



for helping us care!

Since the HelpCare Clinic is funded only by donations and grants, support is crucial to our ability to continue to serve the uninsured and low-income in our community. Recently, the HelpCare Clinic received funds from **Give Where You Live**.

Thank you to the community for your generous support through the Give Where You Live day of giving. HelpCare Clinic received over \$12,000 through donations.

Through **Operation Snowflake**, a holiday giving opportunity at CHI Good Samaritan, employees donated items that are used daily in the clinic, such as Kleenexes and Clorox disinfecting wipes.

The items may seem simple and practical, but at HelpCare Clinic, donations of this kind are greatly appreciated. Thank you for helping the clinic with your support and making 2015 a significant year.

Wish list items

At HelpCare Clinic, the current wish list items are used daily. Donations can be dropped off at 3015 Ave. A in Kearney. The clinic is in need of:

- Bottled water
- Reams of copy paper



HelpCare Clinic (HCC) is appreciative of the support of First National Bank, and the community will benefit from this grant donation. Pictured left to right: Mark Sutko, President of First National Bank and HCC board member; Garrett Vetter, staff; Beth Baxter, board member; Julie Weir, board member; Linda Muhlbach, executive director; June Petersen, staff; and Dr. John McCammond, board member.

Volunteer in the spotlight

After 43 years of employment at Medical Arts and Family Practice Associates as a medical technologist, **Mikki Chavanu** of Kearney retired in April 2015.

However, her skills and knowledge did not sit idle for long.

“I always hoped to do volunteer work when I retired, and this (HelpCare) is the perfect opportunity,” she said.

Chavanu volunteers two mornings a week during the open office hours on Tuesdays and Wednesdays. She also is available to fill in on Thursday evenings when needed.

“I love lab work, and with my experience running a lab, I hope to contribute in a continuing way.”

The clinic’s mission of helping others was attractive to Chavanu.

“I feel I have received far more than I’ve given. I work with a great group

of people who are very dedicated to the success of this clinic.”



Mikki Chavanu is a HelpCare Clinic volunteer who serves in the lab.

Four new board members added at HelpCare Clinic



Charles Messbarger,
semi-retired anesthetist

Why are you interested in committing time to the HelpCare Clinic Board?

“I have been a member of the Kearney medical community in the hospital anesthesia department since 1961 and have also done long- and short-term medical mission work in developing nations for 40 years. This combination makes serving at the clinic a natural. I recognize the need for this service in Kearney and am excited to help make this project a success.”



Mark Sutko, President of First National Bank

What experience, wisdom and strategic thinking will you bring to the board and organization?

“My past experiences with other for-profit and non-profit boards have helped me see the things that support a company or organization. My journey serving on many boards at various levels – local, state and national – give me the experience that I can hopefully provide to this board.”



Dr. Angela Williams,
Director of VA Medical Center

What role do you find yourself taking when working in the group?

“My role is to make sure that we are sustainable. The clinic is a needed entity in the community, and we know that. If that means to promote to different groups or help with fundraising, I think that’s what my role would be.”



Roxanne Bascom,
Kearney community member

What difference is HelpCare Clinic making in the community?

“I think HelpCare Clinic is helping people who didn’t have much hope have some hopefulness. The clinic does give people hope. Being hopeful is a good thing. It improves your mental and physical health.”

Did you know board members contribute a diversity of thoughts, ideas, life experiences and skills to a board?

From the desk of Linda Muhlbach

I began working on the planning and development of HelpCare Clinic in January of 2014. As I worked through the benchmarks and timeline, the vision of HelpCare Clinic became clearer.

We opened our doors to patients on April 30, 2015, which was the first of our Thursday evening clinics. In August we added Tuesday and Wednesday morning clinics. By the end of the year, we had over 500 patient visits with more than 250 different patients.

Our focus is helping patients manage chronic diseases such as diabetes, and we are seeing great results.



Left to right, volunteers Nancy Blume and Barb Rosenthal and staff member Mae Quintana attended the Kearney Public School’s Early Steps Health Fair and offered free blood pressure checks for those attending. Children were also given free coloring pages and healthy snacks.