

These Are The Days

MAKE THE MOST OF THE PRESENT TIME. - EPH. 5:16



 Christ Health

Healthcare With Purpose



“ Truly, these are the days, and we owe you more gratitude than we know how to give. ”

A Letter From Dr. Record

Crisp mornings and warmth-by-sunlight near my windowsill, these are the days; days of labor and hope we will one day call the good ole days. As I sit here enjoying the long morning rays, I'm blown away by all you have helped make possible over the past 15 years.

Just yesterday, three different children whom I know come from painful home lives brought huge smiles into my exam room. And out of nowhere, each ran and hugged me with an innocence and warmth that rose above their reality. They left with suckers and stickers, and I left having been touched by Jesus even as I hope they and every family who experiences our ministry might be. This experiencing and sharing abundant life is what it's all about.

I have enough winters behind me to know that the short days and long nights won't last forever, and I'm already looking forward to more of these experiences in more ways in 2025.

Our clinics are growing to provide ever more care, and we are training more mission-driven physician leaders than ever. Christ Health Pediatrics is under construction and will soon open in the Roebuck neighborhood to make a difference among a generation of kids with limited access to care.

What a joy to be a part of this work.

Thank you for all you do to make this ministry and these days special. Now, enough warming myself by the window like a turtle on a pond — time for me to show gratitude by getting back to work.

Sincerely,

Robert Rex Record
CEO



CELEBRATING 15 YEARS 15 YEARS 15 YEARS

2025

Christ Health will be opening our **NEW Pediatric Clinic** in partnership with the YMCA in Roebuck for their Community Development Initiative.

Christ Health Woodlawn officially opened! Our first clinic to help eliminate the healthcare gap that exists in our community.

2009



2017

Christ Health took over the operation and management of the St. Vincent's East Family Medicine Residency program.

Christ Health also opened the Chalkville Clinic, its second primary care clinic, in the Chalkville community.

2013



The Department of Health and Human Services awarded Christ Health a Section 330 grant as a **Federally Qualified Health Center**.



2019

Christ Health opened the Live Oaks Clinic to help solve Birmingham's mental health crisis.



2020

Christ Health administered more than **11,420** tests for COVID-19, and opened a sick clinic for patients that were experiencing respiratory issues and fever.



WE'RE BACK

This year, we've been thrilled to welcome back many familiar faces!

From gap-year students to residents and fellows, it's inspiring to see individuals who have trained with us return driven by their passion for healthcare and their love for God. We're honored to be a part of their journey as they grow into the exceptional healthcare professionals they aspire to become.



DR. KAYLA WESTERMAN

I started at Christ Health as a Family Medicine Resident. Now, I serve as the first Family Medicine Mental Health Fellow. I'm also an adjunct faculty for the residency program. Christ Health Center has been the training ground to help develop me into a doctor who uses the gifts God has given me to serve His people in practical ways while also offering the hope that can only come from Him.

“It's not just healthcare, it's ministry.”



DR. BENJAMIN TAYLOR

I began my journey as a resident more than three years ago. I was eager to work here as a full-time doctor, and I strongly believe in the mission and the Great Commission of Jesus Christ here at Christ Health Center. God has opened the door to many opportunities to grow. I'm blessed to have had the opportunity to work in many settings, including jails, prisons, hospitals, and nursing homes.

“I would highly recommend all healthcare students to experience our clinic.”



IMANI WARNEX, PA-C

A fellow classmate and I were the first PA students to be a part of Christ Health Center's Missional PA track. During my clinical year, I spent about 5 months training at our Chalkville & Woodlawn locations, as well as with our inpatient team at St. Vincent's East. Fast forward to now, I have been a full-time Family Medicine PA-C for over 6 months & have grown more than I could've ever imagined. I love the relationships I have built with my coworkers and patients.

“I chose Christ Health because I believe in providing healthcare that is both quality and gospel-centered.”



**BUTLER WILBANKS
OMS-III VCOM**

During my time at Christ Health as a medical assistant, I was able to work alongside medical students, residents, and physicians who encouraged me to apply to VCOM-Auburn. Currently, I am a third-year medical student completing my clinical rotations through Christ Health Center.

“I'm excited to return to Christ Health and see many of the familiar faces whom I'd worked with in the past!”



DR. MARY CATHERINE MITCHELL

I have served at Christ Health as a gap-year student, medical student, and have returned as a family medicine resident. I am passionate about serving our community and improving women's access to care.

“It is such a joy to be able to care for women in all stages of life and provide preventative medicine and obstetric care.”



ZOE TENNER OMS-III VCOM

After graduating from Ole Miss in 2021, I moved back home to Birmingham for a gap-year before medical school. I was told about Christ Health and decided to apply for the Medical Assistant position. I had no idea how much it would transform my life!

