

# Clinic Connection



“There is a loftier ambition  
than merely to stand high  
in the world.  
It is to stoop down and lift  
mankind a little higher.”

- Henry van Dyke

## 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

## Board of Directors

Dan Wise, President  
Bill Bringham, Vice-President  
Bruce Hanks, Treasurer  
Barbara Shepard, Secretary  
Cynthia Cox Payne, Past Pres.  
Florida Barnes  
Carmen Gascot  
Vicki George  
Don Giles  
Bob Grimes  
Mike Smith  
Tracy Thayer

## Advisory Board

Stephen Ball  
Alan Fremland, M.D.  
Saleh Jaafar, M.D.

## The Kronkosky Charitable Foundation's Greatest Gift

*By Dan Wise, Board President*

The announcement arrived on an embossed card. One had been sent to each member of the Board of Directors and staff of the Arthur Nagel Community Clinic, and to numerous charitable foundations throughout Texas. The card was simple and elegant. It read:

*Announcing a Gift in Honor of*  
**ALBERT KRONKOSKY JR.**

On MAY 17, 2011, MR. ALBERT KRONKOSKY JR.'S BIRTHDAY  
THE KRONKOSKY CHARITABLE FOUNDATION  
MADE AN UNRESTRICTED AND UNSOLICITED GIFT  
OF **\$50,000** TO  
**THE ARTHUR NAGEL COMMUNITY CLINIC**  
**IN BANDERA, TEXAS**  
IN SUPPORT OF ITS PROGRAMS

It couldn't have come at a better time. Since the day the Clinic opened on May 12, 2008, the Clinic staff has worked hard and long hours, trying to keep up with the ever-growing demand for medical services. We have struggled to see every patient who needed to be seen while faced with the double dilemma of declining revenues and a burgeoning patient population. In its first full month of operation, the Clinic recorded 64 patient visits. Today, the Clinic averages 230 patient visits a month—an increase of 259 % in just three short years. In 2008 the Clinic had three permanent employees. Today it has four—an increase of 33%.

Actually, the Clinic was built to serve 500 patients a year. When we were developing the business plan for the Clinic back in 2006, we researched the potential size of our target market, because that would help us determine how big the clinic needed to be. We estimated that we might see 400-to-500 patients a year. We were dead wrong. In our first year the patient load was twice what we had projected. The Clinic is now recording thousands of patient visits a year, and our little clinic is bursting at the seams.

The reasons for our failure to accurately predict patient load was that we undercounted the number of uninsured residents in Bandera County, and no one anticipated the coming recession and the impact it would have on the size of our target market.

But even understaffed and overcrowded, the Clinic will provide over a million dollars worth of goods and services this year. How is that possible with a \$300,000 budget? Part of it is the gift of time donated by the Clinic's dedicated volunteer staff.

Volunteers contributed over 1,000 hours of service to the Clinic during the first quarter of 2011, at a value of more than \$20,000. In terms of medical services and free prescriptions, the Clinic delivered the equivalent of \$225,000 in healthcare services during the same quarter. The magnificent and unexpected gift from the Kronkosky Charitable Foundation has given us some much-needed breathing room, as we continue to work to meet the needs of every Clinic patient.

Even before we received the Kronkosky Charitable Foundation's unsolicited gift, the Foundation was the Clinic's Number One funding source. I'm sure the same would be true for a lot of nonprofit organizations in South Texas. But this gift goes further than that. It says that what we are doing is valued—that the Clinic is vital—that we have been good stewards of the resources invested with us. It gives us an enormous lift, to keep going, to keep trying to deliver the best healthcare services possible. This is the greatest gift.

# A Stone's Throw

## If it was good enuff for Cinderella...

- K. Irene Stone, Executive Director

*What happens to a dream deferred?  
Does it dry up  
like a raisin in the sun?  
Or fester like a sore –  
And then run?  
Does it stink like rotten meat?  
Or crust and sugar over—  
like a syrupy sweet?  
Maybe it just sags  
like a heavy load.  
Or does it explode?*

– Langston Hughes



I once deferred a dream. Really. Totally sidetracked it. My young friend and I were driving across the mountains of Southeast New Mexico when she got caught up in the moment and confided a lifelong dream to me. In a nutshell, she said simply, “I’d love to have a small ranch where I can train horses so orphans and abused or handicap children can learn to ride.” She continued to verbally illustrate her dream while I carefully drove along the pine-shadowed road. She had thought everything out, down to the last detail. Once finished, she looked at me expectantly, her eyes shining with enthusiasm for the life she had envisioned for herself, well-behaved horses, and needy children.

