



Clinic with a Heart -- The Pulse

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October 2008

Two New Clinics

Clinic with a Heart is happy to announce that we are now offering two additional clinics each month! These clinics are in partnership with the Community Learning Centers.



- **1st Thursday of the month**, McPhee Elementary School, 820 Goodhue Blvd., Lincoln, NE, 4:00 p.m. until 7:00 p.m. Sponsored by First-Plymou Congregational Church. The Clinic Coordinator is Joy Sturdy.
- **3rd Wednesday of the month**, Saratoga Elementary School, 2215 S. 13th St., Lincoln, NE, from 3:00 p.m. 6:00 p.m. Sponsored by Southwood Lutheran Church. Clinic Coordinator is Sheree Bacus.

Praise the Lord!

Her voice sounded desperate when she called. The caller has a disability and said her college-age daughter couldn't afford to have a physician do a follow-up check on her broken toe. It wasn't life threatening but it was a worry upon other worries. She called the Clinic with a Heart office to see if we could help. When I told about us she started crying and said "Praise the Lord." I told her that is what we are trying to do. She affirmed to all of us with a relieved voice, "You're doing it." - - *Teresa Harms, Executive Director*

Volunteer Training

SAVE THE DATE!

Our volunteers provide FREE urgent medical care for minor illnesses. These clinics will see infants and children from birth through fifth grade who are accompanied by a parent or guardian. These clinics are walk-in, no appointments necessary. Physicals and Immunizations will not be offered at these clinics. We will continue to offer evening clinics at the Center for People in the first 4 Tuesdays of each month. These clinics are from 5:00 p.m. and are walk-in only, as well.

Thank You



I read a story on the internet about the Anthropologist Margaret Mead. She was asked she knew she had uncovered a civilized society she indicated that it was when she uncovered a healed femur. She reported that someone with a broken femur can only survive if someone else...

We are going to begin holding quarterly training sessions open to all current active volunteers and new volunteers. Our inaugural event will feature an overview of the Clinic with a Heart processes and a presentation by Clinic with a Heart Board Member Bess Scott, Ph.D. Her presentation is on "The Culture of Poverty." Recently, Dr. Scott gave this presentation to the Clinic with a Heart Board of Directors at their planning retreat. Board members found it very helpful in giving perspective and insight into this need in our community.

Date: Monday, October 27, 2008

Time: 7:00 to 8:15 p.m.

Place: Saint Paul United Methodist Church

The corner of 12th and M Streets. There is plenty of on-street parking around the church (free after 6:00 p.m.) or the Saint Paul parking garage (enter off of 11th street).

RSVP: Shannon at 421-2924 or shannon@clinicwithaheart.org

Thank You Lincoln South Rotary



The Lincoln South Rotary Club nominated Clinic with a Heart for a district grant to be used for the purchase of carts to organize pharmaceutical supplies. Dr. Rob Rhodes and Teresa Harms attended the district convention on August 9,

helps care for them by keeping them out of danger and providing food. Thus, a healed femur was an indication of a compassionate society

Compassion is what I see at Clinic with a Heart. I have been struck at the commitment of the volunteers who are providing much help to those in need. In my own volunteer activities there have been times when I've wondered - is all of this work really helping? What I've learned is that the charity we show today with an immediate need but the love we show when we offer ourselves can make a difference in the long-run. It makes a difference to us and to the people we are helping. Each time we show love and respect for another we are lifting them up to God. That love is often just a seed that must be tended to bear its blossoms. Thank you for all the seeds you have been planting.
Teresa Harms, Executive Director

Tricia -- A Patient Story



When Tricia was headed to check out, she had tears in her eyes and looked surprised. Tricia moved to Lincoln 6 months ago and has found herself in a transitional period. Since moving here she has been unable to find a job and obtain insurance. Tricia has been so overwhelmed with the move that her depression has become unbearable. She had this to say about Clinic with a Heart, "What an amazing organization! I ran out of my anti-depressant medication and felt really down. Thank goodness it was a Tuesday and I found you!" Tricia then reassured me that one day she would be back here on the other side of things to give back.

She really believes in the human spirit and appreciates all the wonderful volunteers who cared so much. It is great to see that our combined efforts have worked to ease Tricia's mind and hope to see her back soon as a volunteer! - - *Story by Corlan Vonderschmidt, CWAH volunteer*

Volunteer Opportunities

- **Translators:** Have you ever lived in or traveled to another country? It can be confusing at best. Now imagine fleeing your homeland and coming to another country not able to speak English. At every clinic we embrace those who help us trying to navigate through the complexities of being in a new land. In July and August we saw patients who spoke sixteen different languages. Sixteen! It can be tricky for our teams to have someone who can speak the language not on hand. We are looking for volunteers who would be

2008 to accept the award.