“The Christ Health team has helped shape who I am. I will forever be a better disciple and doctor because of the foundation built here.”

This position was my first real exposure to the medical field and was confirmation of God’s plan and purpose for me to be a doctor. The staff, residents, and attendings were incredibly supportive throughout my medical school application process and deeply inspired me by how they always keep God at the center of all they do.

I ended up being accepted to attend VCOM-Auburn with my fellow Medical Assistant, Butler Wilbanks. Within the first few weeks, we reflected on how our time at Christ Health equipped us for school in ways that our peers had not experienced (medical knowledge, clinical skills, and spiritually). Now, we are 3rd year medical students and got to choose Christ Health as our “core-site” for clinical rotations. Truly a full-circle moment to be welcomed back with open arms.

One of the best parts of working with the Christ Health team is how invested they are in each other’s journey, including the teaching physicians. For example, because of my interest in psychiatry, Dr. Cleon Rogers (one of the physicians to oversee all things residency), set up an elective with Dr. Brunsvold at their Live Oaks Clinic. While I was there, all of the providers radiated joy and were committed to my learning. I was lucky enough to experience firsthand what Christian psychiatry looks like in practice.

Even the residents at the time went out of their way to get to know me and made sure I saw psych patients during my family medicine rotation. Being mentored by people who are living in the phase of life that I’m preparing to step into is an incredible opportunity.



Dr. Record and Dr. Tyson (two of the busiest people in Alabama, in my opinion) never hesitate to pause and check in with me about my life, school, family, and faith. I feel very secure knowing that they will be there for me next year in my residency application process.

Medical school is overwhelming and will pull your focus in many directions, so I chose to come back to Christ Health for rotations because I knew it would push me to ‘seek first the Kingdom’ (Matthew 6:33).



DR. CLEON ROGERS MEDICAL EDUCATION DIRECTOR

It is our honor to be a part of raising up world changing leaders. During their time with us, we have watched them grow personally and professionally, mature as a believers and explore God’s call on their lives.

“We can’t wait to see you all launch into great careers of serving your communities in the name of Jesus.”

2024 IMPACT

56,909

TOTAL PATIENT
VISITS

18,455

NEW PATIENTS

43,017

PRESCRIPTIONS FILLED

\$3,204,088.21

SAVED IN RX COSTS

8,603

MENTAL HEALTH
VISITS

CURRENTLY TEACHING

24

MEDICAL
RESIDENTS

27

PHARMACY
STUDENTS

12

GAP YEAR
STUDENTS

67

MEDICAL
STUDENTS

2

PHARMACY
RESIDENTS

Dive into a few heartfelt stories from our staff and patients. Highlighting what we do and how it's made an impact even in the toughest moments.



THE LIVES WE TOUCH

THE DESANDOS

For David and Celeste Desando, it was love at first sight. After meeting online in 1989 and falling in love, Celeste also taught him what it meant to truly love Jesus.

"After we married, I started reading the Bible every day and she answered all of my questions. I went to a church in Vegas and got saved," he said.

In 2010, Celeste was diagnosed with Non-Hodgkins Lymphoma. Luckily, they had health insurance and were able to get a diagnosis and treatment very quickly. "Again, God just bringing everything together" remembers David. After 6 weeks of aggressive chemotherapy, her results came back perfect.

The Desando family moved to Alabama in 2012 to be with Celeste's parents. In 2014, when they didn't have health insurance, the Desandos found Christ Health Center. However, in 2019, another scan showed that the cancer had aggressively returned. "During my showers, I would cry and talk to God where she couldn't hear me," David said. "I knew there was nothing I could do to change His mind, but the Word says 'Knock and the door shall be opened' so I knocked. And I promise you...as sure as you and I are sitting here, I felt him wrap his arms around me and there was nothing else going on. It was just me and God."

Throughout her treatment, Celeste formed a bond with the Christ Health Center inpatient team. "Celeste had this positive attitude that could just light up a room. The doctors all told me she helped them become better, too." During one particular hospitalization David remembered, "Dr. Berry came in on his way to church. He went way out of his way to see me and help me. I'll never forget that. It meant a lot to me. And that's Christ Health Center, by the way."

Over time, Celeste's health continued to decline. "I didn't want to let her go. She was my best friend and love of my life, but I understood that she was not going to get better," David said. One night in the hospital as he sat by Celeste's bedside, David noticed her breathing was slowing. Dr. Tyson and the inpatient team happened to be making rounds. "We talked for a minute and then I saw that Celeste wasn't breathing at all," David said. Dr. Tyson confirmed that she had passed. "We all had a real good cry, the doctors and me. What are the chances they just happened to be there?!"



