

according to matthew

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Donor Newsletter | January 2016

Serving More with the Same Mission

With our recent expansion to surrounding counties, we have edited our mission statement to reflect this change. Our new mission statement is “Matthew 25 Health and Dental Clinic is inspired by the Gospel to provide free primary health care services to uninsured, low-income residents of Northeast Indiana and Northwest Ohio”.

Thank You

Thank you to all the friends and supporters of Matthew 25 Clinic! We would not exist without your help. This year, Matthew 25 Clinic is celebrating its 40th anniversary providing services for the benefit of the working poor, unemployed and uninsured. It is truly a community asset and one that has strived to meet the needs of those who are unable to access healthcare.

Our deepest appreciation goes to all of those who contributed in our success! We could not give such comprehensive care without the huge commitment of our community partners; we thank every one of our donors for their financial support that keeps the doors open so we can serve the needs of our neighbors. We are very grateful for such an amazing 2014/2015 year where we:

- Provided 20,712 patient visits
- Distributed over 6 million dollars retail value of medication through our Patient Assistance Program
- Provided our patients with medical, dental, vision, hearing and prescription services
- With the help of our local specialists, Matthew 25 provided the following specialty clinics:
 - Asthma & Allergy
 - Audiology
 - Cardiology
 - Dermatology
 - Diabetes Education
 - Dietician Clinic
 - Ear, Nose, and Throat
 - Endocrinology
 - Internal Medicine
 - Nephrology
 - Ophthalmology
 - Orthopedics
 - Physical Therapy
 - Pulmonology
 - Respiratory Therapy
 - Spanish Language Clinic
 - Urology
 - Women's Health
 - Podiatry Clinic
 - Oral Surgery



Inside This Issue

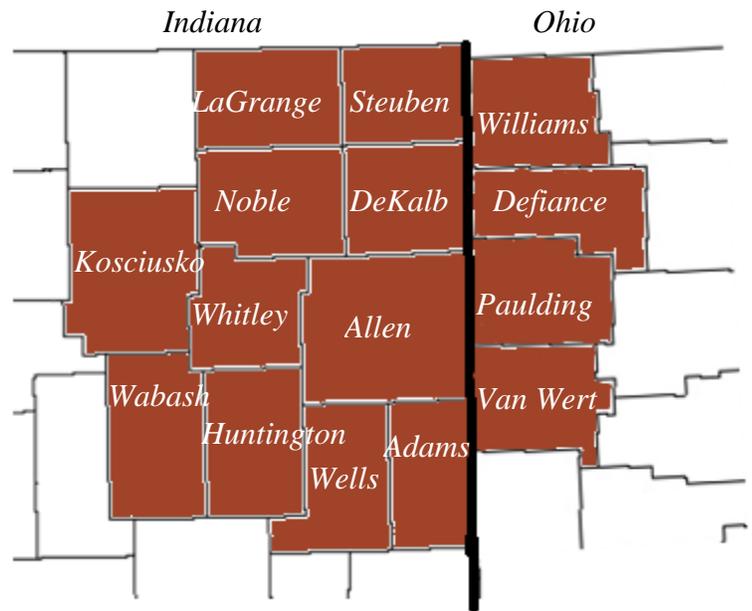
1. Our Mission
2. Thank You
3. Clinic Expands Services
4. Celebrating Our Volunteers
5. Health Tips

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Matthew 25 Clinic Expanded Services

In November, 2015, Matthew 25 Clinic expanded its services to Northeast Indiana to include Adams, Wells, Huntington, Wabash, Kosciusko, Whitley, Noble, LaGrange, Steuben and DeKalb counties. Matthew 25 will also serve Northwest Ohio- Williams, Defiance, Paulding and Van Wert counties. All patients will be treated in our one and only Fort Wayne location. With the expansion we are hoping to help more people in need of healthcare services, trusting that our faithful supporters will grow and that the Clinic's impact will expand even further in years to come.



Celebrating Our Volunteers

On December 3, 2015, Matthew 25 Clinic celebrated exceptional people who go the extra mile to serve others. The commitment of our volunteers is amazing; some have been with us since our doors opened in 1976. In the fiscal year 2014/2015, our volunteers contributed 25,820 hours providing care for the underserved in our community. They come from different backgrounds, ages and professions. Despite their diversity, they make our community a better place to live.

We thank you for your time, compassion, and kindness!



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20 Ways to Enjoy More Fruits and Vegetables

Building a healthy plate is easy when you make half your plate fruits and vegetables. It's also a great way to add color, flavor and texture plus vitamins, minerals and fiber. All this is packed in fruits and vegetables that are low in calories and fat. Make 2 cups of fruit and 2 ½ cups of vegetables your daily goal. Try the following tips to enjoy more fruits and vegetables every day.

1. Variety abounds when using vegetables as pizza toppings. Try broccoli, spinach, green peppers, tomatoes, mushrooms and zucchini
2. Mix up a fruit breakfast smoothie made with low-fat milk, frozen strawberries and a banana.
3. Make a veggie wrap with roasted vegetables and low-fat cheese rolled in whole-wheat tortilla.
4. Try crunchy vegetables instead of chips with your favorite low-fat salad dressing for dipping.
5. Grill colorful vegetable kabobs packed with tomatoes, green and red peppers, mushrooms and onions.
6. Add color to salads with baby carrots, grape tomatoes, spinach leaves or mandarin oranges
7. Keep cut vegetables handy for mid-afternoon snacks, side dishes, and lunch box additions.
8. Place colorful fruit where everyone can easily grab something for a snack-on-the-run. Keep a bowl of fresh, just ripe whole fruit in the center of your kitchen or dining table.
9. Get saucy with fruit. Puree apples, berries, peaches or pears in a blender for a thick, sweet sauce on grilled or broiled seafood or poultry, or on pancakes, French toast or waffles.
10. Stuff an omelet with vegetables. Turn any omelet into a hearty meal with broccoli, squash, carrots, peppers, tomatoes or onions with low-fat sharp cheddar cheese.
11. “Sandwich” in fruits and vegetables. Add pizzazz to sandwiches with sliced pineapple, apple, peppers, cucumber and tomato as fillings.
12. Wake up to fruit. Make a habit of adding fruit to your morning oatmeal, ready-to-eat cereal, yogurt or toaster waffle.
13. Top a baked potato with beans and salsa or broccoli and low-fat cheese.
14. Microwave a cup of vegetable soup as a snack or with a sandwich for lunch.
15. Add grated, shredded or chopped vegetables such as zucchini, spinach and carrots to lasagna, meat loaf, mashed potatoes, pasta sauce and rice dishes.



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Health Tips Continued...

- 16.** Make fruit your dessert: Slice a banana lengthwise and top with a scoop of low-fat frozen yogurt. Sprinkle with a table spoon of chopped nuts.
- 17.** Stock your freezer with frozen vegetables to steam or stir-fry for quick side dish.
- 18.** Make your main dish a salad of dark, leafy greens and other colorful vegetables. Add chickpeas or edamame (fresh soybeans). Top with low-fat dressing.
- 19.** Fruit on the grill: Make kabobs with pineapple, peaches and banana. Grill on low heat until fruit is hot and slightly golden.
- 20.** Dip: Whole wheat pita wedges in hummus, baked tortilla chips in salsa, strawberries or apple slices in low-fat yogurt, or graham crackers in applesauce.



Serving our community for



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