As an added surprise, Doris Heineman (pictured with Dr. Rhodes), District Foundation Chair and her husband Pete Heineman honored Dr. Rhodes with a Paul Harris Fellowship Award. Paul Harris was the founder of Rotary.

Thank you for your generous and ongoing support of Clinic with a Heart. To make a financial gift to CWAH, please mail to:

P.O. Box 22851
Lincoln, NE 68542

Peace,
Teresa Harms, Executive Director
Shannon Dusenbery, Executive Assistant
402-421-2924
www.clinicwithaheart.org

Link

[Clinic with a Heart Website](#)

Clinic Schedule

All clinic assessments are FREE and no appointments are necessary.

TUESDAY CLINICS

Center for People in Need, 3901 N. 27th Street, Unit #1, 5:30-7:00 p.m.

1st Tuesday

**Medical/Dental/Physical Therapy
(Sponsored by St. Mark's United Methodist Church)**

2nd Tuesday

**Medical/Dental/Chiropractic/Physical Therapy
(Sponsored by Sheridan Lutheran Church)**

3rd Tuesday

**Medical/Dental/Physical Therapy
(Sponsored by Southwood Lutheran Church)**

willing to be "on call" for clinic nights. When we need translation for the more rare languages we would call and do the translation via phone.

- **Data-entry:** We're looking for a data-entry volunteer. person would come to the administrative offices (in space donated by Williamsburg Dental) at 6040 Village Drive enter patient records into a database. Must be proficient excel and able to climb stairs. Schedule is flexible.

If you would like to volunteer, please contact Shannon at 402-2924 or you can email her at Shannon@clinicwithaheart.org

Welcome New Volunteers

Over 40 new volunteers have expressed interest in volunteering at Clinic with a Heart during the past quarter. Many of these volunteers have toured the clinic and have been assigned to a clinic night. Thank you to our new volunteers for sharing your talents with our clinic patients and welcome to the Clinic with a Heart Family!

Fundraising Opportunities

The more we serve the more we need (true in so many ways) we have several fundraising efforts in the planning phases including:

- Plans are underway for a joint fundraiser with the Lancaster County Medical Society. We are having an eBay auction. All proceeds from this event will go to the Health 360 program. Health 360 Specialty Care is our community program that helps uninsured and underinsured patients access a medical home and/or specialty care medical services. Clinic with a Heart has referred 63 patients from July through September.

You can help. If you have a used item you think is worth \$50 or more you can donate it to the auction. You are welcome to drop it off at the Center for People in Need during your clinic night. If you drop off your item outside clinic hours please tag the item LCMS/CWAH eBay Auction. Or, if you have items that need to be picked up you can call the Medical Society at 402-483-4800..

Items that sell well include:

Antiques and collectibles
10-24K Gold Jewelry
Collections
Cameras and Video Recorders
Vintage Toys
Sterling Silver
Musical Instruments

4th Tuesday

Medical/Dental/Physical Therapy
(Sponsored by Saint Paul United
Methodist Church)

COMMUNITY LEARNING
CENTER CLINICS
 (medical only)

1st Thursday, McPhee Elementary
School, 820 Goodhue Blvd., Lincoln,
NE, from 4:00 p.m. until 7:00 p.m.
(Sponsored by First-Plymouth
Congregational Church)

3rd Wednesday, Saratoga Elementary
School, 2215 S. 13th St., Lincoln, NE,
from 3:00 p.m. until 6:00 p.m.
(Sponsored by Southwood Lutheran
Church)

Electronics and Phones
 Sports
 equipment
 Vehicle Parts
 Vintage Jewelry

Once the auction is set-up, we will post a link on our website (www.clinicwithaheart.org)

- But wait there's more! We are also beginning the plan process for the Clinic with a Heart **RX for Hope** annual fundraising event. This event has an auction component too. If you have an item to donate for this, please contact Teresa at teresa@clinicwithaheart.org. Items that are sold at this kind of auction include; "experiences," gift certificates, dinner for two, week stay in a cabin, etc. Be creative!
- Looking for Friend-Raisers: We're looking for a few volunteers who would be willing to have a "Friend-Raiser" event. This event helps raise funds for Clinic with a Heart. We would help you plan and organize the event and you would invite your friends. It could be a tailgate party, a tea-party, a road-rally, a special dinner, a garden party - really anything you can think of. If you would like to help please contact [Teresa Harms](mailto:Teresa.Harms).

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