

The Good Samaritan Center



"A HEALING PLACE"

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

Fall 2019

We're All In This Together

By John Willome

I've had the opportunity to visit with a lot of groups over the last few months.

At the end of June the Gillespie County Democrats invited me to participate in a presentation Sarah Fontenot did about the different national healthcare plans the various political parties and individual politicians are advocating. It was a non-political informational session, and I was able to add content explaining how the working poor and uninsured access healthcare in our community.

Later, the Fredericksburg Tea Party contacted me to ask if they could share some of the proceeds of their September fundraiser with our clinic, and I gratefully accepted. They also asked if I could talk to their monthly meeting about how our local healthcare system works for the uninsured working poor.

Healthcare is obviously the third rail (or at least one of them) in national politics today, and I think it's because we all care so much. We care about our own access to healthcare. We care about how our family, friends, and neighbors access healthcare too. And we care about the quality and availability of that healthcare.

It's easier to explain the problems with our current system than it is to come up with solutions — and most of us are powerless to do anything about it anyway. But what we can do is appreciate how our local community pulls together to help each other. People from every political ideology are among our donors and volunteers because they care. Hill Country Memorial and nearly every specialist in Fredericksburg partners with us to help our patients because they care.

I want to take this opportunity to thank all of you for helping us in the best sense of what it means to be a Good Samaritan. Because you care, you have recognized that your neighbor needs help and stopped to ask yourself, "What can I do?"

I hope you get a lot of joy from your partnership with us.



Every second Saturday of the month, the Central Texas Food Bank of Austin brings its Mobile Foodbank truck to the Good Samaritan Center to distribute fresh produce, meat, dairy products and eggs, plus some canned good to hungry people in our community. September's distribution (seen above) served 168 families. Volunteers from local organizations and churches pitched in to help.

A Samaritan's Story

One of the things we do outside of our normal clinical operations is act as a conduit for medical supplies for anyone who calls us in need. For example, if someone has a walker or shower seat they no longer need, they might bring it to us. We store the item(s) in our attic until someone calls us and says they need it.

In early September, one of our faithful donors stopped by on a Tuesday afternoon to bring in a wheelchair. This donor had never taken a tour before, so Executive Director John Willome walked him around and showed him our work. While this donor knew our previous doctor, Jerry Bane, M.D., and had heard we did good work, he was surprised by the breadth of our services. He saw our five exam rooms, two dental chairs, the counseling room, the Medication Assistance Program, the lab and medication rooms, and the community health worker. He was pleased to know more about what his donations support, and we assured him that the wheelchair would end up getting used by someone in need.

The very next afternoon, almost exactly 24 hours after that donor delivered the wheelchair, a front desk volunteer received a call. An elderly gentleman had been in a car accident. Medicare had paid for much of what he needed, but had notified him they were stopping payment for his wheelchair rental and the company was going to come take it away the next day. The volunteer saw John walk by and asked him if he could talk to the man.

By now, you know where this is going. John told the gentleman that we did, indeed, have a wheelchair to offer him. In fact, it was probably the nicest wheelchair we had ever had to give. John immediately got the wheelchair out of the attic and drove it to the man's apartment. A neighbor sitting outside saw John pushing the wheelchair and said, "He's in that apartment there. He's waiting for you and is very excited." As it turned out, the wheelchair was nicer than the rental chair the man had.

We like to say this story is about God's providence and timing. One man feels a nudge to bring us a wheelchair and take his first tour of the clinic. Another man calls out of the blue looking for a wheelchair. Sometimes, amazing things happen, and it all starts when someone decides to be a Good Samaritan.

Our Wish List

This time we're asking for something a little different in our Wish List. Please see below for details.

- Three (3) **outdoor picnic tables** (\$225/ea.)
- **Zostovax and Phenumovax** initial vaccine purchase (\$175/ea.)

We feel like the request for help with vaccines might need some explanation.

Requesting direct help buying two vaccines is a little more complex, so we thought we should explain.

Zostovax is used to prevent shingles in people 50 years and older. Shingles is an extremely painful rash caused by the same virus as chickenpox.

Phenumovax helps ward off bacterial pneumonia, which is very important for our patients with chronic diseases like diabetes, heart problems and immunodeficiency issues.

