

Robert L. Walker - Keynote Speaker for 2020 Celebration of Hope

Robert L. Walker, President and Chief Executive Officer of Texas Scottish Rite Hospital, will deliver the keynote address to an audience of 400 morning guests at the Annual Celebration of Hope Prayer Breakfast, May 5, 2020, 7am-9am, at the Atrium of Garland, TX. A native of Garland, Texas, Mr. Walker oversees a hospital of 600 employees who provide medical care for young patients from across the United States and abroad. He is past Board Chairman of the Dallas-Fort Worth Hospital Council and currently serves as an ex-officio. Mr. Walker has been a Hope Clinic family member for many years and shares in our 2020 focus “Good Health for Garland”.

We want all Garland residents from every neighborhood uniting together to promote the importance of good health and the benefits it brings to an entire community.

Reservations already have begun online at www.hopeclinic-garland.org/donate. If you are a past guest, your keepsake invitation will arrive soon.

The Celebration of Hope is an auspicious event; we hope to see you there.

Alice Mae Britt, Hope Clinic’s Executive Director



Hope Clinic Receives Two Behavioral Health Awards



The Cigna Foundation and Communities Foundation of Texas (CFT) have awarded Hope Clinic the funding support to establish a Behavioral Health Program. For some time, Hope Clinic has been diligent, referring patients in need of behavioral healthcare to DFW behavioral treatment locations. Now, patients will be screened onsite and receive their treatment right at the clinic. Both Communities Foundation of Texas and the Cigna Foundation recognized Hope Clinic’s new program as an innovative, integrated model of primary care and behavioral health. If a patient is both highly depressed and struggling to manage diabetes, both illnesses will receive care at our clinic. The Behavioral Health Specialist (BHS), a licensed, mental health professional with experience in behavioral disorders, will join Hope Clinic’s medical team in the coming weeks.

Who Makes an Urgent Care Clinic Night?



Dr. Christina Elizabeth Vera, DO

Education: University of North Texas Health Science Center (2015) Internship: Family Medicine, Baylor Scott & White Family Residency Garland (2016) Residency: Family Medicine, Baylor Scott & White Family Residency Garland (2018) Certifications: Family Medicine - American Board of Family Medicine



Dr. Bill George Shumate, MD

Education: University of Texas Southwestern Medical School (1994) Medical School: UT Southwestern Medical School, Dallas, TX (1994) Internship: Family Practice, McLennan County Medical Education & Research (1995) Residency: Family Practice, McLennan County Medical Education & Research (1997) Prior to joining Family Medical Center at Garland, Dr. Shumate was the Medical Director at the Family Practice Clinic of the United States Air Force Academy Hospital in Colorado Springs, CO. Certifications: Family Medicine - American Board of Family Medicine

March Is National Nutrition Month

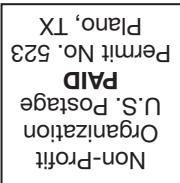
Bite into a Healthy Lifestyle

The theme for National Nutrition Month 2020 is Eat Right, Bite by Bite, focusing on the significance of physical fitness as well as eating nourishing meals. Taking charge of your health contributes to your overall well-being, and Eat Right, Bite by Bite, promotes eating a variety of nutritious foods every day, planning and creating healthful meals each week and the value of consulting a registered dietitian nutritionist.



“Developing healthful eating habits does not mean undertaking drastic lifestyle changes,” says registered dietitian nutritionist Jerlyn Jones, a national spokesperson for the Academy of Nutrition and Dietetics, “Registered dietitian nutritionists help their clients develop individualized eating and activity plans with simple steps that can help them meet their health goals. These simple steps are developed to become lifelong habits”. Spread the word about how you are boosting your nutrition this month! Eat healthy and get exercising... You’ll be glad you did!

Source: The Academy of Nutrition and Dietetics





‘For there will be peace for the seed: the vine will yield its fruit, the land will yield its produce and the heavens will give their dew; and I will cause the remnant of this people to inherit all these things. — Zechariah 8:12

Hope Clinic Welcomes Leslie Henson to Our Board



On January 30, 2020, Leslie Henson, CPA was appointed Treasurer to the Hope Clinic Board of Directors. Mrs. Henson is a partner with Huber, Prater and Henson CPA Firm, Dallas, Texas. She brings to the board role twenty-eight (28) years of experience in the accounting industry as an independent CPA. In her capacity as a CPA, Mrs. Henson has served a broad range of industries in all areas of accounting and tax preparation

for individuals, partnerships, trusts and corporations. Her immeasurable dedication to community service has brought her in touch with several Garland charities, and she also currently serves on the Board of Directors for the Achievement Center of Texas. Mrs. Henson holds a Bachelor of Science in Business Administration from the University of Texas/Dallas, along with membership in the American Institute of Certified Public Accountants and the Dallas Chapter of the Texas Society of Certified Public Accountants. “Mrs. Henson began assisting Hope Clinic with preparation of our 2020 budget before her Treasurer’s appointment, a testament to her caring so deeply for the well-being of our patients,” stated Alice Mae Britt, Hope Clinic’s Executive Director. “We are excited and truly honored to have Leslie Henson join our highest level of leadership”.

