

Volume 3, Issue 3
Sept / Oct 2011

**“God gives us more than
we need
so we can give to those
in need.”**

- Janette Oke

**Open to Patients:
Tues. - Wed. - Thurs.
8:30 a.m. - 5:00 p.m.
Closed for lunch
Noon - 1:00 p.m.
For appointments -
call 830-796-3448**

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Clinic Connection



THINK PINK...Get Screened Today!

What's the key to surviving breast cancer...**YOU!**

According to the Susan G. Komen Foundation, early screening for breast cancer has a 98% survival rate. That number drops precipitously to a 23% survival rate if the cancer is not detected early. That places the burden of your survival on you, says the Komen Foundation, an organization dedicated to breast cancer research.

Here at the Arthur Nagel Community Clinic, we take the month of October -- Breast Cancer Awareness Month -- very seriously. The Well Woman's Program -- a small but exciting outgrowth of the Clinic's preventive healthcare program -- was developed to meet the needs of women who have not had regular checkups. This is the second year for the Well Woman's Program, and we have witnessed firsthand the steady increase in the number of women actively participating in this life-saving program.

We found that many women put off having an annual checkup when finances are tight or the family is struggling. Women typically put the children and their spouse first and themselves last. Through the Well Woman's Program, we show them that their health is important too, if not more so because women are the nurturers of the family. The program enables us to offer these women free or low-cost physical examinations, pap tests, birth control, mammograms, urinalysis, screening for colon cancer, STD testing, pregnancy tests, prenatal care referrals, and healthy lifestyle counseling.

The Well Woman's Program saves lives. We schedule mammograms and cervical cancer screening. The few women found to have malignancies are immediately referred to oncologists. Four breast cancer malignancies have been diagnosed at the Clinic this year. Thankfully, the Well Woman's Program is working to find serious health problems while there is still time for successful treatment.

In our observance of Breast Cancer Awareness Month, the Clinic partnered with Christus Santa Rosa Hospital, to bring in their Mobile Mammogram Unit to Bandera on October 4th. This free service was in conjunction with the City of Bandera's Annual Health Fair at City Hall (see article on page 4) and was opened to both the Clinic's patients in the Well Woman's program and the general public.

If you are interested in supporting the Clinic's Well Woman's Program by making a donation, or if you would like to volunteer to assist with the medical care of Clinic patients, please call 830-796-3448, or access the Clinic's website at NagelClinic.org. For more information on breast cancer detection, treatment, and support groups, check out the Susan G. Komen website at Komen.org.

Remember, the person who can save your life is YOU! Please get screened today.

A Stone's Throw

Cupcakes, five bucks, and the value of an uncluttered heart

by K. Irene Stone,
Executive Director

If nature has made you a giver, your hands are born open, and so is your heart. And though there may be times when your hands are empty, your heart is always full, and you can give things out of that.—Frances Hodgson Burnett

It was just twenty-five dollars...but when it dropped, unbeknownst, out of my pocket onto the pizza parlor floor, and was swooped up by hungry teenagers, it became all the more important. A twenty and one five...the larger portion of my profit from the annual Medina Community Garage Sale and the sum of two days of cleaning out closets. I searched high and low once I discovered it missing, but it was too late, and I despondently returned to my booth. A wonderful fall rain shower basically ended the garage sale early, and I knew there was no chance to recoup my loss.

That evening, as I wandered around my yard picking up the traces of the small windstorm that had accompanied the shower, I thought about my day. As far as garage sales went, that was a bust. I may have made some room in my closets, but my sole profit for the day, after you deducted the pizza, was a whole five bucks. One precious Saturday traded for \$5. For a moment I was tempted to write the day off as a complete failure, but then the true events of the day unfolded before me.

You know that feeling you get when you ace a test or the “Aha” moment when you realize all your efforts paid off? Well, that was the feeling I had. Deep down I knew that while the day was a monetary loss, it was a success for me personally despite the adversity I had encountered. I had had a good day after all.

And how did that good day come about? Well, it could have been when I, who hesitates to buy any food item off the streets (thanks to working years with health inspectors) was approached at the garage sale by an earnest young lady who was mentally handicapped. She held up a tray of Halloween cupcakes and wanted to know if I'd buy one as she proudly told me she made them herself. I glanced down at the tray, quickly noted that NO ONE had bought a single cupcake (never a good sign), and looked back at her hopeful face. Before I knew it I had cast my food phobia aside, heard myself say, “Sure!,” and reached for a cupcake with a smiling jack-o-lantern. The girl beamed.



Soon afterwards a slender older woman in an dingy t-shirt and whiskers on her chin came into my booth as I was packing up. She timidly handled the remaining items for sale, and you could tell that money was tight. I was putting up my leather jacket from Coldwater Creek, that I had attempted to sell for no other reason than to make room in my coat closet, when I stopped, looked the woman up and down, and asked, “Would you like this leather jacket? It's yours if it fits.” I don't know why I suddenly decided to give her the coat, but my offer was on the table. She slid her arms into it's soft sleeves, and after she zipped it up, she stood up straight, patted her sides, and exclaimed, “Oh, I don't know if I have anywhere nice to wear such a fine jacket, but I'll find somewhere.” She carefully took it off, folded it over her arm, and I knew my coat had a new home.

