

HELPING HANDS HERALD



STAFF:

LOU HILL, MPH
Executive Director
CONNIE VERMILLION
Clinic Coordinator
SAMANTHA MOODY, PbT
Patient Care Coordinator
SHELIA HELTON, CPhT
Pharmacy Services Director
PAT CORNETT, CPhT
Pharmacy Manager
DEBRA PHILYAW
CHAP Program Director
DR. ANDY METZGER
Medical Director
RODGERS WHITE, RPh
Volunteer Pharmacy Director

BOARD MEMBERS:

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DENISE MICHAUD, MPH
Vice-Chair
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CHUCK SCRONCE, RN
REV. MARIETTA SMITH
JOAN SNYDER

A Message from the Director

Happiness cannot be traveled to, owned, earned, worn or consumed. Happiness is the spiritual experience of living every minute with love, grace and gratitude.

-Denis Waitley- "Poor Man's College"

As Thanksgiving approaches, many of us look forward to great food and fellowship, yet often the true spirit of the holiday is lost or glossed over in a quick blessing so that we can eat and watch the game. We forget to be thankful and it shows in our response to life's daily challenges. Gratitude is a big deal. It is not a one day event. It is not a season. It is about appreciating the little things that help us get through the day...a smile, an unexpected laugh, a warm pair of socks and a hot cup of coffee. Gratitude is about recognizing what is good in your life even when your life doesn't feel good.

Some days I whine and fret and forget to be grateful. I worry about cleaning the house or paying the bills instead of enjoying time with my family and taking one day at a time. Being thankful is intentional and requires practice. It is most difficult to be grateful in the midst of crisis or tragedy. I often see clients at the clinic who are consumed by fear-very real, very legitimate fears that they will lose their house or that they will not be able to find another job. Yet gratitude is not a concept that is lost on them. They are thankful that the clinic is able to help a little and that it relieves the burden of access to healthcare. They remain positive rather than hopeless. If our clients, who are struggling to maintain the basic necessities of food and shelter can feel grateful, then I have no excuse. So today I will live every minute with love, grace and gratitude. I might not get it completely right, but I'm going to try. My hope for each of you this Thanksgiving is that you find your happiness in the attitude of gratitude.

THE PERFECT CHRISTMAS GIFT

We all have that person on our Christmas list who is impossible to buy for or those folks who are far away and we just want to send a small remembrance. Helping Hands Clinic offers an easy way to give this year. Simply send in a donation to the clinic in the return envelope with the names and addresses of those you would like to honor. The Clinic will mail each person a beautiful holiday card acknowledging your gift in their honor. For every dollar you donate, the clinic provides \$10 worth of care. Here are some examples...

- ◆ A donation of \$35 provides prescriptions for one client for one year.
- ◆ A donation of \$75 provides diabetic test strips for one client for one year.
- ◆ A donation of \$200 provides care for one client for one year.

FIRST ANNUAL DONOR APPRECIATION DINNER

The Helping Hands Clinic Board of Directors hosted an Appreciation Dinner on Thursday, September 28 at the First United Methodist Church Christian Life Center. Nearly 100 supporters gathered for the dinner, including volunteers, donors and board members. The event included a clinic update, award presentations, farewell to outgoing board president Sandra Jaynes and a performance by vocalist, Shay Barnes and Bob Henson, who accompanied her on guitar.

Norman Ross received the Norman Sherwood, Sr. Award for his dedication and service to Helping Hands Clinic over the last three years. Since becoming a volunteer in 2003, Norman has volunteered more than 1,000 hours as a pharmacy technician. Despite living in Morganton and the rise in gas prices over the years, Norman has been a faithful supporter of the clinic. The award was named after the late Norman Sherwood, Sr., a volunteer pharmacist during the clinic's early years who exemplified the spirit of volunteerism.

Lois Clark received the Anne Welch Award for her generosity of spirit in giving both her time and money to the clinic. Working in the front office every Thursday since 2002, Lois always has a kind word and a smile for the clinic's clients. In addition to her hundreds of hours volunteering, Lois is also a unique fundraiser. In lieu of receiving birthday, anniversary or Christmas gifts, Lois repeatedly asks her family and friends to make donations to the clinic in her honor. Over the years these checks of \$25 and \$50 have added up to more than \$1,000 in donations! The award was named in fond memory of Anne Welch, a volunteer and generous donor to the clinic over the years, who left us too early and is still greatly missed.

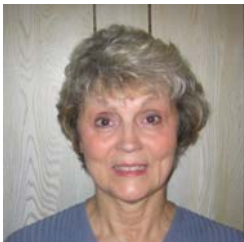
Greg and Pam Pilkenton received the Visionary Award for their tireless dedication to Helping Hands Clinic and the Caldwell community. The Pilkentons were instrumental in both the purchase and renovations of the clinic's current location on Harper Avenue and have remained generous donors since the clinic's opening in 1998. Pam Pilkenton also volunteers at the clinic twice a month as a discharge worker and serves on the Board of Directors.

The evening concluded with the debut of Helping Hands' promotional video. The video featured clinic staff and clients who shared their own personal stories about how the clinic has made a difference in their lives. Video production was made possible by Nancy Willis, Shay Merritt and Blaine Fischer. Patrick Hollowell with Paradigm Communications assisted with the video equipment.

