

## From the desk of Cheryl Bressington

“I want to thank everyone who has helped make the transition from Linda to myself a smooth one. I already feel like part of the family. The first month flew by, and each day I develop a greater appreciation for the opportunity to work with wonderful coworkers and volunteers.

However, the emotions from the patients are the most touching part of the job. It brings tears to my eyes to hear patients almost shouting their



thanks multiple times as they leave the building. Or see the little girl whose eyes light up when we give her a wooden toy bus that was made by a volunteer.

I hope more individuals take the opportunity to volunteer, even if it is only one evening a month, and see the emotions for themselves. If you cannot volunteer, please consider donating something from our wish list. On behalf of over 280 patients we have seen since our doors opened, thank you.

## Volunteer spotlight HelpCare Clinic snack organizers

**Reporter:** At HelpCare Clinic, there are many behind-the-scene individuals who help in unique ways. **Kathy Gosch** and **Alice Mercer** organize snacks to be delivered to the clinic on Thursday evenings for the volunteers. Let’s hear their story.

**Alice:** I first heard about HelpCare Clinic through Linda Muhlbach, a fellow church member, and felt that I could possibly be of some help at the weekly clinic.

**Kathy:** The first Thursday night seeing patients, it became apparent many of our volunteers were coming directly from work. Yes, after an eight-hour day, they were coming to serve another four hours at the clinic.

**Reporter:** HelpCare’s need – snacks for the volunteers.

**Alice:** At first I considered the greeter position, and then Linda contacted me and asked if I would be willing to “recruit” snacks for the volunteers. I knew this would be a way I could serve, but wasn’t sure just how to get started.

**Kathy:** When I was seeking volunteers, many people were reluctant to serve because they have no medical background or training.

**Reporter:** Kathy knew these were the kind of individuals who could be perfect for contributing nourishment to the workers.

**Kathy:** I approached adult Sunday school classes at First United Methodist Church, and members were more than willing to provide some protein-filled snacks. Twice a month our members deliver snacks. This provides an additional connection for our church family as they too serve the underserved in this manner.

**Alice:** I contacted some churches and was directed to very willing helpers as well as some of my own friends. I usually line up food for the other two Thursdays of the month, so it takes just a couple of phone calls.

**Reporter:** Both ladies have a passion to serve.

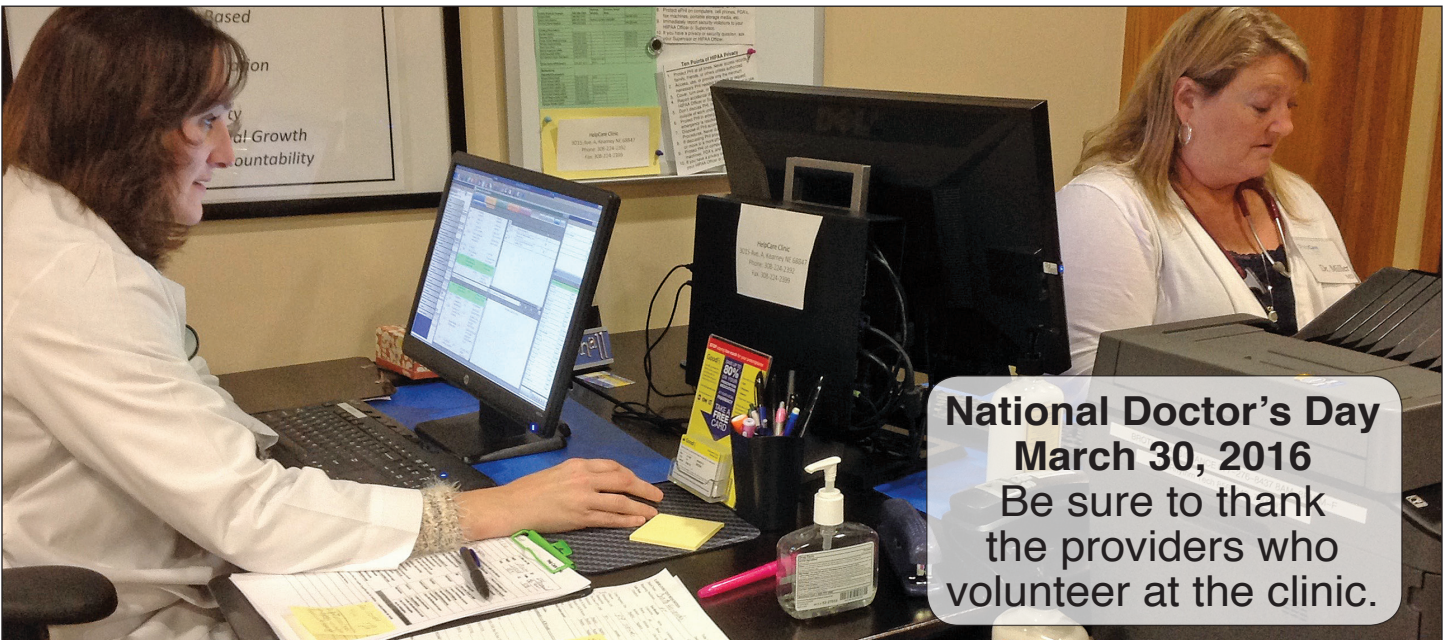
**Alice:** I like being able to serve in this capacity, and enjoy working with the staff, as they are always appreciative of whatever we bring for them to munch on. More volunteers are always welcomed too.

**Reporter:** The moral of the story...there are areas to volunteer at HelpCare Clinic that do not require a medical background. Call 308-224-2392 for more information.



Kathy Gosch (left) and Alice Mercer





**National Doctor's Day  
March 30, 2016**  
Be sure to thank  
the providers who  
volunteer at the clinic.

## March wish list

One need at HelpCare Clinic is an increase in medical providers who volunteer. Currently four physicians, one physician assistant and two nurse practitioners rotate shifts during the clinic's open hours to provide health care to patients. Offered services include:

- General acute care
- Preventative health care
- Diagnosis and treatment

To view other wish list items, go to:


- <http://www.helpcareclinic.org/donate-items/>

*“In my career as a school nurse, I have long seen the need for a free clinic in our community. The right time and the right people just needed to come along to make it happen.”*  
- Volunteer Kathy Gosch



**Left: Cheryl Bressington, executive director, and Garrett Vetter, clinic operations manager, staffed a HelpCare exhibit at the birthday celebration of author Dr. Suess at the Kearney Area Children's Museum Saturday, Feb. 28. Because of the opportunity, families were exposed to the services available at the clinic.**

**HelpCare Clinic**  
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