

3rd Quarter 2015

The Samaritan

THE CARE CLINIC FAMILY

FY 2016

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NEW MEDICAL DIRECTOR



Dr. Kelly

The CARE Clinic is pleased to announce Dr. Catherine (Kate) Kelly has graciously agreed to serve as our Volunteer Medical Director. Born and raised in Toledo, Ohio, Dr. Kelly graduated from the University of Toledo with a BS in Chemistry. She worked several years as an analytical chemist before pursuing her passion for medicine. Dr. Kelly graduated from the University of Toledo College Of Medicine and came to Fayetteville as a resident physician at the (then) Duke/Fayetteville Area Health Education Center. She is currently in private practice at the Medical Arts Family Practice, and also serves as the Assistant Medical Director at CFV/LHC Hospice. Dr. Kelly enjoys spending her free time with family and friends and her dog Baxter.

Although new to the position, Dr. Kelly is a longtime volunteer at The CARE Clinic, generously sharing her time, talents and treasures with us. She began volunteering as an evening clinic physician in January 1994, shortly after the clinic opened, and has been a faithful volunteer ever since. She is an active member of the Clinical Services Committee, even offering to take minutes upon numerous occasions. She also shows her support of our mission by sponsoring and attending our fund raisers.

We are thrilled Dr. Kelly has willingly agreed to take on the extra responsibilities as our Volunteer Medical Director. We sincerely appreciate her dedication and commitment to our mission and look forward to working with her in this new role.

FREE DENTAL CLINIC RETURNING

The CARE Clinic is once again partnering with Better Health of Cumberland County and Operation Inasmuch to host our fourth NC Missions of Mercy Free Dental Clinic in 2016. At the three clinics we previously hosted in Fayetteville, 2,445 patients received free dental services valued at \$1,578,486. We voluntarily helped raise funds for the first two clinics but last year the NC Dental Society began requiring host sites to raise \$48,000. Since all three co-hosts are non-profits that also need to raise funds for our own organizations, this was a stumbling block. We reached the goal last year then decided to take a year off. However, everyone involved in the event recognizes the tremendous need and overwhelming sense of accomplishment we get, but it is especially because of the tearful thanks of the patients served that we knew we had to do it again.

This year the NC Dental Society is “only” requiring host sites to raise \$40,000. The Walmart Foundation and the North Carolina State Giving Program has given a huge boost to our efforts by generously awarding a \$25,000 grant for us to host a clinic in 2016. This was just what we needed to contact NC MOM to confirm our commitment for another clinic.

So, everyone mark your calendars now! By moving the event to the Crown Arena we will be able to avoid the heat of the summer. The 2016 NC MOM Free Dental Clinic will be held on Friday, October 28th & Saturday, October 29th. Hundreds of volunteers will be needed, dental professionals, nurses and community volunteers so please reserve the date to come participate in the clinic. It will be one of the most rewarding things you have ever done!



Roxie Wolff

VOLUNTEER AWARD WINNER

Roxie Wolff has been a very faithful part of our evening clinic volunteer staff since September 1998, volunteering as a dental assistant an amazing 328 hours! Our staff relies heavily on volunteers like Roxie who can always be counted on when needed. Unfortunately she was not able to attend our volunteer appreciation event earlier this year, so we wanted to include her picture and a little bit about her in this newsletter. Please thank her and ALL of our volunteers when you see them. We would not be here without them!

UPCOMING EVENTS... MARK YOUR CALENDARS!

November 1-December 10th - Holiday Card Program- Read the story about last year's program and how it works.

November 16th – Celebration of Thanksgiving Prayer Luncheon from 12 Noon-1:00 p.m. The CARE Clinic reaches out to local congregations for support and asks that you inform your pastor or outreach ministry of this event. A simple soup and salad lunch will be provided, followed by a short prayer service and tour of the clinic. Please contact Gloria for more information or for reservations.

February 6, 2016 - 19th Annual Evening of CARE Dinners in area host homes. Visit www.thecareclinic.org/caredinner.php for more information.

