



# GFC Healthline

*"And all those who touched Him were healed." Mk 6:53*

April 2005

Volume 17, #1

He came to the mobile unit parked on the wintry street downtown. He ran out of his medicines weeks ago. Hunger did not allow for the selection of foods on a diabetic diet. We measured his blood sugar that morning, after a doughnut served by the mission, at 366 (hundreds higher than recommended). We made recommendations to avoid high sugar foods if possible, provided some oral diabetic medications and offered an appointment with our GFC Wellness Center to get enrolled in the Advantage Program and receive careful, consistent follow up.

## GFC Looks Ahead with Strategic Plan

Do you envision a different GFC? Have a great idea that will serve our patients and clients better? Is there something we are missing when we offer health care to the poor of Indianapolis? If you have been thinking of a new approach or additional service that GFC should investigate or an improvement in the areas you are involved in, then we need your help. Every few years, volunteers, donors, full time and volunteer staff recommend to our Board of Directors feedback and suggestions in order to make a new Strategic Plan. We have tried to structure our growth and adhere to priorities for GFC through Strategic

*(Continued on page 4)*

## Art for Beds Supports GFC Programs

Come join us for the third Annual Paint Out—This year the artists have chosen to return to Marian College to paint on and around the grounds of the College. This year's paint-out will be held on Saturday, April 30<sup>th</sup>...with a wine tasting and viewing of art work created that day to take place from 4-6 PM. Again, Gennesaret Free Clinic is pleased to have the support of the Indiana Plein Air Painters Association, the Hoosier Salon, and the Arts Council. The art sold that day will benefit Gennesaret Free Clinic. Ticket prices—in advance \$ 15.00 at the door \$ 20.00.

This year's Art for Beds VI is entitled La Dolce Vita—the Sweet Life—and you are invited to join in the fun and festivities on Sunday, March



HRP staff, guests and new mini-van

## Health Recovery Program gets Mini-van

Our Health Recovery Program provides housing for eight men after hospitalization to promote healing of body and soul. Our men are so appreciative of the facility and the support they receive. However, one of the deficiencies of our program has been a lack of transportation. Our men have needed transportation from hospital to the HRP, for doctor appointments and for moving into permanent housing. While staying at the HRP, the men also take part in social activities such as ball games, free concerts, and library trips.

Through the generosity of Todd Stacy and the Catalyst Charitable Foundation we have been able to begin payments on a used mini-van. The vehicle accommodates the men for trips to select furniture and household items at St. Vincent de Paul warehouse when moving to an apartment, appointments with doctors offices, and social events. Our outreach

### Newsletter Contents

Main Stories	1,4
News Items, Reflections	3,5
Donors, New Volunteers	2

# GFC Donors

We gratefully accept these recent donations (Oct. 23, 2004 to Feb. 25, 2005). We are especially grateful for those contributions which have meant a sacrifice (regardless of the amount of the donation).

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## How can I help? News...News...News... NEEDED NOW!

Band-Aids  
Large examination gloves  
Paper tape  
Dressing supplies  
Tylenol, Ibuprofen, Aspirin  
Skin lotion  
Cotton balls  
Toothbrushes / toothpaste

...And of course more volunteer health professionals are needed to serve the poor of Indianapolis.

### Comings and Goings

GFC is pleased to announce Tiffany Robinson, MPH has joined our team as full-time Women's Case Manager. We are eager to see new developments in this vital GFC outreach. Joining our Board of Directors are Douglas Lathum and Ellen DeTroy. They bring new energy and new talents in accounting and marketing to our organization. We bid farewell to Cindy Hubert who served GFC for one year as Administrative Assistant and Development Coordinator. Sheryl Potet leaves GFC as medical records assistant. Our best wishes to both.

### St. Vincent de Paul / GFC Clinic moving

Our St. V. de P. / GFC clinic offices will be moving across the street from our present facility. The new office will be larger and provide additional capabilities. We need to be welcoming to clients to encourage them to walk across the street to receive their medical care. Pres-

ently, St. Vincent de Paul is the most active of our medical clinics. Hopefully the move will allow us to improve access to the population in this needy area. We will shortly increase our service at St. V. de P. through regular office hours by our nurse practitioner. This will offer continuing and follow-up care for our clients at that location.

**Dental Volunteers Needed** - On a weekly basis we are turning down about 25 potential patients because we do not have enough volunteers to staff our dental clinic. Anyone wishing to volunteer in the dental and wellness center is encouraged to call Cheryl Myers at 955-0217. Please ask your dentist and hygienist if he/she would be willing to volunteer 4 hours a month for us.

**GFC Mobile Unit** - Our "mobile-home-converted-into-a-doctors-office" is limping along after more than ten years of noble service. We hope to get one more year out of her. Ideas concerning how to improve our mobile service to the homeless and poor on the streets of Indianapolis are welcome. With planning and years of experience we can raise our care to a new level.

