



The Pulse from Clinic with a Heart

September 2009

Stuck in the Mud



There was this horrible day in June when I found myself lost (that in and of itself is not unusual) in the country on a rainy day. There were a series of poor decisions about what direction to head and then the ultimate bad decision. Why did I think that dirt road would be a good place for a front-wheel drive Sedan to drive? I found myself and my car hopelessly stuck in the mud. Next time I see a sign that says "gravel ends" I will have a much greater appreciation for its purpose.

I tried to re-create my actions for towing companies but when they figured out where I was they refused to come get me. Apparently I was on a rather famous dirt road for swallowing up sedans. Well three hours into my off-roading adventure a Deputy Sheriff was able to get me out of the mess I was in. For some reason he even felt compelled to escort me back to the highway (and out of his jurisdiction).

It may be hard to believe but this experience gave me a renewed energy for service. It reinforced that at some time we all need help and that when that help is offered with kindness and care the impact goes far beyond the action itself. We don't know the depth and breadth of burdens carried by our patients, but what we can know is that our actions make a difference. Our actions married with kindness can be just what a person needs on a day we see them.

Welcome New Church Sponsors

The Lincoln Berean Church joins the Clinic with a Heart Family and will sponsor a new clinic on the second Thursday of each month. In partnership with this team, Lincoln Parks and Recreation will host us for these clinics at the F Street Community Center.

Also, as we kick-off our school clinics in partnership with the Community Learning Centers, we are joined by First Presbyterian who will be co-sponsoring with First-Plymouth the McPhee clinic.

Welcome new church sponsors!

First Presbyterian to Host Event Benefiting Clinic with a Heart

Sing From the Heart II

Date: Sunday, October 11, 2009

Time: 7:30 p.m.

Place: First Presbyterian Church, 840 South 17th Street in the Great Hall

A Charity Fundraiser for "Clinic with a Heart."

This year Arts for the Soul will be supporting the neighborhood and the community with a benefit concert for Clinic with a Heart. Currently, First Presbyterian and First-Plymouth churches are sponsoring a Clinic with a Heart clinic at McPhee elementary school in the Community Learning Center. This clinic provides accessible free urgent healthcare to people without insurance.

The First Presbyterian Choir will be singing several popular hits from your favorite musicals. Joining the choir will be local favorites, pianist Wilma Reiner Sundeen and tenor Malley Keelan. Included in the ticket price will be a delicious dessert and drink. A freewill offering will be taken. Join us for a fabulous evening for a worthy cause. NOTE--Seating is limited and by reservation only.

The Benefits of Arachnophobia

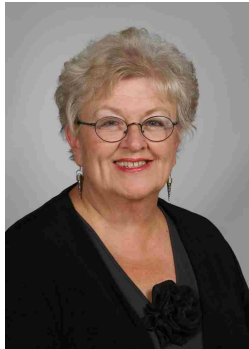


This summer Darci Warner, Director of Children's Ministry at St Mark's Methodist Church, welcomed over 400 vacation bible school kids with the Crocodile theme and a song of "Fear Not."

Her fear of spiders led her to announce that she would have Fuzzy the tarantula put on her arm if the children brought in over 2,000 personal care items for Clinic with a Heart. Rising to the challenge, the children brought in over 2,300 personal care items. Darci held up her end of the bargain and, as the children sang the song "Fear Not", Fuzzy was placed on Darci's arm. A huge thank you for the commitment of Darci and all the kids at St. Mark's Vacation Bible School for supporting Clinic with a Heart with such enthusiasm. The personal care items shared will bless those in need at Clinic with a Heart. *Submitted by Cheryl Peterson, Team Leader for St. Mark's Clinic with a Heart team.*

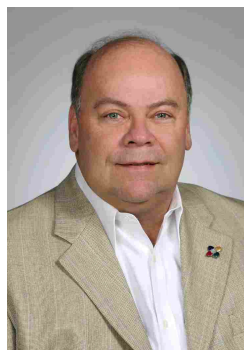
New Faces at Clinic with a Heart

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We have some new faces at Clinic with a Heart.