April 4, 2016 – Volunteer Appreciation Dinner, 5:30-7:00 PM. Location to be determined.

May 5, 2016 - 16th Annual Wine & Beer Tasting at The Crown Coliseum. Visit www.thecareclinic.org/winetasting.php for more information.

If you would like to find out more about any of these events, please contact Gloria at 485-0555 or projects@thecareclinic.org

FAITH ABOUNDS HERE

From the very inception and beginning of the vision for The CARE Clinic, the spiritual side of healing and help has been included in the total care given to individuals. The Congregations for CARE Committee has been an interfaith group that meets once a month to plan special events which will continue to bridge the spiritual community to The CARE Clinic. Area Churches, Synagogues and other religious institutions and groups have been invited to be a part of the “team-work” approach as we all must work together to get the job done. Regardless of our particular beliefs and practices the common goal is to help people get the support they need to live a healthy and more productive life. The Congregations for CARE Committee needs additional volunteers to help us grow the connections within the spiritual community. It is not required that you be a Pastor, Rabbi or a Licensed Minister to be involved, we need people with a heart for healing and the willingness to share some time giving hope to those are struggling with health issues. Come join us on the third Monday of the month at 10:00 AM and become part of the team.

If you are not sure if your faith congregation is involved in the mission of The CARE Clinic either through donations or volunteerism, please call the clinic a 910-485-0555.

Chaplain Tim Gore
Congregations for CARE
Committee



BETTER HEALTH COLLABORATION

The CARE Clinic is no stranger to Better Health of Cumberland County as a referral agency for their dental clinic services. However, did you know that Better Health actively collaborates in The CARE Clinic's Tuesday diabetic clinic program that is staffed by two retired physicians? Melissa Brady, BSD, Diabetes Educator at Better Health, attends the Tuesday afternoon diabetic clinics. She has met some phenomenal patients, many of whom are under the well-managed care of Dr. Henry Izurieta and Dr. Eugene Wright. In fact, lots of familiar Better Health clients attend, so it's a great opportunity to

touch base, re-establish relationships and offer diabetes support and education. In addition, patients who need glucometers and test strips receive them as well as training and follow-up. Patients who present with elevated blood glucose levels typically see Melissa for troubleshooting as well as support. Diabetes requires an experienced medical team to work together with the patient to keep their care at a constant healthy level. We listen, act and achieve optimal lifestyle results. Together we make a difference and profound impact in the lives of Cumberland County residents!

BOARD LUNCH FOOD PROVIDERS NEEDED

The CARE Clinic Board of Directors meetings are held at noon, usually the 4th Thursday every other month. We have lunch for our board, since many of them only have a certain amount of time they can be away from work. We need someone - an individual, business, restaurant, church, civic organization, school club, or anyone else who would like to do a community service project, to provide this donation for us. The meeting dates we need a meal provider for are: **December 17, 2015 and April 28 & June 23, 2016**. The meals should be for 30 people and must be delivered to the clinic no later than 11:00 the day of the meeting. They consist of a main dish, vegetable or salad, bread and fruit or dessert, which can either be prepared by someone or picked up at a local store.

Please seriously consider taking on this very important ministry for the clinic and if this is something you can provide, contact Gloria at 485-0555 or projects@thecareclinic.org.

HOLIDAY CARDS

The holidays will be upon us before we know it. Do you have people to shop for every year and would like to get them something a little different? Please consider giving the gift that reflects the real meaning of the season by making a donation to The CARE Clinic in memory or in honor of someone this holiday season. It can also be a small thank you to your business associates or clients. You and your honoree will feel much better about the holiday season knowing that your thoughtful gift has helped those less fortunate among us in our own community. Just send us your list of names and addresses along with your donation and we will take care of the rest. Last year we made a net profit of \$9,928 and ask that you help us to raise even more this year for those in our community who need the services that we provide. You can also download a form at www.thecareclinic.org/holiday_card.php. A holiday card acknowledging your "Gift of CARE" will be sent stating that a donation in their name has been made by you to The CARE Clinic. The minimum suggested donation is \$10 per card. Thanks for your support!