Plans Work or They Don’t



I thought, at first glance, what a brilliant statement! Then I thought, what an obvious understatement. Certainly, plans are important. As actor George Peppard stated in most episodes of “The A-Team”, a TV program of a bygone era, “I love it when a plan comes together.”

Here are some things I know about God’s plans from Jeremiah 29:11, “I know the plans I have for you – to give you a future and a hope.” The

plans God has for you and me are dynamic and exciting. Just consider the implication of “a future and a hope”. The plans God has include people. So much of Jesus’ life was for and about others. He spoke in terms of healing and help to others. He talked about folks who needed food, drink, friendship, clothing, care in illness, and visits while incarcerated.

God’s plans for our lives also involve people. I believe we are to make our lives about others. In the hours and minutes that make up our lives, God gives a future and a hope to those who invest in others. Sharing life with others is not an afterthought.

Make your year about people! You can do that through joining with Hope Clinic, where caring for our neighbors brings a future and a hope.

Larry Davis
Retired Pastor, Hope Clinic Board Member

The Strength of Medical Partnerships

Lupe came to us in June 2018 as a 48 year old from El Salvador. She had fled her home country with her husband because their youngest son was being threatened by gang members.

Hope Clinic’s staff physician, Dr. Bailey, completed Lupe’s physical exam and sent her for a mammogram. Calcifications were found on the test, indicating the need for a biopsy. Referred immediately to the Bridge Breast Network, Lupe’s biopsy confirmed breast cancer. Unable to secure quick treatment through the county system, Lupe’s anxiety kept her blood pressure high, and she considered returning to El Salvador for treatment.

Hope Clinic sought help from the Baylor Scott & White Surgery Residency Clinic that agreed to perform her lumpectomy. However, the surgeons needed assurance that Lupe could get the genetic testing and radiation treatment she needed. Time was critical, so we turned to the Methodist Richardson Cancer

Center for assistance, and they agreed to help. Lupe was seen pre-operatively by their oncologist who referred her for genetic testing at Medical City where the lab work was done free-of-charge. Finally, BSW’s surgeons performed her operation, followed by radiation treatment at the Methodist Richardson Cancer

Center. Methodist even provided free therapy to care for Lupe’s post-operative arm swelling. Today, Lupe is cancer-free and continues with regular follow-up care.

