



## "A HEALING PLACE"

Providing a safe, Christ-centered environment that gives our patients quality, coordinated, and affordable health care.

Fall 2011

### Quality over Quantity

By John Willome

When our physician assistant (PA), Megan Staudt, first started working here, she came to me after a couple of days and asked, "Do you ever get just normal illnesses here?" It's a good question, and one that has vexed us for quite some time: Why do we seem to get so many really sick patients with complicated illnesses, and how do we help them when they have so few resources?

The answer to the first question is simple mathematics. The latest list of local family medicine doctors in Fredericksburg contains 18 names (that doesn't count physicians assistants and nurse practitioners). If you generously assume that 75% of the county is insured, that means that 18 physicians are sharing 75% of the patients in the community, including those with serious illnesses. Where do the other 25% go? Most of them come to us. So it makes sense that we would see an unusually high percentage of patients with extreme illnesses.

The second question is harder to answer, but thanks to the support of wonderful specialists in Fredericksburg, Kerrville, San Antonio, and Austin, there are not many times that we can't at least steer a patient in the right direction. Of course, the complicated cases slow us down a little internally, but the results are truly amazing (see the "Samaritan's Story" to the right).

In order to ensure that each patient gets the attention she or he deserves, we monitor our patient flow and ensure that PA Staudt has adequate time to examine and help each one. Of course, that gets harder and harder with more and more complex cases coming to us.

So over the next several months you will probably hear more about what we are doing to increase our services to help our neighbors. We hope to provide as much help to our patients and relief to our community's medical system as possible. That is one of the things that loving your neighbor, in Jesus' name, is all about.



*Delia de la Cruz (left) is one of our medical assistant volunteers. (pictured here with clinical director, Becky Walch, RN)*

### A Samaritan's Story

We received a referral a couple of months ago from the hospital's Community Health Center. They had a patient with alarming blood test results performed on June 14:

- Triglycerides - 2,960 (should be under 150)
- Cholesterol - 637 (should be under 200)
- Fasting blood sugar - 303 (should be under 100)
- A1c - 14+ (should be under 5.9)

We worked her in as a new patient in less than a week, and our team worked with her to get her numbers under control. PA Staudt prescribed the appropriate medications, and our diabetes educator, Eryn, spent time counseling her on diet and exercise.

Eryn started by asking her what she ate. In order to get triglycerides that high, she must have been eating a lot of carbohydrates. But when she listed the foods for Eryn, nothing sounded out of the ordinary. Eryn gave her a notebook and told her to start keeping a food journal. She also counseled her on exercise and taught her how to take her medications.

We tested her blood again on August 30 (just a little over two months later) to check her progress.

- Triglycerides - 121
- Cholesterol - 164
- Fasting blood sugar - 115
- A1c - 8.8

While the A1c is still a little high, we are so excited with the progress this patient has made in such a short amount of time!

Progress like this will help keep this woman, and patients like her, from using a lot of our community's medical resources, keep her working, and greatly improve her quality of life. We are here to be a source of hope for our patients, and a burden-lightening resource for our medical community. Your support helps us to be these things, and we are grateful for all that you do.

### Tidbits

- **It's a Boy!** Our physician assistant, Megan Staudt, and her husband, Kyle, welcomed their new son at the beginning of July. PA Staudt plans to return from maternity leave at the end of September.
- **Diabetes.** You may have heard about our community-wide diabetes screening each Wednesday in September. In the first two weeks we discovered one person who has diabetes and another who has pre-diabetes. Neither person had any idea. Both are getting treatment. We encourage you to have yourself checked if you haven't already.
- **Donald Braswell.** The concert with Mr. Braswell on September 29 is setting up to be a huge success (as of the writing of this newsletter). Be looking for information about our annual spring dinner early next year. We are turning 20!
- **Dental Growth.** Thanks to our volunteer dentists and the addition of Dr. Farris, from January to August our dental visits have increased from 809 in 2010 to 972 in the same period this year!

