

WINTER 2015



Hope & Health

NEWS FROM PUGET SOUND CHRISTIAN CLINIC

You've already given an amazing gift this year. . .

Here's how it changed Joshua's life.*

It's not even Christmas yet, but Joshua knows he's received an incredible gift — far beyond what he ever would have expected. It's all thanks to your kindness!

You see, it's been a difficult few years for Joshua and his wife, Lishan*. They are African refugees in their 60's. They currently have no income and **are part of the hidden homeless population** here in Seattle — meaning that they sleep doubled up with friends in order to avoid being out on the streets. "Me and my wife are living in different places with our church friends. Every day we are looking for a job to settle. Our expenses are covered by friends."

Joshua's health began to suffer, which made it even more difficult to find work. But because he hasn't lived here in the United States long enough, he doesn't qualify for any health coverage. At first he was discouraged. But as his symptoms grew worse, **he became outright worried**.

He came to see us in September with intermittent chest pain, abdominal pain, numbness from his neck to his hands, and numbness in his feet. **One by one, we addressed his medical concerns.** First, we performed an EKG to be sure his chest pain didn't require emergency attention. He's been referred to a cardiologist for follow-up. He has seen one of our in-house physical therapists, which has improved the numbness in his neck and arms.

But most importantly, we ran labs which revealed that **Joshua is diabetic**. He was immediately given equipment, supplies and instruction by nursing staff so he could start monitoring his blood sugar. He will soon see our in-house volunteer optometrist to check the health of his eyes and detect any damage caused by his untreated diabetes. And this month, he will see our in-house volunteer dietician who focuses on teaching
(over, please)

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• Construction on the Dental Clinic • PSCC Benefit Concert in Edmonds
• Ways to Pray for PSCC • A Message from Diane • A Note of Thanks

One by one, you met Joshua's health care needs . . .

(continued from cover)

diabetics how to use diet, exercise and medications to manage their diabetes.

But in the meantime, Joshua is already thriving. At his follow-up appointment, he told his doctor he has tried to eat more vegetables and is exercising twice a day.

He has lost **seven pounds** in less than a month!

He is taking prescription medications for his diabetes, high blood pressure, and cholesterol, and is tolerating them well. He brought his blood glucose and blood pressure logs with him to his appointment and has faithfully checked and documented both at the intervals that were requested.

Joshua hasn't had ANY cardiac symptoms in the past 2 weeks!

The church friend that Joshua is staying with came with him to one of his appointments. He told one of our nurses how well Joshua is doing. "With the support of church friends, he has started walking and jogging."

"The doctor has saved his life!" he said.

Our nurse responded by suggesting that medical care can certainly improve the *quality* of a person's life, but Joshua's friend insisted: "No. I'm convinced the doctor has *saved* his life."

What a difference your generosity has made! It's clear that Joshua is a motivated man — he took every tool we provided him, and immediately put them to work to improve his health. But without your help, he'd still be struggling.

Now, he can continue looking for the work that he and his wife need to be able to find a home of their own. You've given them such encouragement —

though in many ways they are strangers in this community, your kindness has shown them that they aren't alone. **They** know **that others care** about them, and that God will

continue to meet all of their needs as they trust Him.

Thank you so much for reaching out to Joshua and Lishan, and helping to provide the health care they so desperately needed! Your kindness and concern has been a great blessing to them both.

"No, I'm convinced the doctor has saved his life," he said.

CONSTRUCTION BEGINS ON THE PSCC DENTAL CLINIC @ NORTHWEST CHURCH IN LYNNWOOD!



We're so excited to see the fruit of so much planning, hard work and generosity as construction begins. What a blessing the dental clinic will be to underserved patients in Snohomish County!



The new dental clinic will be located at Northwest Church in Lynnwood. NWC has also offered space for additional services such as PT, counseling, eye care, and other specialized needs. Wow! Praise God!

Don't miss this PSCC benefit concert by Mosaic Choir and Orchestra (where our very own Diane has sung for the past 5 years!).