I tore my eyes off the curvy road long enough to glance over at her, take a deep breath, and proceed to ... well, to *mock* her. “Are you kidding?” my shrill voice rang out in the confined car interior, “You can’t have a horse ranch ... you don’t even know how to ride a horse, much less train one! And do you know how much money you’ll need?” I can still hear my unfeeling remarks echo between us as she emotionally withdrew from me, turning away to watch the forest glide by. But I was being a realist, and, dare I say, too heartless to notice her reaction. Her dream was so unrealistic in my worldly mature eyes that it begged to be mocked. I thought I was doing her a favor.

If only I would have understood then that dreams, by their very nature, are different than goals and objectives. They are all grandeur and spectacular in their scope. That is what makes them dreams. Cinderella knew this well. She sang that a dream is a wish your heart makes. It is not grounded in specifics and outcomes. It’s measured by the heart. To dream a dream you must be willing to step out into the unknown and create your *own* reality.

And dreams are granted access in the real world. They are allowed. With all the responsibilities, negative emotions, surprises, and mishaps, it is nice that we have a few dreams to offset the harsh extremes of day to day living. We need dreams interspersed in our lives to keep us keeping on, so to speak. To give us “fire in our bellies” so we can face another day. Langston Hughes’ poem about dreams, by its strong unpleasant references, reflects all the negatives of a dream unrealized and the danger of “deferring” lofty ambitions. Basically we all need to dream.

But what if your dream has changed? That’s okay. Dreams by their very nature can change over time. They are not static. What you dreamed as a child need no longer inspire you as an adult. You can always dream a new dream. A flipside to this is having a dream come real for you, but you didn’t dream the dream, it was never on your personal or professional horizon, but you are so glad it came true.

I should know. Never in my wildest dreams did I dream about a community clinic for Bandera County. What a blessing that Arthur Nagel had that dream, and so did Helping Hand’s Jesse Parks and the clinic’s Board President, Dan Wise. One day Dan shared his dream with me, believed in my role as Executive Director of the clinic, and said this organization was perfect for my talents and experience. I, of course, responded in true, typical narcissus fashion ... I said, “Not me. It’s a good dream, it has lots of merit, but that’s your dream, not mine. I have other plans, other dreams.”

Fortunately, the Lord had His own plans for my life. “*For I know the plans I have you,*” declares the Lord, “*plans to prosper you and not to harm you, plans to give you hope and a future*” (Jeremiah 29:11). Evidently He “planned” for me to be at the clinic because it quickly became obvious, even to someone as hardheaded as me. As I humbly embraced the opportunity presented, I realized that deep inside my heart I had had this dream all along.

And if I can learn to accept a dream that is right for me, then surely I can learn to believe other’s dreams. To be supportive. And then move beyond just support and help them make their dream reality. It is not our task to derail or defer a dream -- even kill it -- but to help the dreamer breathe life into their dream. My young friend just needed to know I believed in her, I supported her, and I was willing to help her.

I’m sure you can figure out where I’m going with this. Our dream is very much alive at Arthur Nagel Community Clinic. A dream to provide good, wholesome medical care to all qualifying men, women, and children in Bandera County who walk through our door. Not cut-rate, but first-rate healthcare. We have individuals, businesses, churches, and foundations who believe in our dream, support our dream, and want to help our dream come true. How about you? Don’t look through your worldly mature eyes and mockingly say, “Not possible.” See our dream with your heart. After all, if it worked for Cinderella, it can work for us.

## Stationary Marathon 2011

The verdict is in! The 3<sup>rd</sup> Annual Stationary Marathon for Arthur Nagel Community Clinic was a resounding success.

“This is the third time that Comprehensive Physical Therapy has teamed up with the Arthur Nagel Community Clinic for a fundraising event to help the clinic,” said K. Irene Stone, Executive Director of the clinic. “Together we raised \$8,000, thanks to the dedication and determination of our 23 Marathon participants.”

**Comprehensive Physical Therapy and the Arthur Nagel Community Clinic ... making the Bandera community a healthy place to live one person at a time.**

A Victory Party was held April 29th to officially end the Marathon and award prizes to the participants who collected the most funds and covered the most miles during their thirty minute daily work out.

First place winner for Most Funds Raised was local attorney, Cindy Payne, with a record breaking \$2,515 raised. Second place winner was Dan Wise, who garnered \$1,675, and third place went to Stone who raised \$1,166.

