

## WALK WITH A DOC Sunday, Nov. 6

Dr. Amie Jorgensen from Contemporary Obstetrics and Gynecology will be the guest doctor at November's walk scheduled for Sunday Nov. 6 at 1 p.m. at Yanney Park. In case of inclement weather, the event will be relocated to the Hilltop Mall.

HelpCare Clinic would like to thank the staff of Modern Woodmen of America for providing refreshments to participants. For more information contact Cheryl Bressington at [cheryl@helpcareclinic.com](mailto:cheryl@helpcareclinic.com).

### Save the date for upcoming Walk with a Doc events:

- Dec. 4, 2016 featuring Julie Keaschall, APRN of HelpCare Clinic
- Jan. 8, 2017 featuring Dr. Aubelauch of Good Samaritan Medical Group

## GIVE WHERE YOU LIVE Thursday, Dec. 1

HelpCare Clinic will participate in the community-wide fundraising event known as "Give Where You Live" sponsored by the Kearney Area Community Foundation (KACF). Businesses and individuals will have the chance to support their favorite charities online or off during the 24-hour period.

Your gift to the clinic during the crowd-funding event helps the clinic with additional matching funds and hourly prizes offered by KACF. If you want to make a cash or check donation to the clinic during the campaign, please stop by the clinic Dec. 1.

HelpCare Clinic volunteers will be on site to take blood pressure readings from 10 a.m. to 2 p.m., answer questions and share some refreshments.

To read more about the campaign or to make your online donation, visit: <https://givewhereyoulive.razoo.com/us/story/Helpcare-Clinic>.



**HelpCare Clinic Operations Manager Garrett Vetter attended the Wheat Ridge Ministries Emerging Leaders Convening in Chicago. The youth leadership course is designed to educate and inform future leaders.**

## HelpCare staff spotlight

### By Cheryl Bressington, Executive Director



It is November and an appropriate time to say thank you to all of the volunteers who take time from their busy schedule to provide services to the patients at HelpCare Clinic. A big THANK YOU goes out to all of our partners as well. Your generosity does not go unnoticed.

We would also like to thank those who have given a one-time donation or continue to donate on a regular basis. Without you there would not be a free and charitable clinic available to help the 500-plus unduplicated patients who account for the 1,500 office visits, plus lab tests and needed medications.

Have a blessed Thanksgiving!

### By Garrett Vetter, Clinic Operations Manager

I was invited to attend the Wheat Ridge Ministries Emerging Leaders Convening in Chicago because of the clinic's partnership with Wheat Ridge Ministries. It was an opportunity for other grant recipients who were of my generation to:

- Come together and report about the work we're doing in our respective services.
- Network among each other.
- Attend numerous seminars and presentations.
- Gain additional tools for fundraising and success.

It was a great experience and a privilege to be invited, and I greatly enjoyed the subject matter. I felt very informed of additional tools available to continue in our mission at HelpCare.

Additionally, it was a genuinely humbling and touching experience to hear about the great work that others are doing across the entire country. That being said, I have always felt incredibly confident about the work being done at HelpCare, but with a greater comparison group I can tell you that everyone else is impressed as well.



It is truly a blessing to be a part of something that generates appreciation among other leaders in a variety of capacities. I am continually grateful to be a part of such an organization and consider it one of my greatest joys to share our mission.



**A shout of thanks to HelpCare Clinic volunteers Vance and Barb Siedenborg for welcoming the HelpCare Clinic staff and volunteers to their home for a barbecue in October. A great time was had by all!**



**RACHEL FLAUGH**

### Volunteer Rachel Flaugh

“The volunteer experience at HelpCare Clinic has been instructive and inspiring,” said Rachel Flaugh, a volunteer at HelpCare and a UNK student who

plans to attend medical school.

“The volunteers and patients at HelpCare Clinic interact with one another much like a family, and the inclusive and trusting relationships have been truly meaningful to observe,” she said.

Encouraged by her pre-health advisor Peggy Abels, Flaugh was enthusiastic to play a role in improving the health of citizens within the community.

Flaugh serves as a medical scribe and occasionally provides Certified Nursing Assistant (CNA) support.

“The providers I scribe for have been so kind and helpful in providing information about patient care.

“It’s rewarding to be able to notice evident improvements in the health of many patients at follow-up appointments.

“As an undergraduate student, I have

already gained so much knowledge about how I can help meet the healthcare needs of those in my community.

“Developing a passion for understanding and serving patients who face financial, cultural or geographic barriers to receiving healthcare has been invaluable.”

### Flu Shot Clinic Nov. 8

HelpCare Clinic will partner with Walgreens and Community Action Partnership of Mid-NE to offer a free influenza immunization clinic.

The flu shots are free to persons who meet HelpCare eligibility criteria, and the clinic is scheduled for 3 to 6 p.m. at HelpCare Clinic.

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.

### Volunteer Jan Sommer

When HelpCare Clinic opened its doors in April 2015, Jan Sommer was very eager to be a part of the opportunity.

“I was attracted to the clinic because I was so excited that Kearney was offering this service to those less fortunate,” she said.

According to 2014 American Community Survey 5-Year Estimates census data, 8.39 percent of residents in Buffalo and Kearney counties are uninsured, or 4,466 persons. “God loves and cares for those in need through us,” Sommer’s said.

From various medical environments including family practice, internal medicine, eye care and home health, Sommer considers volunteering at HelpCare a joy.

“Volunteering is one small way to serve and help others.”

Sommer volunteers two to four times a month, and outside of her volunteer time, she is a pre-operative and recovery nurse at Kearney Eye Surgery and provides home health care to residents at Northridge, a senior living community.

The past 18 months Sommer has served patients at the clinic. “I have seen first hand how we have made a difference in the lives and health of many,” she said.

### HelpCare Clinic Wish List

- Band-Aids (good for flu shot clinic)
- Postage stamps
- Kleenex
- Clorox wipes
- Legal pads
- Copy paper.



### HELPCARE CLINIC

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