



Clinic with a
HEART®

The Pulse Newsletter

October 2012



Is it worth it?

This year, with the help of an army of volunteers, we have gone to approximately 1,000,000 outreach events. OK that is a bit of an exaggeration but it does seem like we're out and about a lot. These events help put us in

contact with people who may need or refer to our services. Those person to person contacts help to build trust and answer questions.

One Saturday in October I had two events to attend. One in a church parking lot and one at Holmes Lake. It was one of those wet cold days.

I was wondering at the second event "is this all worth it?" Isn't it funny how when you ask a question like that, the answer walks right over to you? It wasn't one answer but several.

First, a woman came up to me when she saw our table and told me her brother had come to see us. She told me that we found cancer in him. With a donation of diagnostics tests from Advanced Medical Imaging, the cancer was found early. We referred the patient to a program run by the Lancaster County Medical Society to get him to a specialist. They got him in quickly and his prognosis is good.

Next, a young woman came up to the table and said she was walking and heard her knee "crunch" and was in terrible pain. She was planning on coming to the Thursday clinic to see a medical provider and a physical therapist. She was so thankful to have a place to turn. She described her circumstances a little -- a young professional who had been laid off from her job and who no longer had insurance. She was getting by, but just barely. She found out about

the clinic at her church, one of our mission team sponsors.

Is this worth it? That day I got a big YES! At Clinic with a Heart we don't usually get to hear the front-end or the back-end of the story but that day I got to hear both. I heard what a difference it makes to have a place to turn to. I also heard that Clinic with a Heart could not help people without strong partners and collaborators. Those partners are many and include our volunteers and donors. Thank you to all our partners and friends. *Teresa Harms, Executive Director*

Would you Be an Ambassador?

It's hard to believe but Clinic with a Heart will be 10 years old next year. We are a small, unassuming nonprofit. Even after all these years, many people have never heard of us. For several reasons, we want to tell the story about Clinic with a Heart. When people know about us, they can help people who need help find the help. Knowing about us also celebrates the level of volunteerism in this community. Knowing about us also celebrates the city we live in -- what a great caring community. Will you help us tell the story? Here are some ideas:

- Have a party at your house, invite us to come along and share the Clinic with a Heart story.
- Invite us to your workplace to share with your coworkers.
- Connect us to a group you belong to. Invite us to be your program speaker. Or, invite your group to the clinic for a tour.
- Have us come to your Sunday school class to talk about what we do and poverty in Lincoln.

Really, anything you can do to help us tell the Clinic with a Heart story would be appreciated. If you have an idea contact Teresa at Teresa@clinicwithaheart.org or at 402-318-8411.

A Little About Golf

Our popular CWAH golf tournament was held on Monday, August 27th at Firethorn. This year we increased both the dollar amount raised to almost \$33,000 and the number of golf foursomes to 32. Dr. Rhodes even had a celebrity guest on his team - Larry the Cable Guy!

The tournament was planned and hosted by Dale Roehrs, Chair, and committee members Dr. Rob Rhodes, Joe Adams, John Geist, Chris Gillespie, Ken Govaerts, Lynn Knuth, Sara Winchell, Teresa Harms and Jan Meints.

Thanks to all loyal participants who golfed, contributed to our Live Auction and/or Raffle, and/or sponsored the tournament. And a very special thanks to our dedicated and hardworking committee. This is a fun, well attended event and the receipts help us take care of the 3,000+ patients seen each year at CWAH. Thanks for helping make this annual event a wonderful success! See you next year. -- Jan Meints, Director of Development

Get Your Fit On!

We had our first "Get Your Fit On!" event. This fundraiser was designed for people of all ages

and stages of fitness to give people an idea of what kind of fitness activity they like. We had a walk/run, boot camp, yoga and zumba class at Holmes Park. There were registrations for 85 (many were family registrations). The event raised nearly \$5,000. Thanks to all who participated.

That's a Lot of Legs!

As of October 1, we have 700 people who have volunteered at Clinic with a Heart in the last 12 months. Between January and September, volunteers donated 9,244 hours of service! Thank you!

Community Services Fund

This year, Clinic with a Heart became a part of the Community Services Fund. Community Services Fund of Nebraska is a federation of 30 non-profit organizations that come together to offer increased donor choice in workplace giving campaigns. Community Services Fund of Nebraska utilizes a completely donor-directed system that encourages donors to designate to the agency(ies) they choose. Additional information and a complete listing of the member agencies is available online at: www.communityservicesfund.org.

Save The Date:

- 5th Annual Clinic with a Heart Golf Tournament - Monday, August 26th, 2013 at Firethorn.

"Give yourself entirely to those around you. Be generous with your blessings. A kind gesture can reach a wound" Steve Maraboli

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