“All money raised is given to the clinic to help pay for medical care for our uninsured patients,” explained Stone.

A total of 1,230 miles was covered during the four week event - an event record! First place winner for covering the Most Miles was awarded to Stone, who racked up 150.4 miles. Second place went to Genny Thomson, who rode 144.16 miles, and Payne received third place by covering 115.15 miles.

Participants who were able to go 50 miles or more received the 50 Mile Club Award. This included Marsha Middleton (94.7 miles), Angelica Hernandez (90.44 miles), Jacque Morrow (87.27 miles), Julie Whitmore (59.4 miles), local vet Jennifer Mills (59.30 miles), Susan Schmidtke (56.14 miles), Bill Bringhurst (53.1 miles), and Board President for the clinic, Dan Wise (50 miles).

Something new this year was team competition. There were three teams who competed: Team Vet --Bandera Veterinarian Hospital (Mills, Schmidtke, Middleton Richard and Paula Flach, and Betty Myland), Team Board -- the Board of Directors for the clinic (Wise, Payne, Bringhurst, Mike Smith, and Barbara Sheppard), and Team Clinic -- the staff and volunteers for the clinic (Stone, Thomson, Hernandez, and Susan Broa).

Team Clinic covered the Most Miles with an average 102.49 miles per person and total of \$1,341 raised. Team Vet finished third in all categories with a total of \$884 raised and an average of 48.78 miles per person.

Two special awards were given this year. Genny Thomson, Office Administrator for the clinic, won the Perfect Attendance Award as the only participant to be at the gym every day even though her scheduled workout was at 6:30 a.m. Susan Broa, RiskBusters Manager, received the Wounded Wing Award for her determination to participate in the Marathon despite having upcoming shoulder surgery.

“The clinic and our patients are very grateful to the participants in Stationary Marathon 2011 and to the staff of Comprehensive Physical Therapy. This was the most competitive and the most fun Stationary Marathon to date,” exclaimed Stone. “We are definitely looking forward to next year’s event!”

### Good Things Come in Threes

- K. Irene Stone, Executive Director

May 12, 2011, marked the third year that the Clinic has been opened. What a mark difference three years can make! When the Clinic first opened in 2008, we were open two days a week, then three, then back to two.

Thankfully we are at a solid three days a week now — have been for a year — but that is due to the hard work of three types of people who love the Clinic: Board Members, staff/volunteers, and donors. Together as a team we are finding the means to raise the right amount of money, give the best medical care available, and provide the encouragement and optimism our patients need so that they will continue to visit us.

We can only go up from here ... literally! We are currently working on grants to remodel the attic for three new offices, thus freeing up exam rooms downstairs. And then we can see even more patients!

So, yes, good things come in threes ... “And now abideth faith, hope, and love, these three; but the greatest of these is love.” (1 Cor 13:13 ASV).

**Happy 3rd Anniversary!**

## MEMORIALS

### Dee Case

Alan and Vona Fremland

### Bernard V. Duclos

The Estate of B.V. Duclos,  
Michelle Duclos

### Jeffery Rankin

Carol Cara  
Laurie DiClerico  
Dale Milne

### Jan Tallichet

Dan Wise

*The Clinic needs more volunteers, medical professionals, and office assistants. If you are interested in learning more about being a volunteer, please call the Clinic at*

### Clinic Staff

K. Irene Stone, Exec. Director  
Margarita Sloan, RN, CFNP  
Susan Broa, RiskBusters Mgr.  
Genny Thomson, Office Adm.  
Lane Gardner, EMT-I, Nurse II

### Volunteers

Lillian Aldridge  
Angelica Arreola-Hernandez  
Denise Collyer, RN  
Sandra Hoyland  
Pam Otten  
Patti Rabb, CMA  
Kristi Sparks, RN  
Toni Varva  
Linda Vos, CLT

### On-Line Donations

Access is now available  
on [www.nagelclinic.org](http://www.nagelclinic.org)!

Check out the Clinic on



## Arthur Nagel Community Clinic

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

**NEW!**

On-Line Donations  
available on  
[www.nagelclinic.org!](http://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 \$ \_\_\_\_\_

\_\_\_\_ I would like to pledge \$ \_\_\_\_\_ to be paid during 2011.

**Thank You!**

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



1116 12th St.  
P.O. Box 519  
Bandera, Texas 78003

Phone: 830-796-3448

Fax: 830-796-3840

E-mail:

executive director@  
nagelclinic.org

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

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