When we purchase one *initial* vial (at \$175/ea.), we are given a specific lot number so we can acquire—at no cost—more of these vaccines through our MAP partnership with pharmaceutical companies. Thus, we can replenish our vaccine supplies at no further cost.

Please call the Center to verify if someone has donated your item.

Thank you!

Following is a listing of gifts received between June 1, 2019 and Aug. 31, 2019.
We do our best to accurately list every donation. If you have a question or see an error, please let us know. Thank you.

GENERAL DONATIONS

<i>Anonymous</i>	<i>Mr. & Mrs. Carlton Eckert</i>	<i>Barbara & Royce Hunter</i>	<i>Barbie & Ken Reynolds</i>
<i>Ginger & Michael Barr</i>	<i>Enterprise Holdings Foundation</i>	<i>Inside Story</i>	<i>Terry Richards</i>
<i>Doris & Ronald Bigoness</i>	<i>Joyce Evans</i>	<i>Jeanie & Larry Jackson</i>	<i>Michael Richards</i>
<i>Linda Blalock</i>	<i>August Faltin</i>	<i>Mary Jacoby</i>	<i>Victoria Rust</i>
<i>Lynda & J.R. Bravenec</i>	<i>Judy Feller</i>	<i>Laura & Daniel Jenschke</i>	<i>Ruth Sarnecki</i>
<i>Leonard Brown</i>	<i>Deanna & Case Fischer</i>	<i>Johnson & Johnson</i>	<i>Jean & Tony Sauer</i>
<i>Florine Bruns</i>	<i>Fredericksburg Medical Equipment</i>	<i>Jerry Keesee</i>	<i>Jennifer Schneider</i>
<i>Maxine Cannon</i>	<i>Frost Bank</i>	<i>Kathleen & George Keller</i>	<i>Charles Schroeder</i>
<i>Pat Cantwell</i>	<i>Cecily & Ray Gallagher</i>	<i>Katy & Bill King</i>	<i>Mary Schumann</i>
<i>Dominic Cantu</i>	<i>Ricki & Ed Giese</i>	<i>Jeanette & Norman Koger</i>	<i>Betty Sears</i>
<i>Mercedes Cantu</i>	<i>Patricia & John Gonzalez</i>	<i>Timothy Kooch</i>	<i>Carol Seminara & Joe Houde</i>
<i>Mary Cassidy Estate</i>	<i>Christine Granados & Ken Cooke</i>	<i>Darlene & Daniel Kordzik</i>	<i>Donna & Charles Simmons</i>
<i>Judith Chase</i>	<i>Dianna & Charles Green</i>	<i>Elsie & Robert Kuykendall</i>	<i>Molly & Roger Spencer</i>
<i>Amy Clark</i>	<i>Erline Grona</i>	<i>Frances Langehennig</i>	<i>Jerri & Tom Striegler</i>
<i>Virginia Clark</i>	<i>Kathy Guenther</i>	<i>Donna & Robert Lapidus</i>	<i>Annette Sultemeier</i>
<i>Jacquelyn Clements</i>	<i>Maria Guerrero</i>	<i>Karla & Michael Lawson</i>	<i>Sandra & Robert Theis</i>
<i>Claire Collins</i>	<i>Kelly & Mark Hallman</i>	<i>Margaret & Mike Leary</i>	<i>Nanette Tisdale</i>
<i>Community Foundation of the</i>	<i>Janalee & Paul Hannemann</i>	<i>Mary & Gary Little</i>	<i>Melissa & Nathan Usener</i>
<i>Texas Hill Country</i>	<i>Diana & Joe Harris</i>	<i>Patricia & James Long</i>	<i>Sylvia & Tim Van Antwerp</i>
<i>Barbara & Bob Cooley</i>	<i>James Heimann</i>	<i>Luckenbach Texas</i>	<i>Barbara Varner</i>
<i>Chrystal Crosby</i>	<i>Doyle & Werner Henke</i>	<i>Diane Mayer</i>	<i>Shirley Victor</i>
<i>April Crowder & John Foster</i>	<i>Patricia & Truman Henrich</i>	<i>Mac McAfee & Sharon Joseph</i>	<i>Becky & Bob Walch</i>
<i>Jan & Arnold Cuellar</i>	<i>Kathi & Glenn Herzog</i>	<i>Methodist Healthcare Ministries</i>	<i>Michelle & Michael Weberpal</i>
<i>Maryneil & Tom Dance</i>	<i>Judy & Ronald Hickey</i>	<i>Kathie & James Meyering</i>	<i>Isabel & Larry Werts</i>
<i>Jessica & Mark DeLeon</i>	<i>Nancy & John Hierholzer</i>	<i>Pat & Ward Miller</i>	<i>Eileen & Keith Whited</i>
<i>Marcia & Donald Dietz</i>	<i>Beverly Hill</i>	<i>Cheryl & Carl Moore</i>	<i>Jenny Wieser & Terry Henderson</i>
<i>Robbyn & Don Dodd</i>	<i>Hill Country Pest Control</i>	<i>Milby Moore</i>	<i>Camille & Marc Williamson</i>
<i>John Dodds</i>	<i>Hill Country Memorial</i>	<i>Paulette Moser</i>	<i>Mr. and Mrs. Trent Williamson</i>
<i>Jane & Ron Drynan</i>	<i>Nancy & Gregory Hocevar</i>	<i>Madeleine Oestreich</i>	<i>Megan & John Willome</i>
<i>Joyce Dunning</i>	<i>Angie & Matthew Hoermann</i>	<i>Edyth O'Neill</i>	<i>Pam & Ben Wilson</i>
<i>Edward Earp</i>	<i>Frances & Wilbert Huebner</i>	<i>Kay Pressler</i>	<i>Frederick Winter</i>
<i>Lanie & Bruce Ebel</i>	<i>Donna Hugly</i>	<i>Jennifer & David Reck</i>	<i>Nancy & James Worthington</i>