PATIENT EDUCATION ENHANCED

The Congregations for CARE Committee has taken on the task of keeping our patients updated on what the clinic has to offer them in many different aspects. One of these is to let them know that The CARE Clinic is a faith-based organization that is comprised of many volunteers who help out here because of this belief in helping their fellow man. They felt it was very important that our patients know that the services they receive here are provided by skilled volunteers who come here after work to treat them.

The committee has been looking into having a TV in the waiting room with educational subject matter and over the past year, this has progressed into involving the Community Relations Committee in this process. After staff contacts with various companies that provide health-related programming for patients in doctor's offices, we settled with Context Media Health. There was no charge to the clinic for anything, including the installation. The informational value to our patients is immeasurable with a wide range of topics covered that changes on a regular basis. Some of these include: diabetes, high cholesterol, exercise and proper diet, smoking cessation, high blood pressure, asthma, acid reflux, proper hand washing, colds and flu and even information on protecting babies and small children from adults who may be carriers of whooping cough. Clinic staff has also added information about clinic happenings and special events, like the recent flu shot clinic sponsored by Walgreens here in September.

EVENING OF CARE DINNERS TO BE HELD FEBRUARY 6TH

Our 19th annual Evening of CARE dinners will be held on Saturday, February 6, 2016. If you are new to the area or have never had the pleasure of dining in the home of one of our gracious hosts, please consider coming next year. If you are interested in opening your home for this event or if you would like your name added to the invitation list, contact Gloria at 910-485-0555 or projects@thecareclinic.org. This

is a very successful, fun event and typically makes a net profit of about \$62,000 each year for the treatment of those in our community who need our care and services.

For more information about the dinners, visit our website at www.thecareclinic.org/caredinner.php. Thanks so much for your support!

HELP SPREAD THE WORD

We need your help to spread the word about The CARE Clinic and its mission. The Community Relations Committee is trying to reach as many civic organizations, churches and school groups as possible to let the community know about our services, our need for professional volunteers and opportunities for individuals and groups to get involved with The CARE Clinic. If you are a member of an organization that is planning programs for the coming year, please contact a member of the Community Relations Committee. We will send information to your group or plan a program for them. We can come and show a video, distribute materials and explain ways that your group can make a difference in our community and in the lives of our patients.

If you are involved in a group that plans service projects, consider a project that will benefit The CARE Clinic. There are numerous possibilities. Your group could assemble dental care packets for our dental patients, collect items on the clinic's Wish List, or prepare a meal for the Board of Director meetings. Another great opportunity is for civic groups, school service clubs, or church youth groups to sponsor an event and donate the proceeds to The CARE Clinic.

Please contact us to schedule a program or for ideas for projects that will benefit the clinic and its patients. You may call the clinic at 485-0555 or e-mail Gloria at projects@thecareclinic.org.

WHAT WOULD WE DO WITHOUT YOU?

I often wonder how the clinic could provide medical and dental care to the thousands of patients we serve a year without the help of our wonderful professional volunteers. Without our Physicians, Physicians Assistants and Nurse Practitioners, who would provide medical care? Where would these patients go? To the Health Department, which is already overrun? Or to bog down Cape Fear Valley's Health System's Emergency Rooms? We are blessed to have dedicated hard working volunteer health professionals to provide care to the working poor of this community.

Without nurses, laboratory technicians and social workers, who would provide support care? How would the patient get their lab test done? Without LabCorp's generous donation of lab supplies and running the tests for free, how would we ever be able to provide lab tests? Who would educate the patient and make sure they are aware of all the resources available to them in the community? Our dedicated volunteers will!

I can't even imagine how we would survive if we couldn't provide medications to the patients. Neither the hospital emergency room nor the Health Department provide medications to all the patients they see. I am very grateful that we can provide our patients with medications. It takes not only dedicated pharmacists but also pharmacy techs to keep The CARE Clinic's pharmacy open and running. They are another prayer answered!

