



Hope & Health

NEWS FROM PUGET SOUND CHRISTIAN CLINIC



SICK, SCARED AND ON HER OWN:

A young woman finds help thanks to you!

Standing in her kitchen, Gabrielle* looked down at her foot and winced. The cut on her foot *still* hadn't healed, despite her best efforts. She'd bandaged it over and over for weeks and it still wasn't healing . . . and she needed to be on her feet at her job as a checker at a grocery store.

She was 18. Though she had officially moved out at 17, the truth is that **Gabrielle had been taking care of herself for a very long time**. So she did what she thought best: she took a knife and heated it up over the stove. After taking a deep breath, she used the hot knife to close the wound.

Thinking back, Gabrielle says, "I know that sounds dramatic, but that was just how I approached things. I was just used to figuring things out for myself."

Now 25, Gabrielle sounds almost matter-of-fact when she talks about her childhood. From her earliest years, **her life was shaped by her parents' alcoholism and domestic violence**. At age 4, she was making her own breakfasts. By age 5, she was in foster care.

She eventually returned to her mother's home, but the same chaos was waiting . . .

(over, please)

**Name changed to protect privacy.*

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*A Special Message from Diane
Continue the Care Spring Challenge
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Join the PSCC Legacy Society*



Reach out to patients just like Gabrielle by joining our **Continue the Care Spring Challenge!** More inside . . .

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Life remained challenging. Gabrielle managed to get good grades through her first 2 years of high school, but life at home began to unravel. **Frequent fights with her mother, who still wasn't sober, were taking an unimaginable toll.** Her grades were starting to slip.

"I decided to move out on my own and finish my diploma at community college. Things were better, but I learned quickly how expensive it is."

A HEALTH PROBLEM SHE COULDN'T FIX

After earning her diploma, Gabrielle started to complete her prerequisites for nursing school and was thriving, despite working long hours at her job.

But last year, **Gabrielle began to have symptoms** that were very similar to what her older sister had experienced shortly before being diagnosed with Multiple Sclerosis. Gabrielle had strange muscle sensations. She went blind in one eye for a short period of time — exactly like her sister had.

She was terrified and overwhelmed. And she had no idea where to turn. She called a local clinic, but couldn't afford the \$250 she would be charged to see a doctor.

Her anxiety began to grow. **She was close to entering her nursing program,** but now all of those dreams seemed very far away.

Thankfully, someone at school handed Gabrielle a flyer for PSCC's Edmonds Mobile Medical Clinic!

"A lot of people think, if you just work hard enough, you can afford care. But I was in school and working 2 jobs and still couldn't afford a doctor!"

A FRIENDLY FACE

Right when she arrived, Gabrielle met one of our faithful volunteers named Lynn. "I talked with Lynn and couldn't believe how nice she was. I mean, I sort of didn't trust her at first because I **thought there was no way someone could smile like that all the time!**"

But Gabrielle soon realized that at PSCC, she wasn't just a patient or a number — she was a person. Everyone she came in contact with seemed to truly care about her. The nurse was patient and kind. The doctor took his time and asked lots of questions. Gabrielle left that appointment with a referral for an MRI and some blood work. **She couldn't believe it!**

"I was feeling like no one cared.
And if no one cared, then why should I?
I was so close to giving up.
But because they cared, so did I."

DREAMS RESTORED

All tests came back normal, praise God! And though Gabrielle is still a little nervous about those scary symptoms, she knows she can turn to PSCC for help and a listening ear anytime. Best of all, **Gabrielle is able to focus on her nursing program** without worrying if her own health is in jeopardy.

She's grateful to people like you, who reached out to her when she needed help the most . . . and **she plans to give back by volunteering with us when her nursing program is complete!**

Thank you for making a difference in this resilient young woman's life. ■



HOW CAN I PRAY FOR PSCC?

1.

Please pray for young adults like Gabrielle to find the resources they need for health care.

2.

Please pray for our Spring Challenge to raise badly-needed funds for our neighbors in need.

3.