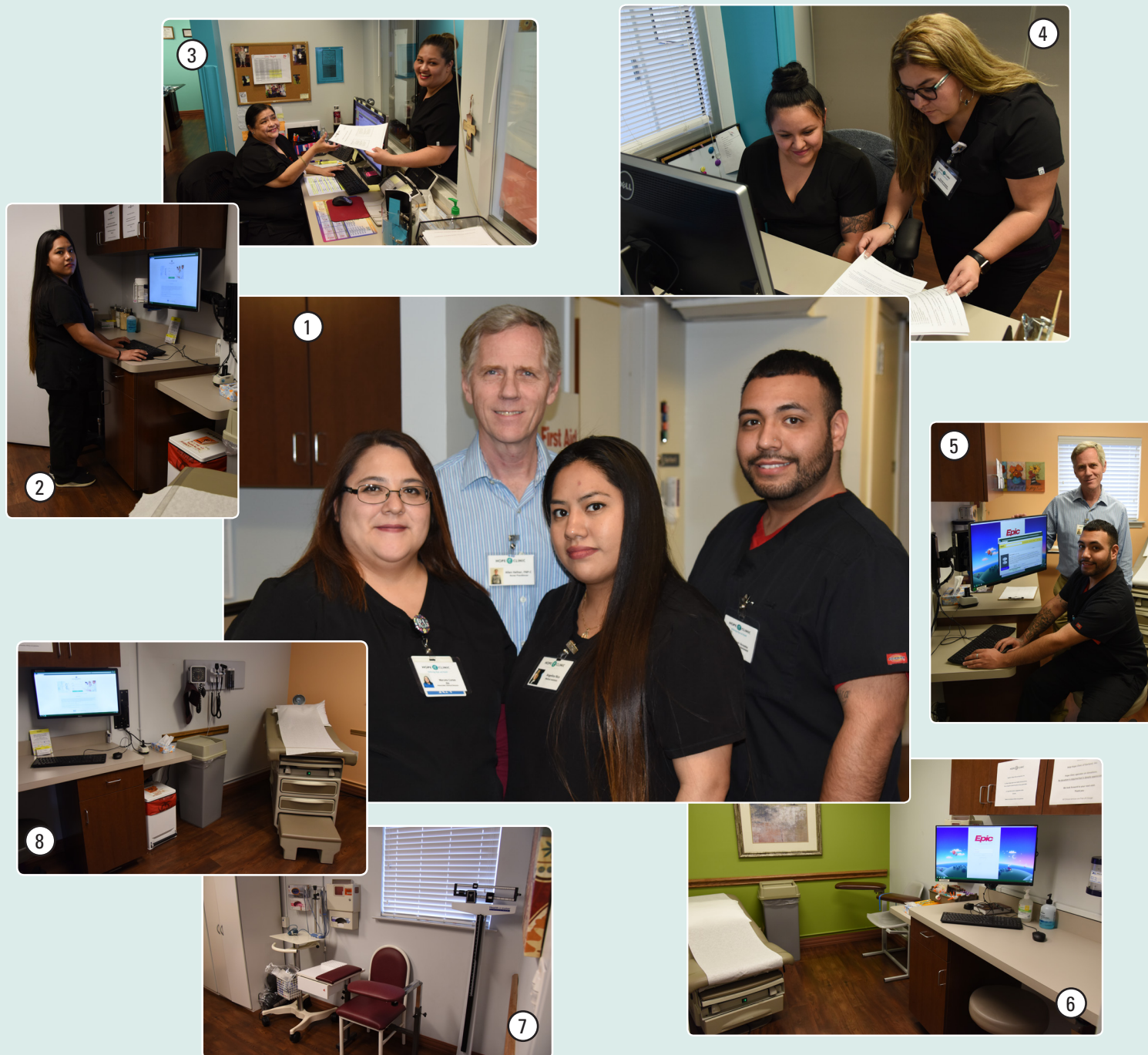
Despite a challenging six month process to get her cancer treated, Hope Clinic supported Lupe medically, mentally, and spiritually. We are grateful for the many partners who worked diligently with us to care for Lupe—Touchstone Imaging, Bridge Breast Network, Medical City genetics counselors, Baylor Scott & White Surgical Residency, and Methodist Richardson Cancer Center. Together, we are doing God’s work, and we are pleased Lupe’s story has a happy ending.

By: Donna Bailey, M.D.
Hope Clinic Staff Physician



Left to Right:
Aline Williams, MSW, LCSW, OSW-C;
Jane Reeves, BS, RN, CBCN, ONN-CG;
Patient Lupe in the center;
Rebecca Donnelly BSN, RN, NE-BC, OCN, CCRN-K; and
Donna Bailey, MD, HC Staff Physician

