



Hope & Health

NEWS FROM PUGET SOUND CHRISTIAN CLINIC



THE DIFFERENCE YOUR KINDNESS MAKES:

Relieving suffering, improving health, encouraging hearts

When we first met 47-year-old Daniela* last year at a free health screening at the Goodwill Training Center in Marysville, she was beginning to lose hope.

For 9 long months, she had lived with a sore throat that was so bad, **she struggled to swallow and could barely eat** her meals. Nothing she did provided relief. Just making it through the day was agonizing — and she had children to care for!

She tried to find a provider who could help, but finances and a language barrier stood in her way. Her husband and kids grew more and more worried — it was awful watching her suffer such pain every day.

But all that changed, **thanks to caring people like you!** From the moment she found Puget Sound Christian Clinic, she began to find the relief she so desperately needed. Thanks to you, she wasn't alone!

Though Daniela usually needs an interpreter, we were able to match her with a **dedicated volunteer provider** at our Snohomish clinic who is **fluent in Spanish**. She was diagnosed with GERD (acid reflux), and she . . .



**Name and patient photo changed to protect privacy.*

(over, please)

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UNABLE TO EAT OR SWALLOW . . . UNABLE TO FIND CARE . . . 'TIL PSCC.

(Continued from cover . . .)

started care right away. It was partially helpful — but more needed to be done.

That's why it was so wonderful that Daniela was able to see the same provider on a regular basis — her doctor was able to work with her until they found the root cause of her pain.

When she came in for a follow-up and said that her insides still felt like they was being scalded, additional testing was done. As it turns out, Daniela needed treatment for *H. pylori*, a common stomach bacteria that makes reflux even worse.

Her provider shifted her treatment options and explained added lifestyle changes that would help her feel better.

A NEW LIFE

At her follow-up appointment last month, **Daniela was beyond thrilled!** With the treatment she had received and the changes she had made herself at home, her symptoms were under control and she was feeling much better!

After almost a year of struggling, Daniela could now swallow and eat regularly without any pain! She — and her loving family — were so relieved!

Multiple times over the course of her visit, Daniela told her provider that she felt

“agusto, agusto” — she was pleased and she felt well.

At the end of Daniela's appointment, our provider asked if she could pray with her. She eagerly accepted. But what happened next was a total surprise — **our dear patient decided to join in and pray a blessing over our provider!**

Daniela prayed with all her heart — and our provider was deeply moved. She said later that this special moment of connection with a patient made her entire week and was exactly what she needed.

SIMPLE TREATMENTS CAN CHANGE A LIFE

Daniela's story doesn't involve surgery or extensive referrals.

It isn't the most dramatic.

But **it shows how much people struggle** when they lack access to basic health care — and **what a lasting difference we can make** in their day-to-day lives when we reach out and do the healing work God has called us to do!

Together, we are making a positive impact on our community. On behalf of all our patients, volunteers and staff: **thank you for your generosity!** Your kindness is a tremendous blessing, and everything we do is possible because of you.

DENTAL CLINIC UPDATE . . .

We continue to see great progress on the construction of our new Dental Clinic in Lynnwood! It's hard to believe that someday soon a patient will receive badly-needed dental care right where I'm standing! We are currently searching for a Dental Director, and we covet your prayers — we need God's wisdom in this search. Thanks for your support!





THE ROAD TO HOPE

You are cordially invited to our
Annual Fundraising Dinner
benefiting Puget Sound Christian Clinic!

FRIDAY, APRIL 22
6:30 — 8:45 p.m.
New Life Church

6830 HIGHLAND DRIVE • EVERETT, WA

Business Casual
Please register by April 12 at:
www.pschristianclinic.org



***We are still in need of Table Hosts
to help us share their heart
for PSCC's patients
with new friends and supporters!***

***For more information,
call (206) 363-4105 ext. 222 or email Pietra
at pietrag@pschristianclinic.org.***

HIS JOY IS OUR STRENGTH:

A WORD FROM OUR
EXECUTIVE DIRECTOR

Recently, I had "one of those days." One of those days where I woke up in a state of dread – there was a task that needed to be done, but it all just felt way too big for me and I did NOT want to do it.

My first thought as I woke up was: "How am I ever going to make it through this day, Lord?" My second thought was: "What a stupid thing to ask God."

But God saw me, in all my anxiety and uncertainty. He saw me and He reached out to me through His Word. My Scripture reading that day was Nehemiah 8:10:

"This day is sacred to the Lord. Do not grieve, for the joy of the Lord is your strength."

–Nehemiah 8:10

It struck me that I wasn't alone in this difficult day. God was with me. I was reminded that if I could just look for my joy in Him despite my circumstances, I'd find the strength I needed.

And as it turned out, it was a great day! As I went about my task, I was aware of God's presence, and the outcome was much better than I expected. I learned once again that when I step out and do what I know God is calling me to do, He will be my strength.

Praying you find your strength in Him today,

Diane

Diane Steward
Executive Director



Email Diane:
dianes@pschristianclinic.org

Road to Hope 2016:

Bringing hope & health to our underserved neighbors in Jesus' name

If you haven't already, we hope you'll mark your calendar and plan to join us for our **Road to Hope Fundraising Dinner April 22** at New Life Church in Everett! Every year, our friends, volunteers, staff and donors come together to continue our mission of providing quality and compassionate health care to underserved neighbors throughout the Puget Sound area.

Everything we do is made possible by caring people who want to make a difference! Because of friends like you, 982 people received care at Puget Sound Christian Clinic this past year (1,947 total visits!). Because of you, neighbors were able to get the medical, dental and counseling care they needed, instead of struggling like Daniela did for so many months.

We hope you'll join us – with great food, fellowship, and a chance to be a part of a team of people who is changing lives for the better. . . you won't want to miss it!

To register, please visit pschristianclinic.org! To become a table host, please contact Pietra at pietrag@pschristianclinic.org. Thank you so much for your faithfulness!



THE ROAD TO HOPE

FRIDAY, APRIL 22
6:30 — 8:45 p.m.
New Life Church, Everett

HOW CAN I PRAY FOR PSCC?

1. Please pray for **our patients' healing and encouragement**. Pray that they'll know the love of Christ through the kind words and compassionate health care they receive here.
2. Please pray that our **Road to Hope Fundraiser** would draw supporters, old and new, who will stand with us in caring for our underserved neighbors. Pray that we'd raise the funds we need!
3. Please continue to ask for **God's continued guidance as we build our new Dental Clinic** in Lynnwood. We need His wisdom as we search for our new Dental Director!
4. Please **pray for volunteers to join us** — currently, we need volunteer doctors. We also need volunteer drivers who can bring our Mobile Medical Clinic to sites throughout the community.

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™

2152 N. 122nd Street
Seattle, WA 98133
(206) 363-4105