Thank goodness for our volunteer dentists who pull teeth to get our

patients out of pain and to their wonderful dental assistants. I can't imagine living with dental pain for weeks and months on end. That is what some patients would have to do if they could not get in to see our wonderful dental staff.

We are also blessed to have dedicated Chiropractors, Dietitians, and Orthopedic, Dermatology and Internal Medicine Physicians to provide specialty care right in the clinic. More prayers answered and more blessings given!

Holding this all together are our dedicated volunteer receptionists who are the first and last person a patient sees during clinic hours. These compassionate ladies and gentlemen greet the patients as if they are the most important person in the world, which of course they are to us! Their gentle act of kindness makes every patient feel special and takes the fear out of being seen in a free clinic. They are the glue that holds the clinic evening together!

Many of our volunteers have worked for years. I am grateful that they continue to come and volunteer. However, it seems lately that it is getting harder and harder to find volunteers. I know everyone is very busy - professionally and privately. I am very grateful when they can share their time and talents with our patients. My gratitude to each and every one of the clinic's volunteers is limitless. The patients, Board and staff are grateful for the time you spend with us!

Thank you for sharing your time and talents with our patients!

DENTAL CARE AND UPGRADES AT THE CARE CLINIC

The CARE Clinic provides limited dental care to uninsured, low income adult residents of Cumberland County. The clinics are every Tuesday & Thursday and the second and fourth Wednesday evenings.

This is made possible by the many dentists and dental assistants and other volunteers in this community generously giving of their time and talent. The service provided is simple extractions, which means that a dentist will remove a tooth that is broken, but not at or below the gum line or if the tooth is decayed

beyond repair. A wisdom tooth is also not considered a simple extraction. When a patient arrives at the clinic, they are screened by a nurse and then a dental assistant takes an X-ray of the painful tooth. The dentist removes the tooth and then the patient receives post procedure instructions for them to follow at home. If needed, a prescription for Ibuprofen is filled by a volunteer pharmacist, assisted by pharmacy assistants. This much-needed service is provided at no cost to our patients; however, they are asked to give a donation if they can. In the past 21 years, patients have donated an amazing \$260,527 towards their medical and dental care!

Recently, our X-ray machine that we had used for many years in our dental clinic needed repair. When the technician came to assess the situation, the news was not good. The unit was no longer being sold and parts were not available for it. Dr. Richard Chupkowski, The CARE Clinic's volunteer Dental Director, worked with Dr. Terry Smith to determine the best solution for this problem.

The result was the purchase of the Nomad Pro 2 Hand-held X-ray System. At first glance several volunteers joked about how it looked like a hand-held radar gun. It is battery powered and provides quality



images with a lower radiation dosage than the standard AC X-ray systems. The round shield attached to the unit actually shields the operator from backscatter radiation. The patient is still shielded with a lead apron like they would be with the conventional system. The Nomad Pro 2 is lightweight and since it can be

brought directly to the patient, it is easier to get X-rays on those patients with limited mobility.

The Nomad Pro 2 is operated by the volunteer dental assistants who have had previous training in radiation safety. The volunteers were sent a link via email with a training video and there was practice time with the unit utilizing the X-ray locking feature. This enables safe training and demonstration of the device without undue concern related to unintended radiation emission. The unit has a charging cradle with two batteries so there is no risk of losing power during a

clinic. The volunteers have been trained to properly clean the device between patients and to store it safely at the end of the clinic. The CARE Clinic is currently using film, however the Nomad Pro 2 can be used with a digital sensor in the future, if needed.

There is presently a need for more volunteer dental assistants at The CARE Clinic. If you are currently working at a dental practice, we would love to have you come and give of your time and talent once every month or two. Perhaps you are retired from a dental practice, still have an active certification and would consider volunteering at the clinic. New graduates or students about to graduate can network with others and meet dentists in the community.

Those who volunteer at The CARE Clinic find it a life-changing and rewarding experience!



