

Client story

I'm Carlos. I'm grateful for all the help that I've been given at HelpCare Clinic. My friend recommended I visit the free clinic because I needed to see a doctor because of issues with diabetes and blood pressure.

The day of my appointment, I was relieved to see a doctor. At the visit I was treated well and given personal attention. After taking prescribed medications to treat my blood pressure, cholesterol and diabetes, I have returned to the clinic for follow-up checkups. The staff continues to give me great care. – *Carlos, HelpCare Clinic patient*

Volunteer story

Thank you for giving me the opportunity to be a part of the HelpCare team. My experiences at the clinic have greatly changed my perspective on many issues, and I feel that I have grown immensely because of the opportunity that the Lord gave me to serve with so many incredible people. I hope that one day I am fortunate enough to have the opportunity to practice medicine in Kearney and to assist as a provider for HelpCare. – *Volunteer Zach Porter, premedical student*



Mae Quintana joined the HelpCare Clinic staff in August. Her experience and skills will be an asset to the clinic.

In the spotlight

“I have always worked in health care and am bilingual,” said Mae Quintana, the recently hired community health worker at HelpCare Clinic. As a community health worker, Quintana helps patients manage their health issues. Her bilingual skills and healthcare background allow her to relate well with the patients.

Before the clinic's soft opening, Quintana was asked to be an interpreter for non-English speaking patients, and after that first request, she began to volunteer on a regular basis.

“I really enjoy working with the public,” Quintana said

The new staff member now works Monday through Friday at the clinic and has receptionist and interpreter responsibilities. She also will make connections and address social needs with patients.

Quintana has strong beliefs in agreement with the clinic's mission and vision statements – a desire to improve and provide health care to uninsured community members. “The feeling I really helped someone is what I want to gain from working in this position.”

From the desk of Linda Muhlbach



“It has been amazing to see the many ways individuals and groups are serving in HelpCare Clinic. Thank you to all our volunteers who serve, to those bringing healthy snacks for our volunteers, to those providing items on our wish list and to those making donations.

“The community involvement will make HelpCare Clinic a success as we care for those in need.” – *Linda Muhlbach, director of HelpCare Clinic*

Community response

I just want to thank the dedicated staff and volunteers at the HelpCare Clinic for providing kindergarten and seventh grade physicals for so many of our Kearney Public School students.

The physicals are important and required by state statutes, but they are cost prohibitive for some of our families. This was a great alternative to having parents waive the examinations.

One of my kindergarten students had a vision need detected at HelpCare and was referred to a vision specialist. He will have his first pair of glasses before the second week of school and that is so much better than finding the problem halfway through the school year. We appreciate your service to our community. –

Susan Puckett, RN
KPS Health Services



A new school year brings new volunteers to the clinic such as students from Central Community College, University of Nebraska at Kearney, University of Nebraska Medical Center and local high schools. Pictured left to right are volunteer students Georgia Graham and Tami Nelson, LPNs who are working on becoming RNs through CCC; Rachel Flaugh, a UNK biology major from Hartington; and Caleb Capellen, a CNA who attends Kearney High School.

Clinic wish list

At HelpCare Clinic, office products, services and solutions are continuous needs, and that is why office supply store gift cards are appreciated. Postage stamps, Kleenexes, bottled water and Clorox disinfecting wipes also are on the wish list. Contributions can be dropped off at the HelpCare Clinic located at 3015 Ave. A in Kearney.



HelpCare Clinic does not receive government funding and operates using grant funds and personal contributions. Financial donations are tax deductible and can be sent to:

HelpCare Clinic
PO Box 3227
Kearney, NE 68848
308.224.2392

www.helpcareclinic.org

FLU VACCINE CLINICS

HelpCare Clinic, Walgreens and Community Action Partnership of Mid-Nebraska will team up to provide two flu shot clinics this fall. “This is a perfect way to all work together,” said Jannette Arram, the pharmacy manager at Walgreens. “The special clinics are to help the community. Hopefully it will decrease the spread of flu because it will protect people, especially people in need and who have comorbidities, such as diabetes or asthma. Getting the flu on top of that can be detrimental.” According to Linda Muhlback, director at HelpCare Clinic, two flu shot clinics will be held **Oct. 6** and **Nov. 10** from 4-8 p.m. at the clinic for those who have no insurance.