Shirley Foster joins us as Director of Volunteers. Many of us dream of a relaxing retirement. Not Shirley. Retired as Chief Operations Officer from Madonna Rehabilitation Hospital, Shirley took some time off to relax and now is back in full force. As Director of Volunteers, Shirley will oversee recruitment, retention and training of our most valuable resource, volunteers. Shirley is also a Registered Nurse, which will be a valuable skill in this new role.

Lee Hetrick is working with us as Director of Development. Lee's path to Clinic with a Heart comes through a distinguished career in the golf industry including the role of Executive Director of the Golf Course Builders Association of America. Lee hit the ground running by chairing our 1st annual Clinic with a Heart golf tournament. He has been a volunteer for Clinic with a Heart, helping with special projects, since 2003.



Welcome to the team!

### 1st Golf Tournament a Success



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We held our 1st Annual Clinic with a Heart golf tournament on August 31. The event, held at Firethorn, was a big success. 104 golfers came and enjoyed perfect weather and a great day of play. As part of the event we had a silent auction, live auction and a raffle. Not only did we have fun, we netted over \$11,000 to be used to care for people without insurance.

Behind every great event is a great committee (of great golfers).

Thanks to:

- Lee Hetrick, Clinic with a Heart and committee chair
- Joe Adams, Community Leader
- John Geist, UBS Financial Services Inc.
- Ken Govaerts, Community Leader
- Lynn Knuth, Lincoln Drywall Service, Inc.
- Dr. Rob Rhodes, Southwest Family Health
- Dale Roehrs, Executive Wealth Management
- Steve Schmidt, Community Bank Of Lincoln

Helping us to fund the event were many generous sponsors:

- Lincoln Drywall -- Hole Flag Sponsor
- UBS Financial Services, Inc. -- Hat Sponsor
- Lincoln Industries -- Awards & Presentations
- Physician's Weight Loss Center -- Par three sponsor
- Lincoln Nephrology and Hypertension -- Putting Green
- Saint Elizabeth Regional Medical Center -- Scorecard Sponsor
- Lexus of Lincoln -- Car prize sponsor
- Hole Sponsors
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 - All Smiles Dentistry
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- o Community Bank of Lincoln
- o Cornerstone Printing
- o ENT Nebraska
- o Gary Michaels
- o InsPro Insurance
- o Joe and Jeanette Adams
- o Lincoln Orthopedic Physical Therapy
- o Lincoln Pediatric Dentistry
- o National Research Corporation
- o Nebraska Occupational Health Center & Lincoln Physical Therapy & Associates, P.C.
- o Nebraska Orthotics Prosthetics Services(NOPS)
- o Neurological & Spinal Surgery LLC
- o OmaLink
- o O'Rourke's Taver
- o PenLin
- o Proformance Therapy
- o Southwest Family Health
- o Steven and Nancy Gade
- o Timothy D. Calkins, D.D.S.
- o Union Bank
- o US Bank
- o Watts & Hershberger
- o Woods Brothers, Laurie Christensen

More Good Golf News

Union Bank had their annual corporate golf tournament on September 14. Every year they pick a charity to be the recipient of funds from mulligan sales. This year they chose Clinic with a Heart! They sold mulligans for \$10/each and matched any dollars raised. At the end of the tournament a check for \$8,000 was presented to Clinic with a Heart. Thank you Union Bank!

Quick Facts

Between January and August of 2009:

- There have been 2,105 visits to clinics by 1,561 individuals (already more than the number of patients served in 2008).
- 47% of patients who saw us said they would have gone to the Emergency Room if they wouldn't have had a place like Clinic with a Heart to come.
- 428 volunteers donated over 10,000 hours of service.

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