Come Grow With Us
San José Clinic Report
"I tell you the truth, if you have faith as small as a mustard seed, you can say this to a mountain, 'Move from here to there' and it will move. Nothing will be impossible for you."

from Matthew 17:20
We think back to the Clinic’s founding in 1922, to the tiny building that has been our home for half a century. We see the gorgeous facilities that God has provided, and we think, my Lord, the mountain has moved! Through the work of staff volunteers, donors, the Sisters of Charity of the Incarnate Word and the CHRISTUS Foundation for Healthcare, this little mustard seed is growing mightily.

More than a monument to the faith and effort of generations, the seed planted so long ago lives, breathes and needs. Its roots are deep; its branches shelter; its fruits nourish, but only through the continued efforts of those who tend to it. Your hands-on assistance is needed more than ever.

Today, San José Clinic delivers primary healthcare to the uninsured in a multidisciplinary environment. Services offered include primary and specialty medical care, general and specialty dentistry, optometry, health education, counseling, and immunizations. Available medical specialty care includes cardiology, dermatology, endocrinology, family practice, gynecology, internal medicine, nephrology, orthopedics, otorhinolaryngology, pediatrics, podiatry, and rheumatology. Comprehensive treatment includes prescription medications and laboratory services at no additional cost to patients through the Clinic’s on-site pharmacy and laboratory. Dental services range from basic dental hygiene to complex restorative and prosthodontic dental care in an environment that honors the dignity of our patients and nurtures the talents of our volunteers.

We invite you to come grow with us. Give the gift of health, and savor the fruit of the spirit.

San José Clinic Chairman Dr. Benjamin Lichtiger and Executive Director Stacie Cokinos view a scale model of the new San José Clinic, scheduled to open in 2010.

San José Clinic & the mighty, mighty mustard seed
“First of all, it’s an extraordinarily well-run clinic.” This comes from a woman who does not mince words. She doesn’t have time.

Dr. Sandra Sessoms understands how a busy practice can leave few hours for volunteering. And yet, for nearly 10 years, she has given one Saturday a month to patients at the San José Clinic.

Why? She speaks of the excellent care, the motivated, inspiring patients and the consistent support staff who keep physicians focused on patients, not paperwork. She speaks of getting back to the real reason you went into the field—pure medicine, and the fact that it’s the right thing to do.

But at the end of the day, her reason is simple: “I get more from this than the patients even do. It doesn’t feel like work at all. I just like it. I really enjoy the patients, and I like the fact that I am doing what I was trained to do and having fun.”

Dr. Sessoms stresses quality and efficiency. She’s found both, plus a support staff that can anticipate her need and a patient base that is truly grateful for her expertise at the Clinic. Learn more at www.sanjoseclinic.org.
Through his career, Dr. Efrain Garcia would tell students in his subspecialty, cardiology, to see patients as a whole, not just a heart. He recognized the interconnected nature of health—and illness—knowing that patients with cardiac disease often struggled with other medical issues like obesity or hypertension.

San José Clinic patients are not unique in the complexities of their medical issues. But San José Clinic is uniquely equipped to address chronic conditions. The Clinic provides exams, lab work, medications, specialists’ insights and education to help patients become partners in their care.

None of which would be possible without volunteers who, like Dr. Garcia, refuse to see retirement as the time to retire their considerable knowledge.

Dr. Garcia invites physicians to review the Clinic’s mission, meet the personnel and learn more about the care provided at San José Clinic. To do so, visit www.sanjoseclinic.org.
Fifteen years ago, a new faculty member in St. Joseph’s Hospital OB/GYN Residency Program began learning about the work of the Sisters of Charity of the Incarnate Word. Inspired by their dedication and perseverance, Dr. Eugene Toy resolved to further the Sisters’ mission—extending the healing power of Jesus Christ.

Today Dr. Toy is the director of the residency program, now associated with Methodist Hospital, and he and his residents continue a collaboration born in the 1940s.

More than medical care, and more than educational opportunities for his students, Dr. Toy finds involvement with the Clinic an opportunity to partner with incredible people while honoring God. His invitation to share in the mission is heartfelt.

“At the end of one’s life, the time spent at San José Clinic is something that one would never regret, but rather realize its deeper purpose. So much of what we do does not have lasting value. Because of the people served, and the collaborative spiritual aspects, one’s time at San José Clinic has eternal and lasting value.”

Weekly gynecology clinics are just one example of specialty care offered here. If you are a specialist, we have a place for you. Please share your expertise with us. Call our volunteer office at (713) 228-9413.
Dr. Gary Williams believes if people are in the giving spirit, they’ll go around the world to help. He didn’t have to go quite so far.

After donating his time to various worthy causes, Dr. Williams found his mission in his own city, putting his dental education and experience to work for the patients at San José Clinic.

In some regards, it’s not easy. Most of the patients require complex care. Their oral health has been seriously compromised, complicated by poor diets and a lack of education. But the Clinic’s dental volunteers are backed by paid staff. They are able to practice pure dentistry, minus the management, billing and accounting. And they offer otherwise unavailable care to patients who are incredibly grateful and receptive.

The Clinic’s new building means the opportunity to offer even higher quality care to even more people. Like Dr. Williams says: “It’s important to be a giver. Why not do your giving through what you’re skilled to do? You’re highly trained, valuable and very needed.”

Dr. Williams stresses, “It’s not like going to work!” Volunteering at San José Clinic offers camaraderie, appreciation and fun. Honest. Contact our volunteer office at (713) 228-9413 to learn more.
During medical school, Judianne was assigned to San José Clinic for a rotation. When her son, Sam, was born a few years later, she was still volunteering. This year, they added the Clinic to the list of things they have in common.

