative processes running smoothly. Meet 8 of our dedicated volunteers.

(longest time)

Lou Smith; started August 1997



(medium time)

Patricia (Mickey) Lents; started July 2007



(most current)

Eulalia (Lolly) Montes de Oca; started January 2014



MEET THE STAFF

Staff Member	Position	Responsibilities
Kenneth J. Zysko	Executive Director	Operates organizational affairs
Margarita Sloan	Family Nurse Practitioner	Primary Healthcare Provider
Bettye Henderson	Family Nurse Practitioner	Primary Healthcare Provider
Jean Cassidy	Medication Coordinator	Operates dispensary affairs
Yvonne Lorica	Medication Assistant	Manages preparation of Meds.
Sylvia Mendez	Medical Assistant	Provides nursing treatment
Beatriz Guia	Medical Assistant	Provides nursing treatment
Tommy Van Klaveren	Accounting Manager	Operates financial reporting
Joyce Horat	Office Manager	Volunteer Coordinator
Tiffany J. Haycroft	Financial Screener	Patient financial eligibility
Noreen Didonna	Development Director	Writes grants
Mary Helen Herrera	Translator	Spanish Language



STATEMENTS

Mission.

to minister in a caring and Christian environment to the medically underserved of Kerrville and the surrounding area.

Vision.

to leave no underserved adult in Kerrville and the surrounding area without free primary health care, behavioral health care, and medication/s. The organization strives to be knowledgeable and experienced in the best practices of integrating behavioral health into adult primary care.

Key Objectives

Provide access to free primary healthcare and medication
 Deliver appropriate healthcare treatment and education
 Build appropriate partnerships through collaboration
 Diversify and expand revenue sources

Values

The Raphael Team believes that values govern our actions and our continuous improvement. It's how we model leadership. Our values shape our relationships with all of our stakeholders. As individuals, our values embody our lives.

Compassion: I am respectful, and do not judge others. I have concern for others and a desire to help.

Teamwork: I am a cooperative partner willing to consider new ideas. I am flexible when working with others.

Honesty: I am impeccable with my words. I always do my best. I am Trustworthy.

Dedication: I am committed to enjoying quality time with my family, my community and myself. I embrace optimism, acceptance, and peace throughout my life.

Making a Difference: I am mission oriented. I am devoted to having a clear vision beyond my personal interests.

Raphael Community Free Clinic, Inc.....

- **serves the low-income uninsured populations of a seven county area in the Texas Hill Country;**
- **offers non-emergency medical and behavioral care in a clinical setting. Patients need to meet financial and residential requirements;**
- **accepts no funding from federal, state, or local governments;**
- **relies on the generosity of donations from charitable agencies and private donors.**

H.E.B. Manager, Greg Nichols and Ken Zysko



MAJOR DONORS:

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“The LORD bless you and keep you;

“The LORD makes his face shine on you and be gracious to you;

The LORD turns his face toward you and gives you peace.”

Numbers 6:24-26 New International Version (NIV)

RAPHAEL COMMUNITY FREE CLINIC, INC.
P. O. Box 291729
Kerrville, Texas 78028-1729

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Building a Healthy America One Patient at a
Time Support Free and Charitable Clinics
Where Medical Care for the Underserved Isn't
a Dream, It's a Reality

As good stewards we encour-
age you to leave the Legacy of
Health and Medical Care for
those in need.... In your
Will.

Include the Raphael Clinic
Endowment Fund, Inc. in
your Will.



RAPHAEL COMMUNITY FREE CLINIC, INC., 1807 WATER STREET, KERRVILLE, TX 78028