### Wish List:

- New (reliable) push mower (\$300)
- Two new desktop computers (\$500 each)
- Used filing cabinet for legal-sized paper (we can always use more)

*Please call to verify that someone has not already donated your item.*

**Thank you!**

## DONATIONS Received - Thank You!

The following is a listing of donors for donations received between June 1, 2011, and August 31, 2011.

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Bethany Lutheran Church  
Women  
Faith Baptist Church  
Greater Life Christian Center  
Hill Country Evangelical Free  
Church  
Holy Ghost Lutheran Church  
St. Barnabas Episcopal Church

## Samaritans Among Us



Jonathan Baethge is converting all of our patient charts into a new format.



Diana Green is a new front desk volunteer on Monday afternoons.

## Honorariums

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*Ruth Sarnecki*

## Yes, I want to help!

You are welcome to help us in any way that you feel led to be involved. 70% of our budget comes from private donations so those are important to us. But we need volunteers and "Wish List Items" too. We appreciate any way you want to be involved.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/ST/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

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Check Enclosed  Credit Card (Visa or MC)

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- Monthly commitment (amount \$ \_\_\_\_\_)
- One-time donation (amount \$ \_\_\_\_\_)
- Memoriam/Honorarium (see below)
- Wish List (see back for list)
- Volunteer (type of activity \_\_\_\_\_)
- Please make my gift anonymous

### Memorials/Honorariums (circle one):

Name of honoree: \_\_\_\_\_

Person(s) to be notified: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

The Good Samaritan Center is a 501(c)(3) nonprofit organization.  
Your donation is tax deductible.

### The Good Samaritan Center

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Fredericksburg, TX 78624  
Phone: 830.990.8651  
Fax: 830.990.0852  
www.goodsamfbg.org

John Willome, Executive Director  
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**The Good Samaritan Center**  
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 Fredericksburg, TX 78624  
 Voice: 830.990.8651 Fax: 830.990.0852

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*"Which of these three do you think was a neighbor to the man...?" Luke 10:36a*

## GINNY WALKER brings her history of compassion to our patients.

GINNY WALKER and her husband, Jim, lived in Galveston for almost thirty years before they decided to move away from the hurricanes and up to higher ground. According to Ginny, they picked Fredericksburg because it was "pretty and quiet, with a strong core."

She grew up in Appalachia where she says she witnessed the difference between the haves and have-nots early on. "For me, it has always been about the injustice—whether economic, racial, or social—that impacts a significant number of people in this country," she explained.

Shortly after moving to Fredericksburg, Ginny became involved in a literacy program. One of the members told her about a new medical clinic that was being organized and asked her if she would read to children while their parents waited to be seen. This was back when we were the Free Clinic, meeting at St. Barnabas Episcopal Church. "There were people all over the place," she recalls. "Bringing order to this chaos, and seemingly everywhere, was a registered nurse named Sara Allerkamp. Later, I learned that she was *the* motivating force for the entire operation."

When asked about why she enjoys being a



volunteer at the Center, Ginny's thoughts turn to the patients. "They are so hopeful and thankful to be here," she explained. "The staff is wonderful, too. Their positive, 'we can do this' energy inspires the volunteers to address our patients' needs with the concern and empathy that is essential in providing the best care possible."

Ginny also described what it is like to work with our patients. "I have worked with disadvantaged people in the past, and I see these same people walking through the door of this clinic," she said.

"The interconnecting hardship of so many in this community is an ever-increasing problem. I believe the Good Samaritan Center is doing its utmost to address this with the holistic approach of quality care, outreach programs, and education."

In addition to currently working with us one day a week, Ginny has also spent the last fifteen years as a court-appointed advocate with Hill Country CASA, a child advocacy program. It is special to have someone with her compassion, energy, and talent here every week. She is a great lady and we are grateful for her.

*"For me, it has always been about the injustice—whether economic, racial, or social—that impacts a significant number of people in this country."*

*Ginny Walker, Volunteer*