

Volunteers in the spotlight

Ellen Shafer-Lind, LCSW, and Cyndi S-Foresman, MS, learned of HelpCare Clinic in search of other community resources to assist their clients at Pathway to Hope, a mental health counseling service. Now both therapists volunteer at HelpCare.

“We found with today’s health care availability people do not always have coverage, yet they have need. Our belief is to help those who need it, so we are able to take a few clients per year free of charge,” Shafer-Lind said.

Some patients at the non-profit medical clinic have more than physical needs that need attention. Mental health disorders affect people of every walk of life, so mental health services are provided either free of charge or with a sliding fee and payment plans, depending on the level of assistance.

The two counselors make mental health services affordable for people who do not necessarily have the means. “We always gain an enrichment in our profession when we can help others,” Shafer-Lind said.

The mission of HelpCare Clinic is to provide medical and behavioral health care in a compassionate and respectful environment. Patients must meet certain qualifications, including residing or working in Buffalo and Kearney counties; not having private medical insurance, Medicaid or Medicare; and having an income at our under 200 percent of the federal poverty level.

Shafer-Lind and S-Foresman provide service to individuals of all ages in other areas too such as:

- Marriage
- Anti-bullying
- Combat PTSD
- Transition issues
- Veteran’s counseling
- Family counseling
- Couple counseling
- Grief and loss/divorce
- Wounded heart Biblical therapy for persons of faith

“I’d like to add that we offer therapies and advocacy for abuse, anxiety and depression, child abuse, domestic violence, play and drawing therapy, horse therapy, gambling addictions, relationships, sexual abuse, suicide prevention and trauma related disorders.”

– Cyndi S-Foresman



Cyndi S-Foresman, pictured on the left, and Ellen Shafer-Lind are volunteer counselors at HelpCare Clinic. They address the physical, psychological, spiritual and social needs of patients, which is intended to improve the quality of client’s lives.

WALK WITH A DOC

Sunday, Feb. 5

On Sunday, Feb. 5 at 1 p.m. at Hilltop Mall, the February Walk event will feature Dr. Bhavish Aubeclauck of Good Samaritan Medical Group.

The volunteer doctor will share a brief health presentation before leading the group on laps around the hallway parameters. The event is free and open to the public.

HelpCare Clinic staff would like to thank Modern Woodmen of America for providing drinks to participants.

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.

Save the date for the March Walk with a Doc event: March 5, 2017 featuring Dr. Anirban Ghosh of Good Samaritan Medical Group

From the desk of Cheryl Bressington

HelpCare Clinic Executive Director



February marks Valentine’s Day, which makes it the perfect month to look at how you are showing love. It is easy to show love to friends and family, but how do you show love to people you do not even know? Some show love by volunteering their time and talents, either at HelpCare Clinic, service organizations or church. You can also show love by smiling, giving a friendly wave or inviting someone to go on a walk or have a cup of coffee.

Imagine how different the world would be if every day each person showed another individual some love? Let’s start a new movement, and in addition to Pay It Forward....let’s Love it Forward. God’s love and grace to you all.



Board meetings can now be held at HelpCare Clinic because of additional square footage gained when UniNet relocated to space at Richard Young Hospital. HelpCare Board of Directors include: President Mike Schnieders, Vice President Angela Williams, Treasurer Keith Lindvall, Secretary Roxanne Bascom, Sean Dougherty, Christopher Hazard, Aaron Madsen, Dr. John McCammond, Chick Messbarger, Heather Riggelman, Lori Smith, Mark Sutko, Mikki Tye, Dr. Jerry VanWinkle and Julie Weir.

Volunteer HelpCare Medical Director

Dr. Shannon Hoos-Thompson

The following article was written by Dr. Shannon Hoos-Thompson, M.D., an adult cardiologist at Platte Valley Medical Group and volunteer medical director at HelpCare Clinic.



DR. HOOS-THOMPSON

Fact: One in three adults in the U.S. die of heart disease each year, which makes heart disease the number one cause of death among us.

February is Heart Disease Awareness Month. Heart

disease affects men and women equally. There can be differences in how and when men and women present, but recognizing and treating heart disease is critically important in everyone.

This may scare many of you, but take heart, 70 percent of heart disease is preventable. Programs like “Go Red for Women” and the “Million Hearts” have

shown that increasing the understanding of heart disease in our communities can go a long way in decreasing heart problems.

These efforts and other similar resources are meant to empower us to:

- Eat healthier
- Exercise effectively
- Manage psychosocial stress

It is not with more tests, procedures, or pills that we can keep our hearts healthy. It is by being accountable of how we care for our self and others around us. So, take time in February to learn about heart healthy habits that will help your heart stay healthy.

For more information, check out sites such as:

- The American Heart Association
- CardioSmart
- Center for Disease Control-Heart Disease

Dose of information

HelpCare Clinic patients may pick up pharmacy discount cards at the clinic for savings on prescription costs. Two different prescription discount cards are currently available at the front desk.

Cardholders can save on prescription drugs at major chain and independent pharmacies and are instructed to present the free card at the pharmacy to instantly save money on purchases.

The cards are not insurance and are offered at HelpCare to assist the low-income and uninsured with out-of-pocket expenses.

Not all pharmacies participate in the prescription drug savings card, so call a pharmacy directly to find out if the pharmacy accepts the card.



HelpCare Clinic Wish List

- Claritin (loratadine)
- Flonase nasal spray
- Nasacort nasal spray
- Omeprazole
- Pepcid 20 mg tabs
- Ranitidine
- Zyrtec (cetirizine)
- \$5 or \$10 gas cards

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