CHURCH DONATIONS

<i>Christ Lutheran Church</i>	<i>Greater Life Christian Center</i>	<i>Memorial Presbyterian Church</i>
<i>Faith Baptist Church</i>	<i>Hill Country Church</i>	<i>Rio TX Conference United Methodist Church</i>
<i>First Baptist Church</i>	<i>Holy Ghost Lutheran Church</i>	<i>St. Vincent de Paul Society</i>

HONORARIUMS

Sara Allerkamp <i>Marsella & Tim Fults</i>	Phillip Maple <i>Bonnie & Charles Burg</i>	Barbara Scherer <i>Jo Ann Krauskopf</i>	Mary Wilson <i>Joseph Litzelfelner</i>
Julia Dailey <i>Claudia & Frede Edgerton</i>	Molly Pluenneke <i>Susan & Craig King</i>	Jim Speer <i>Crystal & Jim Fox</i>	Suzanne Wood <i>Dorothy Rode</i>

MEMORIALS

George Bell <i>Inga Bell Estate</i>	Dick Hoopman <i>Barbara Banks</i>	Martin Laumann <i>Dorothy & Paul Panaceck</i>	Stanley Prochnow <i>Beverly & Matthew Hanrahan</i>
Elizabeth Bennett <i>Margaret Bierschwale</i>	Noreen Hynes <i>Delores Dieterich & Pamela Totty</i>	Gary Loitz <i>Mary & David Wiemers</i>	Alton Reeh <i>Alma & Thomas Ervin</i>
Alton Bruns <i>Florine Bruns</i>	<i>Frances & Phillip Hynes</i>	Phyllis Malinak <i>Lois Bush & Randy Busch</i>	<i>Kathy & Cal Yarbrough</i>
Tom Christofferson <i>Barbara Gainer</i>	Vernon Icke <i>Polly Zenner</i>	<i>Joanne & Billy Davis</i>	Janet Vinet <i>Pamela Spruiell</i>
Arthur Clements <i>Bonnie & Charles Burg</i>	Fredolin Kaderli <i>June Kaderli</i>	Buddy Mayo <i>Lois Bush & Randy Busch</i>	Jimmy Wendel <i>Ricardo Castillo</i>
Curtis Dartez <i>Kathy & Cal Yarbrough</i>	Betty Klein <i>Barbara Heinen</i>	Martin Mohr <i>Elfriede Ragland</i>	Mary Youngblood <i>Susan & Frosty Rees</i>
Gilbert Esensee <i>Kathy & Cal Yarbrough</i>	Harriett Klett <i>Ricardo Castillo</i>	Eleanor & Erno Moldenhauer <i>Sandra & Daniel Poole</i>	Lillian Zenner <i>Kathy & Cal Yarbrough</i>
Gerald Frantzen <i>Sue & Mike Sagebiel</i>	Kathy & Cal Yarbrough	Brooke Overman <i>Katie & Gordon Bradford</i>	
Rose Hicks <i>Joanne & Billy Davis</i>	George Kluber <i>Margaret Bierschwale</i>	<i>Bob Hickerson</i>	
	<i>Audelle Burkey</i>	<i>Good Samaritan Center</i>	
	<i>Cynthia & Dan Durmas</i>	<i>Board of Directors</i>	
	<i>Lizette & Jamie Moss</i>	<i>Alice White</i>	
	<i>Denise & Gary Stehling</i>		