Hope Clinic's Renovations and New Talent

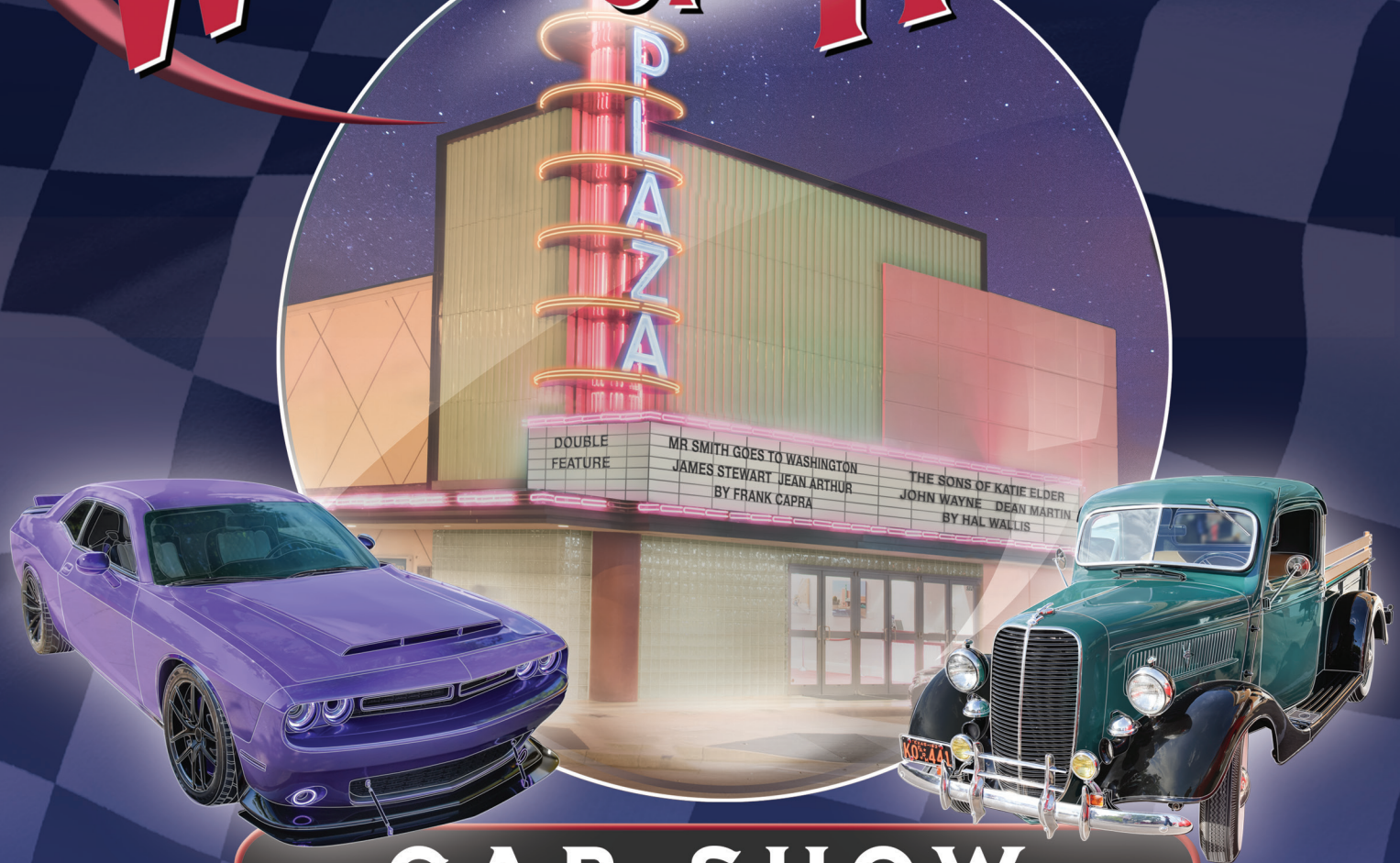


1. Allen Hefner, APP (back row) has joined our Hope Clinic family as a volunteer and in April 2020 will join the HC team as a contracted staff member. With Allen Hefner, APP (left to right) are: Marcela Cortes, RN; Angelina Rico, CMA and Kevin Gonzales, CMA. 2. Angelina Rico, CMA is shown here in one of our recently renovated exam rooms with a more functional layout for both physician and patient. The exam table is immediately accessible in the exam room with the computer screen mounted more conveniently on the wall for viewing while standing. 3. Norma Hernandez, Patient Coordinator (left) is with Veronica Garcia, Patient Intake Coordinator/TXHHS Navigator (right). Our front office team works closely together to provide optimal care for our patients. 4. One of our most significant upgrades was relocating the referral coordinator to the front desk area for easy access by patients given referrals--(right to left) Cyndi Gonzales, Patient Coordinator and Claudia Hurtado, Referral Coordinator 5. Allen Hefner, APP (back) and Kevin Gonzales, CMA (front) work together in another one of our renovated exam rooms where the computer was moved to provide easier access. 6. During our renovations, a fifth room was added to accommodate the rotation of our physicians as they meet with an increased volume of patients. 7. Our triage area where vital signs are taken is now located behind our Medical Assistants' station. Scales and thermometers were purchased for every room allowing workflow to continue smoothly in case the triage area is occupied. 8. Another one of our rooms that received recent renovations. The exam table and computer in this room were recently relocated to allow easier access as well as more privacy for the patient.

SIXTH ANNUAL

ON THE SQUARE
DOWNTOWN GARLAND

WHEELS OF HOPE



CAR SHOW

SATURDAY, APRIL 25th

10:00AM – 3:00PM

FREE ADMISSION

Rain Date
May 23RD

CARS LIVE MUSIC EVENTS

www.wheelsofhopegarland.com

Check us out on FaceBook and Twitter