



Clinic with a
HEART®

The Pulse Newsletter

December 2011

A Christmas Wish



Our first Christmas in our new home has been beautiful! At this time of year our volunteers are often providing service wearing Santa hats or antlers. We have two Christmas trees, a beautiful nativity, wreaths and greenery. We were gifted with lots of lovely decorations -- and are sharing with patients. One of our trees is decorated with little stuffed animals and the children who visit us can each pick one for their own. I hope our joyful spirit in this season is providing some cheer and comfort to those who seek our service.

Christmas is a season of hope built upon hardship. All the patients we see have hardship in their life -- health, economic, language just to name a few. My Christmas wish this year is that we not only provide care to patients with Hospitality, Dignity and Grace but that our patients leave us with Hope.

Merry Christmas friends of Clinic with a Heart. --*Teresa Harms, Executive Director*

The Mascot

Secretly, I've always wanted to be a mascot. Luckily I have had a chance to dabble in this dream. I've been a dairy cow at a wellness fair for children. I've vied for the position of a crash-helmet dummy for a safety fair -- but apparently don't have the figure for it (yes but I do have the figure to be a cow). The pinnacle of my mascot career was being the turkey in a walk/run fundraiser. Oh how glorious.

One happy day I said to Bobbi (Roberta) Frerichs, who faithfully volunteers in the office once a week, "Wouldn't it be nice if we had a Clinic with a Heart mascot?" Bobbi is a master seamstress. She chimed in that she would be willing to make one and would be happy to donate it. A dream comes true. You can see a picture of Bobbi modeling the outfit.

Really this isn't an article about mascots -- it is an article about sharing our gifts. Thousands of people support Clinic with a Heart. That support comes in so many forms -- finances, expertise, skills, personality. That support gives us our soul. Thank you to all of you who support the mission of Clinic with a Heart. -- *Teresa Harms, Executive Director*



Volunteer Recognition Event

In November, the season of Thanksgiving, we launched a new volunteer appreciation program. Every year at this time we will recognize volunteers for their generous donation of service hours. Our computerized records go back to September of 2008 (our volunteers have been active since 2003). 97 people attended a special recognition event which featured a key note address by Founder, Dr. Rob Rhodes. We recognized:

- 7 people for more than 200 hours of service
- 5 people for 150-199 hours of service
- 20 people for 100-149 hours of service
- 103 people for 50-99 hours of service
- 118 people for 25-49 hours of service.

Thank you volunteers for this donation of service to our community! -- *Shirley Foster, Director of Volunteers*

Club 200

As part of our recognition program we have initiated "Club 200." We will induct new members into this club at our annual event once they have donated at least 200 hours of service. We now have seven members. Welcome to the club (in the order pictured):

- Rob Rhodes, M.D.
- Randy Gude
- Dale Rotschafer
- Cheryl Peterson
- Roberta Frerichs
- David Brown, Ph.D.
- Harry Windle



The inductees were presented with beautiful art pieces featuring an original heart design by local artist Susan Brasch. -- *Shirley Foster, Director of Volunteers*

Rx for Hope

It's never too soon to mark your calendars for Rx for Hope. This event is our major celebration and fundraiser for the year. We hope to see you on Friday evening April 13 at the Country Club of Lincoln. Watch for more information. -- *Jan Meints, Director of Development*

Wish List

- Otoscopes.
- New, unopened over the counter medicine (if you purchase something you need, probably one of our patients needs it too).
- Hot/cold beverage cups. We've started serving ice water and coffee to our patients. They have been appreciative.
- Graphic design -- we are looking for someone to assist us in designing a "Club 200" logo.

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