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InTouch

A QUARTERLY PUBLICATION OF THE BODY OF CHRIST COMMUNITY CLINIC, BELTON, TEXAS

2020 A Challenging, But Rewarding Year

Financial Update

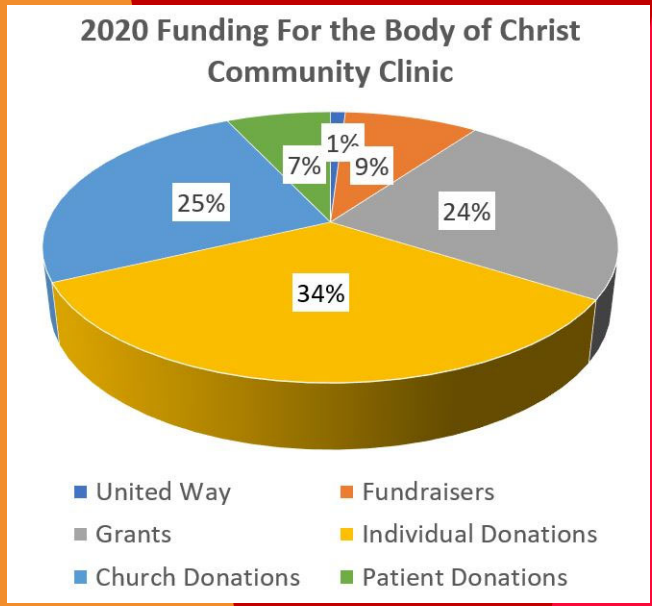
The year of 2020 will likely be a year very few of us will ever forget. It was indeed a challenging year on many fronts,

The Body of Christ Community Clinic was able to continue to serve our communities in spite of the many challenges thanks to the generous support from our churches, individuals, grants, golf fundraiser, and patient donations.

In spite of all the adversities the Clinic ended up the year very close to its' predicted budget.

Total donations, grants, and fundraising for 2020 were $331,538 compared to a budgeted $348,000. As indicated by the chart the majority of donations came from individual donors at 34% followed by Church donations at 25%, Grants at 24%, Fundraising at 9%, Patient donations at 7%, and United Way at 1%.

As we look forward to a better 2021, we hope to see an increase in fundraising activities including successful grant applications.



Patient Success Stories

Charles (not real name) is a military veteran who came to the Body of Christ Dental Clinic for dental services. He took early retirement and lives on a limited income, has medical insurance but has no dental insurance. Charles is friendly, outgoing and loves to tell stories of his time in the military serving our country in Vietnam. Charles came to the clinic for an emergency extraction for a tooth that was causing him a great deal of pain. While he is in the waiting room for his appointment, a young woman comes into the clinic crying, asking for an emergency appointment. She says she is in extreme pain and needs her tooth pulled as soon as possible. While the receptionist is checking the clinic schedule for an appointment for her, Charles engages the young woman in a conversation. After a few minutes, Charles comes to the reception desk and asks the receptionist to schedule the woman in his place. He says" she needs this appointment more than me. "I am a soldier; I will soldier through my pain." The young woman breaks into tears and thanks Charles for giving up his appointment so she can be seen.

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Together We Heal

From the Desk of the Chairman: Robert Bass

What is next.?

Last year was a very challenging year, not only for our patients but for all of us. I say congratulations to you reading this newsletter on your perseverance.

I am very proud of our care providers, volunteers, staff, and board members for their performance in how you handle each situation. You all adapted very well throughout these trying months. I strongly feel this was accomplished through our belief in our Lord and all those prayers that we prayed daily

. We have talked this past year more than ever about being safe than most of us ever expected. While it was difficult to adjust our practices so quickly, I applaud the commitment our staff showed in making sure the needs of our patients were met.

Throughout the past ten years we have been caring for our patients and I believe that we have made many improvements each year. This past year we learned the necessity of virtual medicine and the procedures that we put in place will help us in moving forward with the use of more virtual medicine.

I do believe that we all feel that we must turn the page on the past year. As we do that, we need to remember what we went through and use it to help us grow. While looking at what lies ahead for us this year let us all remember the greatest tool we have, which is our prayers. As our name says, The Body of Christ Clinic, we are here to carry on His work in our community. And He walks with us on this journey every day.

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You shop. Amazon gives.

AmazonSmile.com is a simple and automatic way for you to support the Body of Christ Community Clinic every time you shop, at no cost to you.

It is the same pricing as on the regular Amazon site, but on AmazonSmile you can select a charity to support with your purchase. So next time you shop use AmazonSmile and select the Clinic. If you do you will be helping the Clinic.

Donna's Den: Donna Dunn, Executive Director

SPRING—my favorite time of year! As I see the trees and flowers blooming, I am reminded that God makes all things new, gives beauty for ashes and that He is with us wherever we go. HE walked with us through the challenges of last year and we are going strong into 2021!

Here are a few updates:

The clinic is seeing many more patients, especially at the dental clinic. We desperately need Registered Dental Assistants on Thursday evenings and some Fridays. If you know of anyone who has the time to volunteer, please send them to our website to sign up.

BOCCC welcomed several new members to the Board this year: Jeff Putska -Christ the King Church. Lauren Ehle -Vista Community Church. Vickie Leake -Belton Nazarene Church. Patricia Rye -First Presbyterian Church

We have created a Body of Christ Community Clinic Gift List on Amazon. We are requesting dental hygiene products that we give to our patients. Also, if you shop on AmazonSmile and select the clinic, the clinic receives 0.5% of purchases.

