

Volunteer spotlight Amy Nuxoll

When Amy Nuxoll volunteers at HelpCare Clinic, she is gaining real-life experience in medical interpreting.

“I lived in Latin America for several years and know what its like for patients when they may be confused by a different medical culture and are trying to overcome a language barrier,” Nuxoll said.

Interpreters are needed at the clinic because approximately 20 percent of patients require language services.

Nuxoll graduated from the University of Nebraska at Kearney with a Bachelor of Arts degree in Spanish Translation and Interpretation and a minor in Health Science.

“I have worked in a couple different allied health positions over the years,” said Nuxoll, who currently works at Kearney Eye Institute as a testing and triage technician and in-house interpreter.

“I heard about HelpCare Clinic through coworkers and at church, and was attracted to the clinic because of the possibility of using Spanish and helping people in a practical need. I enjoy making people feel comfortable and facilitating good communication between the doctor and patient,” Nuxoll said. “Additionally, I enjoy being able to help people in a community who may not have had access to quality medical care.”

Nuxoll believes the clinic is having a real impact in the community. “By helping people manage chronic illnesses, the clinic is able to improve the quality of people’s daily lives as well as prevent damaging complications that would further inhibit them from being healthy,” she said. “It’s humbling to be able to contribute to a mission like that.”

This October, Nuxoll is moving to New Hampshire where her husband took a pastoral position. “We’re excited to experience a new place and get a taste of New England culture. I’m not sure what I’ll be doing for a job yet, but I hope to

continue using Spanish.”

HelpCare Clinic staff thanks Amy Nuxoll (pictured on the right) for volunteering.



Flu shot clinic

HelpCare Clinic will partner with Walgreens and Community Action Partnership of Mid-NE to offer two free influenza immunization clinics. The flu shots are free to individuals who meet HelpCare eligibility criteria. The first clinic will be Tuesday, Oct. 11 from 3 to 6 p.m., and the second clinic is scheduled for Tuesday, Nov. 8 from 3 to 6 p.m.

Walgreens has provided 100 free flu shot vouchers and will help administer the immunizations. Community Action Partnership of Mid-NE will also help provide and administer the immunizations to children. “HelpCare is both grateful and thrilled to offer this service in conjunction with our partnering organizations once again,” said Garrett Vetter, HelpCare Clinic Operations Manager.

A word from Executive Director Cheryl Bressington

Fall is my favorite season. Fall brings beautiful colors, cool weather and final harvests of fresh produce. Fall is also a wonderful time to go on a walk. Grab a



friend or co-worker and go walk for 20 minutes – this is the best way to de-stress, reenergize and enjoy the vibrant fall colors.

Fall is also a time individuals contract the flu,

so make sure to get the flu shot. Thanks to Walgreens and Community Action Partnership of Mid-Nebraska, we will be offering two flu immunization clinics to those eligible for our services.

Finally, fall also marks the start of the next season, which is the season of giving. Please note you can contribute to HelpCare Clinic through the United Way Campaign, the upcoming Give Where You Live Campaign from the Kearney Area Community Foundation or directly.

Without your gifts we could not serve the patients, so we thank you.

Staff spotlight

Three staff members attended the National Association of Free and Charitable Clinics 2016 Health Care Symposium in Orlando, Fla. Their comments follow:

Garrett Vetter, HelpCare Clinic Operations Manager

“I considered the symposium a bastion for like-minded individuals who see the dire need and grave importance of free and charitable healthcare clinics across the country. It was truly a blessing to visit with employees and volunteers of other facilities, like HelpCare, from every corner of the nation.

“The conversations provided invaluable insight and reaffirmation of the services we currently provide and where we should look toward in the future. The takeaway for me personally was information capable of providing higher quality care to those we serve and saving funds through other avenues that allow our donors’ and grantors’ dollar go even further in providing care for more individuals in the future.”

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Three staff members recently attended the National Association of Free and Charitable Clinics 2016 Health Care Symposium in Orlando. Standing left to right are Cheryl Bressington, June Petersen and Garrett Vetter.

Diabetes Information and Referral Fair

Physicians, pharmacists, diabetes educators, community health workers and dieticians will be present at the Diabetes Information & Referral Fair on Thursday, Nov. 3 at the Kearney Family YMCA from 10 a.m. to 2 p.m. The HelpCare Clinic staff will be one of the 30-plus exhibitors.



ARIANE ARENSDORF

“This is the key element of the Fair—to connect people with local resources,” said Ariane Arensdorf, the Diabetes Referral Network Coordinator

at Buffalo County Community Partners. “We want this event to be comprehensive: assess your health, connect to resources and gain education on different topics, such as healthy eating.”

Free screenings will be offered and include: A1c, blood glucose, comprehensive foot exams,

depression, BMI, creatinine, waist circumference, blood pressure, shoe exams, dental checks and personal trainer assessments.

Celebrity chef Dana Herbert, the winner of TLC’s *Cake Boss: Next Great Baker*, will demonstrate diabetes-friendly recipes. Everyone is welcome to the event sponsored by Central Nebraska Diabetes Referral Network, Buffalo County Community Partners, Kearney Family YMCA, CHI Health Good Samaritan, Kearney Regional Medical Center and NovoNordis.

“The Diabetes Referral Network is very excited to host the 2nd Annual Diabetes Information and Referral Fair again this year. We hope that community members will come out and get connected to all the amazing resources in the community. The resources provide useful tools and education to help people control and maintain their chronic illness,” Arensdorf said.

The entire event is free thanks to generous partners and volunteers.

Staff: Takeaways

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Cheryl Bressington, HelpCare Clinic Executive Director

“The National Association of Free and Charitable Clinics Symposium held in September was an amazing opportunity to network with other free and charitable clinics, attend sessions relative to the operations of HelpCare Clinic, meet vendors and learn about possible opportunities, and bring back so much information to help with current operations and ideas for the future. I can’t wait to continue discussions about a possible Midwest consortium of clinics to continue discussions and help each other out.”

June Petersen, HelpCare Clinic Director of Patient Care

“I attended the clinical track of workshops and learned about diabetes and weight loss programs. However, the most valuable time was networking with other clinic nurses and learning how they respond to the challenging issues at their clinics.”

Clinic wish list

Band-Aids (good for flu shot clinic), postage stamps, Kleenex, Clorox wipes, legal pads or Wal-Mart Gift Cards. More medical volunteers!

Walk with a Doc

Dr. Amy Jorgensen from Contemporary Obstetrics will be the guest doctor at the November Walk With a Doc event scheduled on Nov. 6 at 1 p.m. at Yanney Park.

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