Later, driving home down a caliche back road, I came across some old bottles in the bar ditch. I stopped, got out, and tossed the bottles in the back of my truck. Dusting off my hands, I hoped no one came barreling over the hill to see the crazy blonde picking up trash in the middle of nowhere. But I knew the minute I saw the bottles that I couldn't leave them there and chance they might break and leave glass everywhere. Trail riders came down that road all the time, hikers, baby deer...someone had to pick the bottles up. That someone happened to be me.

These were little things, definitely not worth a star in a crown, but what struck me as most interesting was my willingness to keep doing good things despite the bad thing that had happened to me. I lost my hard-gained profit. Adversity struck. But I shrugged it off, and kept helping others. In today's economy, with the stock market rising and falling, land values dropping, housing market downturn, lack of jobs, lower pension...okay, my list could go on and on...it is so easy for people to think to themselves, “That's it, I'm not helping anymore. No more giving from me. Talk to Obama and Congress...they got my share. The bank is closed.” But that's precisely WHY you should help. Don't let adversity, bad events, poor timing derail you from giving your money, self, and time to those who truly need it.

Bottom-line, life is not about the stock market, mutual funds, savings account, or even the community garage sale. It is about the people's lives you touch on your journey. After all, at the end of the day, I walked away with five bucks in my pocket, a less cluttered closet, and a much richer heart (and the cupcake wasn't bad either). I'd say it was a good day. I hope you have a good day too...and when you do, I hope Arthur Nagel Community Clinic can share it with you.

Arthur's Angels

*Life is a gift from God who will guide us through life.
 Life is fragile, yet we believe we are invincible.
 Life is short, yet we believe we will live forever.
 Life is on-going; we are only a moment in time.*

*One day you are born and will live forever.
 One day you are a child living life to its fullest.
 One day you are strong, healthy and wise.
 One day you are sick, just a stumbling block in time.*

*There are Angels among us just waiting to care.
 There are Angels among us to catch us when we fall.
 There are Angels among us to nurse us back to health.
 There are Angels among us renewing a life almost lost.*

*Arthur's Angels just waiting to give you their care.
 Arthur's Angels ready to catch you when you fall.
 Arthur's Angels when in need, to nurse you back to health.
 Arthur's Angels; a safety net renewing a life almost lost.*

*When I was in need and there was no hope in sight.
 When I was sick in need of care and someone's support.
 When I was in need seeking Angels from up above.
 When I was in need my life was in God's hands.
 Angels on earth were found at Arthur Nagel Clinic.
 "May God be with them throughout their days."*

*Thank you, John & Kay Spencer,
 Patients of Arthur Nagel Community Clinic*

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*Arthur Nagel Community Clinic
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Steve and K. Irene Stone

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Arthur Nagel Community Clinic

P.O. Box 519, Bandera, TX 78003
 830-796-3448 / 830-796-3840 Fax

On-Line Donations
 Access is now available
 on www.nagelclinic.org!

Please consider helping the low-income families and residents of Bandera County who have medical needs but no health insurance, and return this form to the Clinic. Thank you!

Name(s): _____

Address: _____

Phone: _____ E-mail: _____

I would like to support the Clinic with the enclosed tax-deductible donation. Amount \$ _____

If a Memorial Gift, please list the honoree's name and family contact information: _____

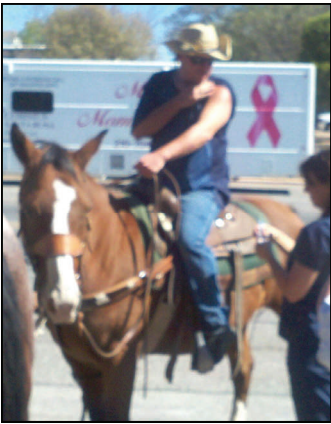
Please apply my tax-deductible donation to the Clinic Endowment Fund. Amount \$ _____

Thank You!

*2011 Sept/Oct
 Newsletter*

Kindness is a language the deaf can hear and the blind can see—Mark Twain

Out & About in Bandera



CITY OF BANDERA 2011 HEALTH FAIR was a success with over 160 flu shots dispensed for free at City Hall by Crawford Pharmacy, an increase of 100 shots more than last year! Christus Santa Rosa Mobile Mammogram Unit assisted thirteen women with free mammograms. Arthur Nagel Community Clinic was proud to be a participant....as were some passing cowboys and cowgirls who got their flu shot while on horseback. Only in Bandera!



The Clinic needs more volunteers. If you are interested in learning more about being a volunteer, please call the Clinic at 830-796-3448.



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The Arthur Nagel Community
Clinic is a 501(c)(3) nonprofit
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