Our awesome Treasurer, Michelle Delegram, got us set up to receive donations through the Tithe.ly mobile app. You can also give through Pay Pay on the website.

We hope to have our annual banquet in the fall. Further updates to come!

I want to thank each of you for your prayers and support. Body of Christ Community Clinic is here for such a time as this and you are a part of our story!

Vernell's Vibes: Vernell Labaj, Operations Director

I have an announcement:

We're contagious. I know, your heart rate just went up! When we think of contagious in today's world, we think of COVID, quarantine, vaccines, etc.

But there is one more contagion to be added to the established lists: happiness, joy. It is contagious.

Our mood and behavior spread out and affect those around us. The attitude of a single person can literally radiate outward into networks of people.

I think everyone knows: Spending time with a joyful person tends to build joy in us. And being with someone who is negative and discouraging tends to bring us down. Wears us out.

Three things we should remember:

1 We are connected to each other. Social beings.

2 We affect one another with our actions, our words, our attitude.

3 In every moment and in every encounter however brief or lasting we have the ability to spread happiness or despair

A shortcoming we often face is when we think joy is something we "have." In truth, joy is something we "choose," something we "create."

We ought to "MAKE" a good day instead of hoping to "HAVE" a good day.

When we choose to share joy, we have the opportunity to change the world. For the better.

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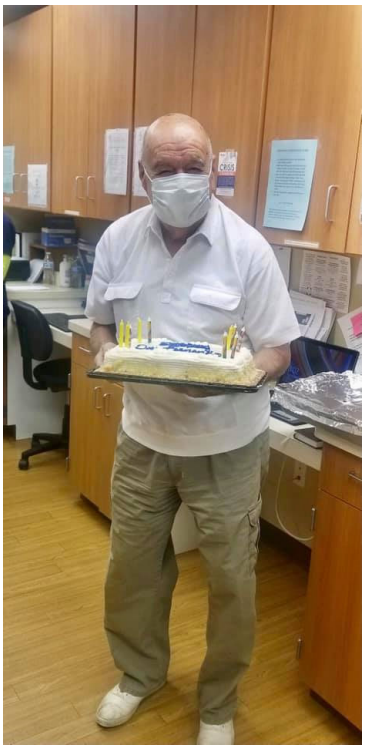
Clinic's Spring Snapshots



Photos: Top left: Celebrating Dr. Fernando DeLeon's 93rd birthday
Top Right: Kenneth Marquardt, Temple College Dental Hygiene Class, Belinda Baker, Debbie Hitt; Bottom Left: Matthew Meece; Bottom Middle: Angela Brown, Lupe Martinez; Bottom Right: Angelica Yanez, Jennifer Ramirez, Barbara Roquemore, Linda Henderson

Patient Success Stories

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Mary (not real name) came to the clinic needing help with dental problems. She had just escaped a physically abusive relationship that she had been in for years. She was emotionally frail and worn out. She came in for her first appointment where the staff took xrays and did an exam. She would shake and had severe nervousness. Her blood pressure was extremely high so the dentist could not begin treatment on the extensive amount of work that needed to be done. The patient felt like it was because she was scared so the doctor told her to return in two weeks. At the next appointment her blood pressure was still high. The doctor talked to her about her diet, referred her to the medical clinic and told her to return in six week. Mary told the doctor she would work on it. She was treated at the medical clinic and put on blood pressure medicine.

When she came in for the next appointment, she was a totally different person. She had lost twenty pounds and her blood pressure was excellent. We were able to start her extractions. The patient reported that "this clinic helped her change her life". Mary was referred to another provider to help her with partials. To see her physical change was amazing but her mental was most important. She was laughing, calm and ready to smile again.

Volunteer Receives Research Grant

Many studies have shown the benefits of a healthy diet in preventing major killers such as heart disease, diabetes and cancer. But not as many studies have looked at the connection between a healthy diet and gum disease, which also can lead to serious health conditions.

A Temple College science student and Body of Christ Community Clinic volunteer, Glenda Panzieri, is trying to change that. She recently received a $1,500 student research grant from the Texas Academy of Science (TAS) to study the link between diet and gum disease, which is also known as periodontal disease.

According to the Centers for Disease Control and Prevention, half the adults in America have periodontal disease, in which the supportive tissues surrounding the teeth become inflamed. Periodontal disease can pose a serious health risk because it opens pathways for bacteria to spread throughout the body.

Glenda Panzieri

While periodontal disease is frequently caused by poor oral hygiene, Panzieri wants to see if there is a connection between nutrition – particularly an anti-inflammatory diet – and periodontal disease.

An anti-inflammatory diet is low in foods made of refined carbohydrates and high in foods containing Omega-3 fatty acids such as fish, olive oil and nuts, as well as foods such as dark green vegetables and citrus fruits that are high in compounds called polyphenols.

Panzieri is conducting her research at the Body of Christ Community Clinic in Belton. Panzieri said she took the Research Methods course to improve her chances of getting accepted to dental school or a dental hygiene program.

Vernell's Vibes

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Embrace life knowing that we have been created to make joy and make happiness go "viral."

The last year has been a difficult one for all of us, as well as for our patients at the Body of Christ Clinic. We've prayed over difficult challenging decisions, and often hard choices had to be made. God has been faithful to the work of the clinic and continues to provide for all the clinic and its patients needs.

We choose to spread joy to those we serve – leaders, patients, fellow volunteers, other agencies. We look forward with eagerness to the coming year, doing God's work and spreading happiness and joy to all those we encounter.

Thank you to all who serve.

BODY OF CHRIST Community Clinic Inc.

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