As the director of the residency program at the UT Medical School at Houston, Dr. Judianne Kellaway sees firsthand the impact of this place in the lives of students, and now Sam: “You want to see your children contribute and put a little bit of good into the world, and that’s what I’ve seen. He’s doing some good for people, and he’s enjoying it.”

Sam began volunteering to fulfill a service requirement for school. But then he stayed on. It was fun, and he sees from his own work that “Everything builds on each other. The things we began last summer are still helping people. And it makes me think that maybe some of the things my mom did a long time ago may still be here today.” He’s right. They are.

Dr. Kellaway has volunteered in San José’s Eye Clinic for more than 20 years. Sam advocates completing your service hours (and more) in a place where “everyone is so nice” and “it’s actually a lot of fun!”

The apple didn’t fall far

Generational growth
Windrik Lyn chis bilingual, first-year medical student willing to work five eight-hour days a week during his school break. The Clinic is very grateful. Windrik is even more so. It’s not the pay (he’s a volunteer). And it’s more than the experience—from the specialists he’s been able to shadow to the translation experience he’s amassed to the responsibilities he’s been given. Windrik is also grateful for his parents’ health—improved and renewed through treatment they received at San José Clinic.

Windrik Lynch says, volunteering “You get lots of experience, learn a lot and you also give back. You’re helping others and yourself too.” Two more words of advice: Learn Spanish. You can practice yours here.
Bountiful thanks

Our prayers were answered specifically, precisely and abundantly. In the past year, these donors and volunteers have served as the channels through which our patients experience healing. Their gifts measure into the thousands of hours and the millions of dollars in value, enabling us to reach men, women and children numbered among the 1.3 million uninsured in the Houston metro area.

2008 DONORS

$100,000 - $249,999: M.D. Anderson Foundation, Beirne, Maynard & Parsons, LLP, Bovard, Inc., Keesler Medical Health and Nursing Education Fund, Inc.

$50,000 -$99,999: Techno, Inc.

$5,000 -$9,999: Arboricor, Inc., Beirne, Maynard & Parsons, LLP, Broadlane, Inc., Martin D. Beirne

2008 VOLUNTEERS

<Volunteers list>

2008 MONSIGNOR WALSH LEGACY CLASS MEMBERS

<Names list>

G.A. Munzer, III & Berenice N. Munzer
Don and Mrs. Patrick J. Moran
Jaco and Willy L. Mason Jr.
Garvey Foundation, Inc.
Gent and Jayne Monnier
Puryear Conventications, Inc.
Drs. and Mrs. Brian Pena
Drs. and Mrs. Edwin A. Reed
Faye and Sonny & Company, Inc.
Robert Schick
Drs. and Mrs. Thomas Sessman
Sam’s Landscape Services, Inc.
Robert F. Stanton, DDS
Semark Landscape Services, Inc.
Ms. Nancy H. Tan
Richard Ruiz, M.D.
St. John Vianney Catholic Church
Dr. and Mrs. Michael J. Wilson
Ms. Kim A. Winters
VFW Post 8790 Ladies Auxiliary

2008 VOLUNTEER SCROLL RECOGNITION

<Recognition list>
Ballet Folklorico "Raices del Peru"
COLLABORATIONS AND AFFILIATIONS
AARP
Angela House
Catholic Charities of the Archdiocese of Galveston-Houston
Catholic Health Association of Texas
CHRISTUS Health
Gateway to Care
Greater Houston Dental Hygienists’ Society
Greater Houston Dental Society
Harris County Healthcare Alliance
Lone Star Association of Charitable Clinics Board of Directors
McKinsey and Associates
Mental Health Mental Retardation Authority of Harris County (MHMRA)
National Association of Free Clinics
OutsourceOptical
TAP–IN /Third Age Professional Initiative
The PostOak School
University of St. Thomas
Various pharmaceutical assistance programs

LEADERSHIP STAFF
Executive Director: Stacie J. Cokinos, CFRE
CFO/COO: Lee Ann Kroon, CPA
Development: Sue Murchison
Medical: Ruben Molina, RN, BSN, MHA & Paula Gatts, RN, Retiring Director
Dental: Estelle Foster, MT, CMRT, RDA
Pharmacy: Sandy Spurlock, PharmD
Patient Support: Mary Galvan

FINANCIAL HIGHLIGHTS
For the year ended December 31, 2008

PUBLIC SUPPORT, REVENUE, AND RECLASSIFICATIONS

United Way Allocation $ 735,766
Contributions-Foundation/Corp. 1,659,897
Contributions-Individuals 99,163
Diocesan Support 402,361
Patient Registration Fees 422,257
Investment Income 16,569
Contributions-in-kind 1,790,748
Total public support, revenue and reclassifications $ 5,068,761

EXPERIENCES
Salaries $ 1,811,187
Employee Health & Retirement Benefits 405,637
Payroll Taxes 116,454
Professional & Contract Fees 659,587
Supplies-Office & Building 58,173
Supplies-Medical 173,259
Telephone 26,419
Postage & Shipping 6,773
Chromy 192,472
Equipment Rental & Maintenance 9,234
Printing & Publications 25,514
Travel 3,000
Conferences, Meetings & Events 14,248
Assistance to Individuals 10,544
Liability insurance 14,131
Miscellaneous
Total expenses before depreciation $ 3,586,481
Depreciation 66,367
In-Kind Expenses 1,790,746
TOTAL EXPENSES $ 5,403,576
SURPLUS (DEFICIT) $ (334,815)