HHC WELCOMES NEW BOARD MEMBERS

Helping Hands Clinic welcomes the following new board members:

Gwen Key is starting her thirty-seventh year with the Bank of Granite's Lenoir office as an Investment Specialist. Gwen is married to Denny Key and they have three children together: Sonya Kirby, Nathan Key, and Amy McMasters.



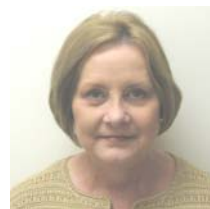
Gwen also serves as Treasurer for Caldwell County 4-H and is on the board for the West Caldwell Health

Council.

Joe Robinson was born and raised in Lenoir. He is divorced with one son. Now retired, Joe has worked in construction off and on all of his life. Joe joins the clinic as our client representative. He has been a client of the clinic for five months and says he does not know what he would do without the clinic's services. He lives in Hudson.



Joan Snyder joins the board representing the Department of Social Services. Joan is a native of Caldwell County, has been married for 36 years and has one son. She attended Lenoir-Rhyne College where she received a BA in Psychology and MA in Counseling. Joan has been with DSS for 20 years and is currently Family Services Supervisor. Her hobbies are shopping and traveling with her sister.



GRANT ALLOWS CLINIC TO EXPAND HOURS

Helping Hands Clinic recently received a grant from Sisters of Mercy of NC Foundation to expand office and clinic hours beginning in August 2006. Office hours for appointment scheduling and screening increased from 16 hours to 38 hours per week. Medical clinic hours also doubled from 10 to 20 hours per week, with Dr. Metzger continuing as the clinic’s staff physician. The expansion comes in response to the growing demand for the clinic’s services. Already in 2006, the nearly 700 new clients have been enrolled. In October, the number of new clients was 110 and the number of prescriptions dispensed was more than 2,500, a new record for the clinic!

As part of the expansion, Helping Hands Clinic hired Samantha Moody in the newly created Patient Care Coordinator position. Samantha’s duties include handling all client referrals, labs and x-rays as well as recruiting and training all clinical volunteers. Sam is originally from Virginia and has been in Caldwell County for twelve years. She is a member of New Grace Church and sings in Sisters of Grace gospel group. Sam lives in Lenoir with her family.



Since October 1996, Sisters of Mercy of NC Foundation has awarded 660 grants totaling more than \$31,800,000 to organizations serving unserved or underserved populations. This is the third grant the Foundation has awarded to Helping Hands Clinic for operating support. For more information concerning the Foundation, please call 704-366-0087 or visit their web site at www.somncfdn.org.

NEW HOURS

Office Hours

Monday-Thursday

9:00am-5:00pm

Friday

9:00am-3:00pm

Clinical Hours

By appointment only

Monday-Tuesday

3:30pm-8:30pm

Thursday-Friday

9:00am-2:00pm

Pharmacy Hours

Refill Pick-Up

By appointment only

Monday-Tuesday

6:30pm-8:00pm

Thursday

1:00pm-2:00pm

HELPING HANDS NEEDS HELPING HANDS!

With the recent expansion of hours, Helping Hands Clinic needs volunteers more than ever! The following volunteer opportunities are available at the clinic:

Monday—Clerical—9:00am-5:00pm

Eligibility Screener—3:00pm-5:30pm

Pharmacy—6:30pm-8:30pm

Tuesday—Front office—2:00pm-5:00pm

Eligibility Screener—3:00pm-5:30pm

Pharmacy—6:30pm-8:30pm

Wednesday—Front office—9:00am-5:00pm

Thursday—Front office—2:00pm-5:00pm

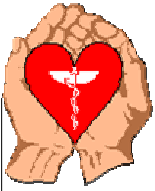
Eligibility Screener—9:00am-1:00pm

Pharmacy—1:00pm-2:00pm

Friday—Front office—9:00am-3:00pm

Eligibility Screener—9:00am-1:00pm

Cleaning volunteers are also needed one or two days per week. All of the positions listed above require no experience—we will train! Most volunteers choose to work between 1 and 4 hours either weekly or monthly to fit their schedules. For more information, call Samantha Moody or Connie Vermillion at 754-8459.



Helping Hands Clinic, Inc.
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Lenoir, North Carolina 28645

NONPROFIT
ORGANIZATION
U.S. POSTAGE
PAID
LENOIR, NC 28645
PERMIT NO. 1

Phone (828)754-8565

Fax (828) 754-8567

Email info@helpinghandsclinic.org

RETURN SERVICE REQUESTED

WISH LIST

- Copy paper*
 - Paper towels*
 - Toilet tissue*
 - #10 envelopes*
 - Anti-bacterial hand soap(refillable)*
 - Anti-bacterial hand sanitizer*
 - Large trash bags*
 - Kitchen trash bags*
 - Paper plates*
 - Plastic forks and spoons*
 - Canned drinks & bottled water*
 - Staples or Wal-Mart gift cards*
- To donate, please call 754-8459 or email*
[*lou@helpinghandsclinic.org*](mailto:lou@helpinghandsclinic.org)

FOOD LION SHOP & SHARE

Helping Hands Clinic is registered with the Lion Shop & Share through Food Lion. Each time you shop at Food Lion and use your MVP card, a portion of your total grocery purchase will be donated to the clinic.

Start donating today by going to www.foodlion.com or by calling 1-704-633-8250 ext. 3810, Monday through Friday, 9:00am to 8:00pm. You will enter your 12-digit MVP card number (located on the back of the card), name and address. From then on, all of your purchases will count towards Helping Hands Clinic.

Just a simple way to give a helping hand!