

Volunteer spotlight

Nancy Blume PhD, RN, APRN-CNS



Since HelpCare Clinic opened its doors in April 2015, Nancy Blume has volunteered weekly on Thursday evenings and donated 173.5 hours serving others in her profession as

a retired registered nurse. Blume was previously an emeritus professor at Lamar University in Beaumont, Texas where she was director of the Lamar University Graduate Nursing Program.

After her retirement, Blume and her husband desired to return to their hometown in Nebraska. "I had read in the Hub of the clinic's opening before I retired. The community needed a free clinic, and it was just getting started when we returned to Kearney from Texas," she said.

The clinic director welcomed Blume's professional skills as a nurse and educator. "As a triage nurse, I am the first nurse patients see." Blume weighs and measures



the patients then escorts them to a patient room. She documents the reason for the visit and if symptoms have changed since the last visit.

"I also make sure there is an interpreter available for non-English speaking patients to assist with assessments." She is fulfilling the motto of the clinic, 'I was sick and you cared for me,' taken from Matt. 25:36. "I enjoy seeing patients' health care needs being met," Blume said.

"The clinic has great volunteer support. The medical community and especially the primary care providers need a big **THANK YOU.**"

September wish list

HelpCare Clinic is asking for donations of the following items:

- **NEW ITEM:** Pens
- Kleenex....pack of 3...\$4.38
- Copy paper...pack of 3 reams...\$12.88
- Clorox wipes...pack of 3...\$9.53
- Gift cards...for over-the-counter medications...\$10

(Prices may vary)

A word from Cheryl Bressington, HelpCare Clinic Executive Director

September is the month when school is in full swing and the calendar fills up fast. The same is true at HelpCare Clinic.



I want to update you on some important changes in the clinic's schedule during September.

The clinic will be closed

Monday, Sept. 5 to observe Labor Day.

Also, the clinic will be closed Friday, Sept. 9 through Tuesday, Sept. 13 for staff training. June Petersen, Director of Patient Care, Operations Director Garrett Vetter and I will be attending a conference where keynote speakers will address topics and issues facing free and charitable clinics.

Topics will include the continued need for health care equality, accessibility, affordability and portability for the medically under served in our country and available resources for non-profit clinics. Clinic operations will resume on Wednesday, Sept. 14.

ECHO Consulting Group will meet with the Board of Directors in late September for additional training. ECHO Consulting Group was involved in the start-up of the clinic and has much experience working with free and charitable clinics.

As you can see, September is the month staff and Board members receive schooling. An emphasis on educational training is essential in order for the HelpCare team to provide the best services possible.

Thank you for your continued support. God bless your start of fall. Go Big Red!

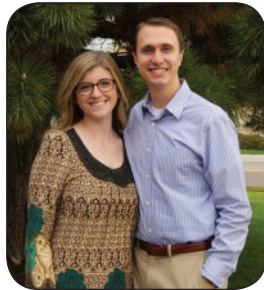
New board member spotlight Sean Dougherty

Sean Dougherty, associate pastor at Kearney First Baptist and a new HelpCare Board member, views HelpCare Clinic as a compassion organization.

“I look forward to seeing where God takes HelpCare and how He uses it to show people His unique care for them,” Dougherty said.

“God can use compassion organizations such as HelpCare to teach people about the healing that He offers through His Son, Jesus Christ. I enjoy seeing that happen.”

Dougherty is very aware of the health needs of Buffalo and Kearney counties. “My wife is in the healthcare industry. Also, as a pastor I encounter quite a few financial needs on a daily basis that



Mallory and Sean Dougherty

usually need some kind of healthcare as well. So, I see the need.

“As a member of the Board, I see myself helping to build consensus and understanding within and around HelpCare,” Dougherty said.

“There are many unseen needs in Buffalo and

Kearney counties. Many people in Kearney do not even realize the poor who are in their community, and the daily health challenges they face.

“No one denies that healthcare access has become an exponentially larger issue in our communities in the last few decades. This clinic spawns out of a response to that larger issue.”

Dougherty, born and raised in Texas, moved to Nebraska in 2014. He and his wife have two daughters.

Final report Shoe fundraiser

HelpCare Clinic completed the shoe recycling fundraiser, and Director Cheryl Bressington is excited to announce that 6,649 pounds of shoes were collected. Boy Scout Troop 139 volunteered to help load 249 bags with 25 pairs of shoes per bag into a truck, which averages to 26.7 pounds per bag.

According to a representative from Shoes with Heart, this was one of the largest single entity shoe recycling fundraisers in its history.

The clinic staff would like to thank everyone who donated shoes to the fundraiser and the Boy Scout Troop 139 who helped carry the bags from the basement of the clinic and load them into the truck.

Money from the fundraiser will go to clinic costs not currently covered by grants or donations. HelpCare Clinic is a free and charitable clinic providing health



services to the uninsured who live or work in Buffalo or Kearney counties and who are at or below 200 percent of federal poverty level.

HelpCare receives no state or federal monetary support, but relies instead upon donations and grants to provide services.

For more information, go to www.helpcareclinic.org.

Walk with a Doc

The September Walk with the Doc will be Sunday, Sept. 4 at 1 p.m. at Yanney Park.

Dr. Shannon Hoos-Thompson will lead the group on the lap walk around the park, and the public may join HelpCare Clinic volunteers and community members beginning at the tower. Registration is not required. In case of inclement weather, the alternate site will be the Hilltop Mall.

Dr. Aubeelauck from Good Samaritan Specialists will be the guest doctor at October’s Walk with the Doc scheduled for Sunday, Oct. 2 at 1 p.m. at Yanney Park. 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.



Did you know exercise reduces anxiety by 48 percent and depression by 47 percent?

Did you know exercise is the number one treatment for fatigue?

Statistics show 97 percent of Americans do not get the recommended amount of exercise.

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