## Donors (cont. p. 2)

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Joseph Pallatin by Mark and Pamela Rutkowski  
Brooks W. Powers by Pamela Powers  
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Dr. Shankar by Dr. John and Karen McGoff  
Dr. and Mrs. William Spitz by Drs. Rose and Kenneth Fife  
Jane C. Wheeler by Dr. Edward C. Wheeler  
Travis Woerner, our Grandson by Dr. Elmer and Susan Habegger

### In Honor of

Shirley Alveal's 75<sup>th</sup> Birthday by Patty and Garry Beldsoe  
Dr. Gregory Blitz, Dr. Elizabeth Kline, Dr. William Moores, Dr. Robert Huff, Dr. Daniel Robinson, Dr. James Scheidler, Dr. David Thomas by Dr. Ned and Martha Lamkin

Lynne Baron and Ken Knowles by Patricia and Michael Miller  
Rebecca Boyd - 6<sup>th</sup> Year Anniversary of Cancer-Free Health by Beverly Gallagher  
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Tom and Mary Ellen Brown by Patrick and Sheila Brown  
The Rev. Judith A. Culpepper, M.D., FACP for Christmas by Colonel & Mrs. Julius Culpepper, Jr.  
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Microsoft Matching Gift Program - Robert Roudebush

### In Kind Donation

Anthem Inc. - Office Desk and chair  
Richard Brooks - Glucometers and testing strips  
Mary Ellen Brown - Socks  
Butler University - Basketball tickets for HRP men  
Dr. Philip Cascione - Dental Needles  
Faith United Methodist Church Youth Group - Hygiene Items  
Faith United Methodist Church - Heating Pads  
Dr. Frank and B.J. Green - Socks and underwear (lots!)  
Dr. David A. Kirchoff - Medical supplies  
Dr. Martial Knieser, U.S.

Health Services - Medicines  
Tom and Ruth Kueper - medicines  
John and Lynn Madry - Hats and gloves  
Kathleen Murnane - Hats, gloves and mittens for Shelter Health Fair  
Ms. Jean Quinn - Hygiene items and socks  
Robert Roudebush - 3 copies of Microsoft software  
Saint Roch Catholic Church - wrapped Christmas gifts  
Mr. and Mrs. Frank Sapio - Airplane Ticket for Health Recovery Program Participant  
Society of Operating Room Nurses - gloves for Shelter Health Fair  
Deborah Tanner, Kathy Wilson, Linda Wilgus - Shelter Health Fair Items  
The Care Group at Methodist - Socks for the Van  
Dr. Jose Tord - Scale for Lighthouse Mission clinic

### National Respite Care Conference Support (Indianapolis, Dec. 4<sup>th</sup> - 6<sup>th</sup>)

U.S. Health Services  
WellPoint, Inc.

## A message from our Exec. Director—Rebecca Seifert

The Board of Directors voted in 2004 to start an Endowment in order to provide future support for GFC and its programs. We announced this at our annual meeting held in February of this year. The Board has long realized that having a diversified funding stream is crucial in providing long – term sustainability for Gennesaret.

The objective of the Gennesaret Endowment will be to assist in the accumulation and growth of donor gifts or bequests and to help insure the long-term financial stability of the GFC. The initial objective will be to grow the endowment, although with Board approval, reasonable amounts may be utilized to help support the annual budget, to fund restricted endowment purposes or to meet emergency requirements.

Starting an Endowment is essential if Gennesaret Free Clinic is to continue to provide vital health care services to many of our city’s homeless and working poor citizens. In the early days of Gennesaret Free Clinic, it was thought that our services would only be needed for a couple of years. Sadly, that is not the case.

Today, in 2005 our services are needed more than ever...last year we had a record number of medical patient visits—5,861 which represents a 33% increase over the previous year—with most of our patients receiving two- three medications per visit. Our spending on medications during this same time period nearly doubled!

In addition, our Dental Clinic had 3,038 patient visits accounting for 10,735 procedures with a fair market value of \$625,284.00. Our dental clinic offers a full range of dental services inclusive of cleanings, fillings (amalgams and resins), root canals & steel crowns, dentures and partials. For many in our community, the Gennesaret Dental Clinic is their only source for dental services.

At our Health Recovery Program, the men who are being admitted are sicker and are requiring longer stays...

Gennesaret Free Clinic was born out of love and compassion for humankind...to borrow a quote from, “At the End of Life,” by Benjamin A. Williams...

At the end of life we shall not be asked  
How much pleasure we had in it  
but how much service and pleasure we gave in it;

Not how full it was of success but how full it was of sacrifice;  
Not how ambition was gratified but how life was served.

Life is judged by love and love is known by its fruits.

*(Art for Beds—Continued from page 1)*  
15<sup>th</sup> from 4-7PM at Montage located off 82nd Street between Clearwater and Castleton... Delight your palette with delectable Italian Cuisine and your eyes with art work and gift certificates to some of the best restaurants and venues

in the city!  
Art for Beds Combo Ticket for both the Wine Tasting and Art for Beds — \$ 75.00  
For Art for Beds only — \$ 60.00  
For more information contact 262-5645.