Thank you!

Adequate, nutritious food is a vital component for a healthy life

Just a couple of weeks ago our Community Health Worker (CHW) was going over a diabetic patient's blood sugar with her. The woman's sugars were very high. When she asked what the patient had eaten the day before, she was given a small list of things—all of which were cheap and didn't offer a lot of nutrition. It was the kind of list that prompted our CHW to ask the patient if she had enough food to eat. The answer was no.

Good food directly influences good health. A nourishing diet helps protect you from health problems and can even prevent developing some diseases such as obesity, diabetes, high blood pressure, osteoporosis and certain kinds of cancer. A poor diet often features foods high in saturated fat, full of excess sugar and empty carbs, devoid of fresh fruits and vegetables and packed with processed foods. A constant diet of low-quality foods such as these can seriously affect your physical well-being.

Making smart food choices includes eating the right amounts of a variety of foods (for example, vegetables, fruit, protein, grains and dairy). Unfortunately, not everyone has access to affordable, quality foods. Malnutrition is a problem facing many people, even some in our country and in our community.

In the case of our patient above, did you know how important it is for a diabetic to eat regular meals? You might think intuitively that the less sugar you eat, the less sugar you will have in your blood. However, if you skip meals or don't eat throughout the day, your body actually begins to convert stored resources into sugar to compensate for the lack of food, thus exacerbating a diabetic's disease and potentially leading to further health issues.

Thankfully, there are several organizations in Fredericksburg that work to help ensure that no one has to go hungry. These programs begin with the **Fredericksburg Food Pantry** and include the **Golden Hub's Meals on Wheels** program, the **Hill Country Community Needs Council's Food 4**

Kids program (weekend backpacks of food for school children), **Meals for Vets**, and the **Central Texas Food Bank's Mobile Food Pantry** which *now comes to our parking lot every second Saturday of the month from 10—11 a.m.* distributing food to more than 150 families.

"Many families in Gillespie County need assistance to put food on the table. We help these folks by providing 4-5 days of food each month, including fresh meat, produce, and dairy," said, Donna Braudway from the **Fredericksburg Food Pantry**.

Tom Wollny from **Meals for Vets** added, "Our focus is on young veterans because they face hardships that often go unseen, including hunger. It's heartbreaking that a veteran in his 40s with stage three cancer, a 35-year-old single mother of three, and a 29-year-old attending college are all unable to afford to eat."

Isn't it great to live in a community that is addressing this serious problem in so many ways? Samaritans coming together on these issues is a joyful thing!



If this is an important issue to you, here are some opportunities for you to get involved. Contact these agencies for further info on how to help:

- * **Fredericksburg Food Pantry** • 701 Mustang St., Fredericksburg • 830-997-9383 • www.fbgfoodpantry.org
- * **Golden Hub - Meals on Wheels** • 1009 N Lincoln St. • 830-997-7131 • www.goldenhub.org
- * **Hill Country Community Needs Council - Food 4 Kids** • 1904 N Llano St • 830-997-9756 • www.needsCouncil.org
- * **Meals for Vets** • 103 Industrial Loop, Ste 1050, Fredericksburg • 830-992-3375 • www.mealsforvets.org
- * **Central Texas Food Bank** • 6500 Metropolis Dr, Austin, 78744 • 512-282-2111 • www.austinfoodbank.org

Yes, I want to help!