"Dr. Berry has been my doctor ever since I met him and I'm proud to say he's my friend. A very good friend. And Christ Health Center and Dr. Berry got me through some really tough times when she was in the hospital and after Celeste passed away. Now that I have insurance, I can go anywhere for care. But other places feel like a production line to me," David said. "At Christ Health, even though they see so many patients, they listen. When you come here, you can just feel God's presence. I've been a patient here for 10 years now and I can't say anything negative about Christ Health Center or about the people that have basically held mine and Celeste hands and got us through a tough time."

Now, David uses Celeste's story to share a powerful testimony and prove God's existence and faithfulness even in the roughest waters. We were blessed to care for the beloved Celeste and continue to care for David.

“When you come here, you can just feel God's presence.”
- David Desando



FONSECA FAMILY

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Evelyn Fonseca began working at Christ Health in 2020. She enjoyed her new job so much that she told both her sister, Sulema, and cousin, Sylvia, about an open position. "The work environment here is something you don't get anywhere else," Evelyn said.

Sylvia also enjoyed her new job and got her brother, Nico Fonseca, to apply. Three years later, Nico says, "Working here has been beyond a phenomenal experience."

The FONSECAS enjoy being together every day. "Our family didn't always get along. We built our relationship through working here and our mom is so happy! It really is an answered prayer," said Evelyn. Nico agrees. "Being here, I can see my family, tell them I love them, and catch up. We just have each other's backs."

They also agree that with new jobs came a new level of faith. "I didn't have much faith when I started," said Sylvia. "But I began noticing I would get chills and butterflies during the worship part of our staff meeting and feel so good afterward." Evelyn remembers thinking, "Is this really where I get to work?" It was sur-

real. I felt like there was a true God out there. I got to know that connection on a new level." Siblings Sylvia and Nico were brought up in a Catholic household. Sulema says, "My faith went from something our mom had us putting first, to something I enjoy putting first."

What's next for the Fonseca family? "I started in the front office at Chalkville and now I'm working towards becoming an OB nurse," said Sylvia. "We definitely have the opportunity to grow here."

Sulema, a dental assistant, is considering moving into a hygienist role. Her cousin, Nico plans to apply for a front-office position at the new Christ Health pediatric clinic when it opens in 2025. "I plan to stay here as long as they will keep me," Nico said. "We get to praise God, share His love and make a connection with our patients. Many come in feeling broken and I can confidently say 'Hey, you're at a great place', not only because they're getting quality health care but also spiritual care."



“ We get to praise God, share His love, and make a connection with our patients. ”

– Nico Fonseca



A Letter From Dr. Jenny Sobera, Chair

When I started as a volunteer dermatologist at Christ Health Center over 12 years ago, so much was different. The staff was small, there was no music streaming through the halls, the waiting room was less crowded, the pharmacy was a small room in the clinic, and there was no residency program.

There are many more ways in which Christ Health Center has grown and evolved since 2009, but the most important, most critical aspects have remained the same; these are our mission, our purpose, and our values.

- Our mission is to “live out the gospel of Christ by providing high quality, affordable health care and intentional community development among our neighbors in need, and by equipping leaders to do the same.”
- Our purpose is to “see the sick made well and the well made whole.”
- Our values are to “love Jesus, serve generously, embrace mission and bring life.”

In 2024, through God’s blessing and provision, we have much to celebrate. We have a beautifully updated clinic. We have delivered over 100 babies! We now have 6 psychiatric nurse practitioners and PAs at our Live Oaks Clinic which has greatly improved access to patients with mental health challenges. We dispense over 4,000 prescriptions per month in our stand-alone pharmacy, improving access to affordable medications as well as medication compliance. We will see over 18,000 patients and provide over 60,000 visits in the communities we serve. Looking into 2025, our new Pediatric Clinic in Roebuck will serve children in this community that have had limited access to quality care.

I humbly ask you for three things. I ask you to reflect on what God has done in 2024 with a spirit of awe and gratitude. I ask you to pray for our team that we would continue to seek and obey Him in everything we do. Finally, I ask for your financial support to further our impact both on earth and eternally.

Jenny Sobera, MD
Chairman
Christ Health Center



Together, we **BRING LIFE.**



How You Can Help

\$25 Sponsor a prescription for an uninsured patient

\$100 Sponsor an uninsured visit

\$400 Outreach meals for teens

\$1,000 Emergency financial assistance for patients & neighbors

\$1,200 Sponsor an uninsured OB mom

\$5,000 Fund new x-ray equipment

\$20,000 Sponsor an exam room in our Center for Servant Leadership

\$50,000 Fund an outreach, 15-passenger van

\$800,000 New pediatric clinic in Roebuck



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christhealthcenter.org/donate-now-healthcare-ministry
We accept donations via cash/check,
credit card, PayPal, and stock.

THANK YOU
For making what we do
for our patients possible!



Christ Health