*(Strategic Plan—Continued from page 1)*  
Plans for the last 9 years. The Strategic Plan for 2003-2005 is now coming to a close with remarkably few issues left unaddressed. Our collective wisdom has guided us well over the last few years and soon it will be time to formulate a plan for years 2006 and beyond. If you have burning issues or just a few simple suggestions

please contact a Board Member or email your suggestions to our administrative office. We will take your ideas seriously and give your suggestions a proper hearing and consideration for our coming years. Look for good things to come at GFC.

*(Mini-Van -Continued from page 1)*  
case manager, Susan Eldon, also uses the vehicle for off-site visits.

Administrative office. For sizeable gifts, naming or recognition in lettering on the vehicle is available.

The men are proud of the vehicle and the new possibilities it will bring. If you would like to drive the men to social events or could help with future payments for continued use of the vehicle in the years to come, please call our administra-

Administrative office. For sizeable gifts, naming or recognition in lettering on the vehicle is available. GFC is will be more visible with our new vehicle and provide better service to our HRP men as well.

**GFC Welcomes our newest volunteers. Glad to have you on-board!**

**Dr. Thomas Bohnert  
Dr. Thomas Pauszek  
Neda Davallou  
Jena Guo  
Megan Coulter  
Martha Dogan,RN  
Mary Lou Garcia  
Katy Gunn  
Ben Lippincott  
Patrick Lockett  
Sheyla Morais  
Gladys Phillips, RN  
Michael Ryan  
John Shepard  
New Volunteer Orientation**

Please call the Administrative Office (262-5645) to register for the next orientation meeting (May 5th 5:30 PM) to volunteer.

He just didn't feel like doing anything. He wasn't ill, just sullen. Minutes before he found out his best friend's sister had just been found murdered. They had played together as children and now she was gone. For the moment, the spark was out of his life as well. How many times do we see reports of violence on our streets and have any personal connection? Our lives are so often insulated from the harsh realities that impact and disrupt the lives of the patients we see and treat at GFC.

## Judy O'Bannon Warms the Hearts of GFC Volunteers, Donors and Staff

Our GFC Annual Meeting celebrated our 17th year as an organization with Judy O'Bannon, former First Lady of Indiana speaking to the 200 person assembly. The meeting was held at the Christian Theological Seminary in early February.

We honored our volunteers of the 2004 year; they were Dr. Robert Gregori—Medical Doctor, Dr. Michael Rice—Dentist, Marlene Lambert—Nurse, Lois Pinckley—Pharmacist/clerk, Rick Martz—Dental Hygienist, Jan Rost—Art for Beds committee, John Wolf, Pat Williams—Carpenter Golf Tournament, and the technology volunteers of Anthem. These volunteers were selected because they have exceptional contributions to our patients health and GFC.

Judy O'Bannon spoke at our Annual Meeting for the second time. She recalled the 1998 Annual Meeting held in the Indiana Governor's Mansion when she was our First Lady.

She recalled several inspiring stories of persons who had impacted her with their courage, insight and perseverance. Her comments returned several times to her deep felt conviction



Judy O'Bannon with gentlemen from the Health Recovery Program at the 2005 Annual meeting

that we all have what we need in life and that each of us have gifts and each of us have needs. She stressed that when we bring our gifts together with our needs, we are all fed in the exchange. Most importantly, Mrs. O'Bannon said that as we are fed spiritually by the sharing of our gifts and needs, our community will be healed. May we pray that GFC will always be a source of community healing in this spirit.

# Reflection Reflection

### I Dream a World

I dream a world where man  
 No other man would scorn,  
 Where love will bless the earth  
 And peace its paths adorn.  
 I dream a world where all  
 Will know sweet freedom's way,  
 Where greed no longer sap the soul  
 Nor avarice blights our day.  
 A world I dream where black or white,  
 Whatever race you be,

Will share the bounties of the earth  
 And every man is free,  
 Where wretchedness will hang its head,  
 And joy, like a pearl,  
 Attend the needs of all mankind.  
 Of such I dream—  
 Our world!

—Langston Hughes

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Here

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FAX: (317) 262-5609  
email: rseifert@worldnet.att.net

[www.gennesaret.org](http://www.gennesaret.org)

## Our Mission

We  
are health care professionals and other  
concerned individuals, who have heard  
a calling to offer our talents and  
training to the homeless and indigent in  
Indianapolis.

Through our efforts, we endeavor to  
provide competent, accessible, and  
compassionate health care to the needy.

Our faith moves us to show special  
respect and dignity to those who are  
disenfranchised; for we realize that it  
is in such a healing encounter that we  
are all made more whole by  
God.

### *The Staff*

Rebecca Seifert MSW, Executive Director  
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