TECHNOLOGY UPDATES

In the early days of The CARE Clinic, keeping track of donations, fundraising events and volunteers was a challenge since there were no database programs specifically designed for non-profits who needed to track these aspects of a non-profit organization. Fortunately, John Reichart, a very dedicated volunteer who was proficient in Microsoft Access, set up our database to meet our needs at the time. Over the past 21 years, things in the technology field have changed dramatically and there are now many donor management systems to choose from. After much review by staff and committees, we decided to go with Donor Perfect as our new donor management system. The staff is in the very early processes of learning all of the features of this new system. As you can imagine, it is much different from our previous system and to familiarize ourselves, the administrative staff has been working closely with our contacts from Donor Perfect. We have been attending free webinars on different topics, so we can familiarize ourselves with this totally new program. We ask you to be patient as we learn and to accept our apologies for any glitches that may happen in the process. Thanks for your support as we grow and become more efficient in our daily tasks of running the clinic!

Honoraria Contributions ~ July 1 – September 30, 2015

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Dr. Tinsley Rucker	Mr. & Mrs. Hector A. Black	Patrice Baros, RN	Mr. & Mrs. Howard Lloyd
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Memorial Contributions ~ July 1 – September 30, 2015

<i>Memory of</i>	<i>Given by</i>	<i>Memory of</i>	<i>Given by</i>
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Thank you to our Donors of CARE

Contributions received from July 1 – September 30, 2015. Donors are reported on a cumulative basis since the formation of The CARE Clinic. This more accurately reflects the generosity of our Samaritans. The CARE Clinic appreciates your notification of misprints or omissions and apologizes for any error.

Samaritans of Discipleship (In-kind Donations)

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Valley Radiology
Mr. & Mrs. George E. Waren
Mr. & Mrs. Thomas M. Wooten

Samaritan of CARE (\$20,000 - \$49,999)

Barbara D. and Woodrow P. Bass
Designated Endowment
Cape Fear Valley Health System
Mrs. Marcia E. Gallina
Good Shepherd Catholic Church
Highland Presbyterian Church
Holt Oil Company, Inc.
Kiwanis Club of Cape Fear
Mr. & Mrs. S. Leon Shackelford
Spring Lake Dental Group
Mr. & Mrs. Michael H. Steadman
Dr. & Mrs. Myron S. Strickland
Westminster Presbyterian Church

Samaritan of Stewardship (\$50,000 - \$99,999)

Snyder Memorial Baptist Church
Wal-Mart Foundation State Giving Program

Samaritan of Treasure (\$100,000 - \$249,999)

Combined Federal Campaign
St Elizabeth Ann Seton Catholic Church

Samaritan of Legacy (\$250,000 +)

North Carolina Association of Free Clinics
CARE Patients

The CARE Clinic

239 Robeson St.
 PO Box 53438
 Fayetteville, NC 28305-3438
 (910) 485-0555/(910) 485-0111 Fax
 email: care@thecareclinic.org
 web page: www.thecareclinic.org

RETURN SERVICE REQUESTED

Non-profit Org.
 U.S. Postage
PAID
 Fayetteville, NC
 Permit No. 456

Clinic Wish List

VOLUNTEERS NEEDED

Pharmacists***	Dentists***
Pharmacy Techs	Dental Assistants***
Physicians***	Chiropractors
Physicians Assistants***	Social Workers
Nurse Practitioners***	
Nurses***	
Nutritionists	

ITEMS NEEDED

Ballpoint Pens, Black***	Styrofoam Bowls***
Ziploc Bags, Gallon sizes***	Postage Stamps***
Paper Napkins***	Wal-Mart Gift Cards
Diet & Regular Canned Soda***	
White Laser Labels 1" x 2 5/8" (30 on page)	

Please call 485-0555 before bringing items to The CARE Clinic

July 1, 2015 – September 30, 2015 Statistics

Primary Care Visits.....	536	Referrals/Diagnostic Tests.....	58
Dental Visits	141	Chiropractic Visits.....	2
Prescription	1,322	Social Worker Visits	73
Lab Test.....	345		
Total Encounters	2,477		
Cost per Patient Sponsorship.....	\$75.00		

UPCOMING EVENTS SEE INSIDE FOR MORE DETAILS