You are welcome to help us in any way that you feel led to be involved. 65% 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: _____

Email: _____

Check Enclosed Credit Card

_____ Exp Date ____/____ CVV _____

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

Memorials/Honorariums (please circle one):

Name of honoree: _____

Person(s) to be notified: _____

Address: _____

City/State/Zip: _____

GSC is a 501(c)(3) nonprofit organization. Your donation is tax deductible within the limits of current IRS tax codes.

The Good Samaritan Center
 140 Industrial Loop, Ste 100
 Fredericksburg, TX 78624
 Phone: 830.990.8651
 Fax: 830.990.0852
www.goodsamfbg.org



John Willome, Executive Director
jwillome@goodsamfbg.org

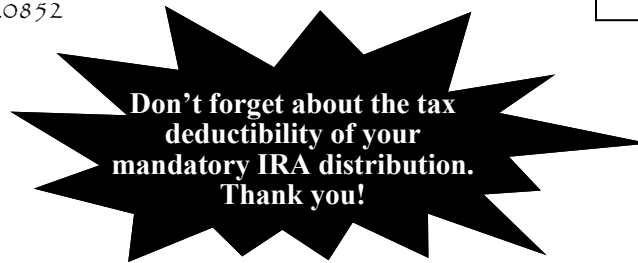
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 140 Industrial Loop, Ste 100
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“Which of these three do you think was a neighbor to the man...?” Luke 10:36a

Barbara Birchfield—MAP volunteer & Maven of the Bon Mot

If you visit the Medication Assistance Program (MAP) coordinator’s office, you will mostly likely see a pithy quote chalked up on the board. The author of that clever remark is one of the Center’s dedicated MAP volunteers and resident-wisecracker, Barbara Birchfield.

“I’ve been at the Center for about 10 years,” Barbara said. “I was at church one Sunday and Sara (Allerkamp) came to speak. She asked if anyone had anything to contribute. Well, I raised my hand, and the next thing you know, I’m at the (Good Samaritan) Center working with medical records. Been here ever since.”

Before retiring, for the third time, Barbara was a lobby operations officer for a Houston bank. Here in Fredericksburg, she worked as assistant administrator of Windcrest Nursing home for 10 years, spent two and half years at Pioneer Bank, and more than a decade as a private caregiver for others and, when he needed it, for her husband Fred.

She brings many relevant skills to the Center, as well as her cheerful spirit, strong faith and nearly endless supply of witticisms.

“I guess you can say, I’m known for my remarks,” she said, adding that her three children have threatened to collect and publish a book of Barbara-isms.

Barbara and her late husband moved to

Fredericksburg from Katy more than 20 years ago. “We thought this little town was beautiful. I can’t think of a better place to live,” she said.

“Of course, I do enjoy visiting my children,” she added. Barbara has three children, 10 grandchildren and 13 great-grandchildren. “And I’m fixing — in October — to be a great, great-grandmother,” she said.

Her oldest daughter lives in Marble Falls but has a summer home in Colorado, her middle daughter lives in Anchorage, and her son lives in Kona, Hawaii. “I’ve got some pretty great built-in vacation spots,” she smiled.

Barbara grew up in west Texas, “out by Lubbock,” where her father was in the oil business. “I was raised in a marvelous Christian family bubble,” she said, “and I’m very active in my church here in Fredericksburg.”

In addition to her work with Faith Baptist Church, where she is assistant church treasurer and helps in the church nursery, Barbara enjoys cooking and volunteering. “I won first prize for my divinity candy at the county fair when I was in high school,” she said.

About her duties with GSC, Barbara said, “It’s very important that people get their meds. Good Samaritan helps so many people, and I love being able to be part of that help. I thank God I’m still able to do useful work.

“The Good Lord has taken care of me. I am blessed.”



“It’s very important that people get their meds, and I love being able to be part of that help.”

Barbara Birschfield
 MAP volunteer