



## The Pulse from Clinic with a Heart

March 2010

### The Roots of Kindness



There are people in my life who have just passed through, but made an extraordinary difference along the way. Thinking of the 2,544 patients we saw in 2009, I bet some of those were touched by difference makers at Clinic with a Heart. People who listened to them, cared for them, and helped them navigate referrals to get more help surely made a difference.

I watched one example the other day. A young man, covered in tattoos, came through the clinic. He looked like a tough character. I watched as he moved from station to station and each person who helped him showed him great love and respect. No one flinched at his tattoos. At the end of the night I had a chance to talk to him. He is just out of prison. He talked about how many doors have slammed shut when people find out about his background. He told me that he had been addicted to methamphetamines and lost his wife, his children and everything that was important to him.

He was now three years sober, back with his wife and soon to be reunited with his children. He has had a tough road and a tough road lies ahead of him. We helped him with his medical issue, but what we'll never know is how much it meant to him to be shown respect. As he left, he shook the hand of each volunteer who helped him. I believe a special light shone on that young man that night. I also believe he shone a light on each of us, which confirmed we are making a difference. -- Teresa Harms, Executive Director

*"A single act of kindness throws out roots in all directions, and the roots spring up and make new trees. The greatest work that kindness does to others is that it makes them kind themselves." -- Amelia Earhart*

### A Review of 2009

Thanks to our volunteers and donors, Clinic with a Heart had a good year in 2009. Here are some highlights:

#### Our Patients:

- ♥ **2,544** patients were seen during the year at **67** clinics sponsored by **7** churches.
- ♥ Clinic with a Heart is an entry point for many individuals to find needed services in the community. For **72%** of our patients, their visit to the clinic was for the first time.
- ♥ **94%** of our patients did not have insurance.
- ♥ **64%** of our patients were unemployed.
- ♥ **78%** of our patients have household incomes of less than \$16,000 a year.
- ♥ If they would not have been able to visit Clinic with a Heart, **47%** (or **1196**) of our patients said they would have been likely get their care in the emergency room.
- ♥ **85%** of the patients we saw were between the ages of 18 to 65 years old. **12%** were under the age of 18.
- ♥ Blood pressure screenings were done for all patients, no matter what service they were seeking. **42%** of our patients had high blood pressure.
- ♥ **41%** of our patients had been in their current residence for less than six months. **17%** had been homeless in the last year.
- ♥ **51%** of our patients were female and **49%** were male.
- ♥ English (**70%**) and Spanish (**16%**) were the top languages spoken by our patients. Patients also spoke **39** other languages. **21%** of our patients rated their English speaking ability at fair, poor or not at all. **271** needed an interpreter during their visit to the clinic.

### **Other Highlights:**

- ♥ In January, under the leadership of **Ann Hamilton**, licensed mental health professionals began offering services at Tuesday Clinics.
- ♥ **First Presbyterian** church joined **First-Plymouth** church in sponsorship of the clinic at McPhee Elementary.
- ♥ In February a partnership with **BryanLGH** began offering cardio vascular screenings on the 1<sup>st</sup> Tuesday of each month. In July, this service was expanded to include uninsured patients of People's Health Center.
- ♥ **Creighton University** Pharmacy students, under the leadership of instructor **Kathleen Packard**, began management of the Clinic with a Heart Formulary in February.

- ♥ In April 2009 *Dr. Jonathan Knutson* of *Signature Eye* launched eye care services at Clinic with a Heart. The *Star City Lion's Club* joined the initiative to provide eye screenings and assist patients with paying for their eye glasses. In the first eight months of the year, 52 pair of glasses were provided. The average cost has been \$36 per pair.
- ♥ *Shirley Foster*, joined the Clinic with a Heart staff as Director of Volunteers in August. As retired COO of Madonna Rehabilitation Hospital, Shirley brings a great depth and breadth of experience to the organization.
- ♥ A full field of golfers joined us for the first-annual Clinic with Heart golf in August at Firethorn. The event was chaired by *Lee Hetrick*. This first tournament raised over \$10,000.
- ♥ The clinics held at *McPhee* and *Saratoga* elementary schools were expanded to include pediatric dental assessments and to see adult patients for medical visits. This expansion occurred at the start of the school year, in September.
- ♥ A medical mission team from the *Berean Church* joined us in September to begin offering a monthly clinic at the *F Street Community Center*.
- ♥ Executive Director, *Teresa Harms*, served as an advisor on the Mayor's Blue Ribbon Task Force on the Health Safety net.

Thank for a great year!

### Auction Items Requested

~~~~~  
If you have ever been to our annual Rx for Hope event, you know the auction is a fun and fruitful part of what we do.

If you have an item, activity or event you would be willing to donate, please contact Teresa Harms (teresa@clinicwithaheart.org, 402-421-2924). Our event is Friday, April 30, 2010.



### Please Join Us -- 5th Annual Rx for Hope

~~~~~  
We are now gearing up for our 5th Annual Rx for Hope event. The event team, which includes the volunteers, Staff and Honorary Chair, Gene Brake, are working hard to make this years event the most successful one yet. Please plan on joining us.

**Date:** Friday, April 30, 2010

Time: 6:30 p.m.

**Place:** Nebraska Champions Club  
707 Stadium Drive

**Activities:** Silent Auction, Live Auction, Program, Entertainment, Friends and Fellowship!



**Registration:** The registration for is available on our website, [clinicwithaheart.org](http://clinicwithaheart.org)

## New Officers Elected

~~~~~  
 The Clinic with a Heart Board of Directors is happy to announce the election of new officers. Congratulations to these new leaders:

- **Rob Rhodes, M.D.**, Founder was elected President Emeritus. This position is in recognition for his work in founding and developing Clinic with a Heart. In this role Dr. Rhodes is given a permanent voting position on the Board of Directors. He will serve to provide Clinic with a Heart with continuity, heritage, tradition, and vision.
- President, **Chris Caudill, M.D.**
- President Elect, **Nicole Anderson, M.D.**
- Treasurer, **Joe Adams**
- Secretary, **Janet Endorf-Olson**



**[Teresa Harms, Executive Director](#)** -- 402-421-2924  
**[Shirley Foster, Director of Volunteers](#)** -- 402-499-6470  
**[Lee Hetrick, Development Director](#)** -- 402-770-6007

**Mailing:**  
**PO Box 22851**  
**Lincoln, NE 68542**

**Web:** [www.clinicwithaheart.org](http://www.clinicwithaheart.org)

[Join Our Mailing List!](#)

### [Forward email](#)

✉ **SafeUnsubscribe®**

This email was sent to [teresa@clinicwithaheart.org](mailto:teresa@clinicwithaheart.org) by [teresa@clinicwithaheart.org](mailto:teresa@clinicwithaheart.org).  
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



Clinic with a Heart | P.O. Box 22851 | Lincoln | NE | 68542