NORTH SOUND CHURCH PRESENTS

Christmas in Edmonds

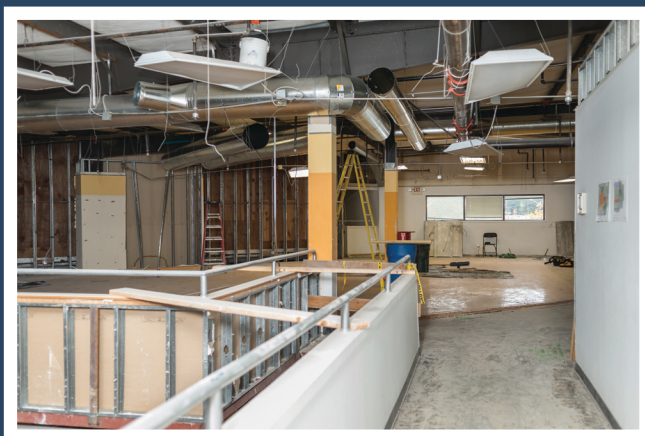
A BENEFIT CONCERT FOR
PUGET SOUND CHRISTIAN CLINIC
bringing hope and health to communities™ as they offer free medical, dental and counseling to the underserved

FEATURING

Mosaic Choir & Orchestra

SATURDAY, DECEMBER 5TH @ 4 & 7PM
EDMONDS CENTER FOR THE ARTS
410 FOURTH AVE N, EDMONDS WA

TICKETS \$12
BOX OFFICE 425-275-9595
EC4ARTS.ORG



We've sensed God's hand in every part of this process. Please pray for His continued blessings and guidance! Currently, we plan to begin our hiring search at the end of 2015 and begin seeing patients by Spring 2016!

HE TRULY LOVES US:

A WORD FROM OUR EXECUTIVE DIRECTOR

—“You, Lord, are forgiving and good, abounding in love to all who call to you.”
—“For great is your love toward me; you have delivered me from the depths, from the realm of the dead.”
—“But you, Lord, are a compassionate and gracious God, slow to anger, abounding in love and faithfulness.”

—Psalm 86:5,13,15

For me, seasons of growth are often seasons of pain. Sometimes it's easy to feel frustrated, lonely, and even like I'm failing. Maybe you feel that way sometimes, too. Daily frustrations keep coming. Relational challenges or health struggles come. And during the holidays, it can often feel worse!

These are the times God has to repeat Himself for me to really hear Him. I read the above passage repeatedly this week, and still missed it: God loves me, as I am. And in fact, it wasn't until I read a mirroring passage in Exodus that it finally hit me: HE LOVES ME!

For good measure, I heard it again in a song I love by Downhere. Message received, Lord!

“How many kings stepped down from their thrones? How many lords have abandoned their homes? How many fathers gave up their sons for me? Only one did that for me.”

During the busy days ahead, I pray you're reminded of just how much He loves you, how far He has come. For you. For YOU!

Diane

Diane Steward
Executive Director

Email Diane:
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THANK YOU for your support of Puget Sound Christian Clinic!

The Thanksgiving holiday is right around the corner and we simply want to thank you for your support of Puget Sound Christian Clinic during this past year! At the end of 2015 we'll have served over 1,600 patients and provided over 2,400 visits. Each patient is a life that's been changed forever because you cared enough to reach out with the love of Jesus.

You are making such a difference! From your prayers, to your volunteer efforts, to your financial gifts, friends like you are the reason we are able to provide quality and compassionate health care to neighbors in tremendous need.

So many exciting things are happening. Our main clinic and mobile clinic sites in Green Lake, Lynnwood, Shoreline and Snohomish are bringing care directly to the communities who most need it — and we are watching for opportunities to move into new target communities as funding and volunteers allow.

And as you read inside, construction has begun on our new, state-of-the-art dental clinic in partnership with Northwest Church in Lynnwood!

None of this would be possible with your support. Never doubt your impact — because of you, neighbors are living longer, healthier, happier lives.

God bless you and your family during this beautiful holiday season and throughout the year to come!

PRAISE REPORT: CLINIC OPPORTUNITIES AT NWC

As many of you know, we've been absolutely blown away by the leadership and generosity of Northwest Church, who provided space for our new dental clinic. Well, recently, we found that they've gone even further, offering space for specialty clinics as well! Patients in Snohomish will now be able to access physical therapy, counseling, and eye care services as well.

What a joy, to continue dreaming of ways we can utilize this space to better serve the community! Though many have come alongside us to make this vision a reality, Northwest Church was the first, and we thank them for their courage and their faithfulness in Him!

YOUR PRAYERS MAKE A DIFFERENCE!

We truly depend on the prayers of our supporters! Thank you so much for remembering us during your time spent with the Lord.

Here are some current needs:

1. We've had to cancel some mobile medical clinic visits due to a lack of drivers. Please pray for volunteer drivers to step up!
2. Please pray that God would speak to the hearts of local doctors to join us as volunteers.
3. Please pray for neighbors who are struggling during the holiday season. Please pray they'll find hope, encouragement and healing here at PSCC!

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.**

If you would like to support the work of PSCC, please mail your gift or give safely and conveniently online at www.pschristianclinic.org.
THANK YOU!



**PUGET SOUND
CHRISTIAN CLINIC**

Bringing hope & health to communities™

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