PLEASE JOIN WITH US TO **Continue the CARE!**

Last month, we launched our first-ever Continue the Care Spring Challenge — an effort to partner with our friends and donors to make a special impact in our community.

This year, our goal is to **strengthen each of our mobile sites** (like the Edmonds Clinic that helped Gabrielle!) with enough staff and volunteers to run at full capacity each week. What a difference this will make to our low-income neighbors!

During this special campaign, **we're hoping to raise \$150,000**. We know this is a big undertaking, but we are trusting that each of our friends will do what they can.

Together, we can make a tremendous difference in our community! ■



Please save the date!
Our 11th Annual Road to Hope
fundraising event is coming to the
Lynnwood Convention Center
on October 23, 2014.
Don't miss special guest speaker and author
Michael Medved of 770 Talk Radio!

Ask God to give us guidance and direction as we make plans for 2014 and beyond!

4.

Pray that our donors and volunteers would be encouraged by knowing they are changing lives!

GOD SINGS OVER US:

A WORD FROM OUR
EXECUTIVE DIRECTOR

*The Lord your God is with you,
He is mighty to save.
He will take great delight in you,
He will quiet you with His love,
He will rejoice over you with singing.*

—Zephaniah 3:17

This verse has been on my heart often in the past few weeks, and what an encouragement it is! Sometimes it's easy to get focused on my own mistakes . . . at times I forget how much God truly delights in me, simply because I am His child!

But I truly believe that God loves each one of us, passionately. When we come to a place where we truly realize that — when we begin to comprehend the depth of God's unconditional love for us — our hearts change. We begin to live in His love, to abide in Him.

We also begin to be transformed outwardly. As we realize how deeply God loves us, broken as we are, we begin to love those around us, broken as *they* are. And as we reach out in practical, natural ways, our entire world is transformed by the love of Christ.

Be encouraged, dear friends! We are loved. And because of that, we can love others. May God bless you as you reach out in His name.

Diane

Diane Steward
Executive Director



Email Diane:
dianes@pschristianclinic.org

Take the Continue the Care Spring Challenge . . .

Make a life-long difference for an underserved neighbor!

We are incredibly grateful for the faithful support of our donors, volunteers and friends. Because of you, **1,800 people were served this past year** at Puget Sound Christian Clinic (**2,200 total visits**)! Because of you, people were able to see a doctor, dentist, or professional counselor when they needed one, instead of struggling through painful conditions on their own.

Because of you, our community is healthier, happier, and more productive. Lives are being changed — lives of people just like Gabrielle!

But **we believe God is calling us to do even more** . . . He's asking us to reach even more of our underserved neighbors in 2014 than ever before. And to do that, we need your help. Your prayers and generosity have never been more important!

We know that 1 person can't do this alone. But **we're asking each of our friends to do what they can to help meet this Challenge**. Please pause for a moment and think of how you can send a special gift to help share hope & health with our neighbors who desperately need it. Remember, \$31.25 provides a MONTH of care!

Thank you for sending a generous gift today — or, to help even more quickly, please **visit www.pschristianclinic.org and click "Give."**

Thank you so much for your ongoing support! ■



Leave a legacy that makes a difference. Join the *Legacy Society*!

The Puget Sound Christian Clinic Legacy Society™ has been established to honor those who support PSCC by including the Clinic in their estate plan.

Members will be honored with a beautiful framed certificate, will be visited each year in the community, and will be invited to special events as the guest of PSCC. We truly wish to honor these key partners!

To learn more about the Legacy Society, or to find out more information on how to include the Clinic in your estate plans, please contact Senior Director of Development Rob Vatter at (206) 363-4105 x 222.



Puget Sound Christian Clinic's mission is to show Christ's love to people who are underserved by offering access **to quality and compassionate health care.**

For more information, or to give, visit **www.pschristianclinic.org**.



**PUGET SOUND
CHRISTIAN CLINIC**
Bringing hope & health to communities™

2150 N. 122nd Street
Seattle, WA 98133
(206) 363-4105