WRAL Comes to Clara’s!

On Thursday, February 27th, we welcomed WRAL as they filmed a piece about Clara’s House. After interviewing House Director, Rebecca Ainslie, they got several shots of the House and Gardens and of volunteers working on their shifts. They then interviewed Tim and Deanna Crowder who have been staying at Clara’s House during Tim’s exhausting radiation and chemotherapy treatments. The Crowders have been a true blessing to other guests as well as to staff and volunteers. They have become part of the “family” and have made all our days brighter.

During the recent snow storm, when every bed in the House was full, Tim went to the store and personally purchased the ingredients to make chicken and dumplings for the guests at Clara’s House. In fact, he continued to surprise us throughout his stay with delicious treats for all.

We want to extend a sincere thank you to WRAL and to FirstHealth Corporate Communications for helping us bring attention to the important services and special atmosphere offered at Clara’s House.

The WRAL story is scheduled to air on March 11th during the 5:30 newscast. You will also be able to view it on their website at on www.wral.com.
Clara’s House: Health Care Hero Finalist

The Triangle Business Journal recently unveiled the 55 finalists for its 2014 Health Care Heroes Awards.

This year’s finalists were chosen from a large group of submissions, and Clara’s House is extremely honored to be included.

“These finalists have truly earned the meaning of the word hero,” says Bryan Hamilton, publisher of Triangle Business Journal. “Whether serving those in need or working on breakthrough innovations in health care, these honorees are changing people’s lives. We thank each of our finalists for their years of hard work and passion to make a difference.”

The winners will be announced on March 20th.

Super Scrapbookers

Anthropologist Margaret Mead told us to never doubt the power of a small group of thoughtful and committed individuals to change the world. She could certainly use our local scrapbookers as an example. On February 22nd, the Cut Out Cancer Crop was held at Pine Needles. A group of FirstHealth employees and other scrapbooking enthusiasts started the event nine years ago to raise money for the Foundation’s Cancer CARE Fund. Any doubts that such an event could succeed were quickly put to rest! This year, the group raised $11,612.00 that went straight to the Cancer CARE Fund! What an amazing accomplishment that will benefit so many people in our community. Thank you to all who participated!

Our Scrapbooking Heroes!

Left to right: Suzanne Bunnell, Connie Goodrum, Maria Mitchum, Tammy Everett, Cindy Ward, Bambi Dutton, Shannon Goodrum Sigmon and Sharon Sweat.
Men’s Breakfast Club at Clara’s House

Beginning March 12th, Clara’s House will start hosting a Men’s Breakfast Club on the 2nd and 4th Wednesdays of every month from 8:30 am - 10:00 am in the Family Kitchen/Dining area. The goal of this group is simply to provide a welcoming place for men to enjoy talking and socializing in a relaxed environment. As a male in today’s world, it can be hard to call other men and plan a get-together and, as a result, many men find themselves more isolated than they want to be.

Our wonderful volunteer, Anne Vanderwolk, has graciously volunteered to bring some breakfast treats and help serve. There will always be coffee and men are welcome to bring any additional food for the group such as bagels, muffins, etc...

If you know of any men in our community who might be interested in attending, please contact Laura Kuzma at lkuzma@firsthealth.org or 715-4230 so that an invitation can be extended.

Clara’s House Hits a New High!

Occuancy rates at Clara’s House have been steadily climbing since the initial opening in May of 2012. In January of this year, we had an occupancy rate just under 70%, which is a new high. It was a blessing to be able to provide accommodations to so many families. Many expressed their sincere appreciation for the House and for the community who made it possible.
Run for the Ribbons

Chances are someone you talked to this week—perhaps a friend, relative, teacher or store clerk—has faced a cancer diagnosis and received help from the Cancer CARE Fund with gas money, medications, wigs, or other expenses.

Last year alone, the Cancer CARE Fund gave out approximately $130,000 directly assisting more than 450 patients. This was money donated by the community for the community, and that is what makes it so special. We are truly taking care of each other.

The Run for the Ribbons 5K (9:00 am) and Family Fun 1K (10:30 am) take place at Carolina Horse Park and kick-off a wonderful day of friendly competition, cancer awareness, survivor celebration and exhilarating horse racing at the 63rd Stoneybrook Steeplechase. The registration fee ($25 for the 5K and $15 for the 1K) include a t-shirt as well as admission to the Stoneybrook horse races starting at 1:30 pm. So please join us by running as an individual, family or team and help our community continue to support one another. For details, please visit RunfortheRibbons5K.com.

A Note from the Director...

Dear Volunteers,

Last month I had a truly wonderful experience at Clara’s House. It was the night of the big snow and ice storm, and every bed at Clara’s House was full—all 12 rooms upstairs, the 2 day rooms downstairs, and the apartment!

Due to the poor weather conditions and our worries about the possibility of losing power without a generator backup, I decided to stay overnight at Clara’s House with Relief Manager, Keysha Cox. Although I didn’t sleep much that night, I can honestly say it was a blessing to be here.

We had so many wonderful guests—all in different medical situations—who just came together and bonded. They had meals together, shared food and resources, offered each other support and prayers, and exchanged phone numbers and addresses to stay in touch. What a gift to see this wonderful House providing a safe place for so many—just as it was intended. Thank you all for being a special part of what makes Clara’s House possible.

Sincerely,

Rebecca
Making a Difference

FirstNavistar, developed and funded by the Foundation of FirstHealth, is an innovative community, health, and medical resource database and call center for the counties of Moore, Montgomery, Lee, Hoke, Scotland, and Richmond.

FirstNavistar provides:
- A central point for care navigation needs throughout the community and health system.
- Access to highly skilled Care Navigators to assist patients and their families in locating appropriate health care and community-based services throughout the Sandhills area.
- Efficient resource referrals, based upon individual needs.

Access FirstNavistar in the following ways:
- Visit the FirstNavistar website at www.firstnavistar.org
- Call a FirstNavistar Care Navigator at 1-877-609-5645, Mon-Fri, 10am - 4pm
- Meet with a FirstNavistar Care Navigator

**Health Care Providers**
Search FirstNavistar to find detailed information on primary care and specialty health care providers in your area.

**Health Resources**
Search FirstNavistar to find information on prescription drug assistance, latest health news, and personalized health planning tools.

**Community Resources**
Search FirstNavistar to find community resources, such as senior services, home health agencies, personal care services, and many more helpful service offerings.
A Peace of the Spirit by Pam Hudson

I have a young friend, Nora. She is 5 years old and was asked by her mother, “What do you think is the best part of you?” After thinking for a minute, she replied “my inside”.

Wow, what a great answer! I am struck by the focus of her attention. If we were to have made a guess at her answer, we might have thought it would have been her hair or her eyes, or her outfit or shoes, or maybe even her smile or laugh. Those seem like answers we would expect, and even could be answers that any of us might give at first blush.

As I ponder Nora’s answer, I think about what she could have meant. It has been said that it is what’s on the inside that counts. To quote Ralph Waldo Emerson, ‘What lies behind you and what lies in front of you, pales in comparison to what lies inside of you.’ At Clara’s House we are fortunate with all that goes on inside here. We share amazing gifts of time with patients and families as they journey through the healthcare system. Our staff and volunteers graciously provide daily so much kindness and compassion. And with all the programming that happens from First Connections to our many Cancer CARE services to Centering Prayer to every time a smile or a meal or a listening ear is made ready, our ‘inside’ is indeed the best part of who we are. Thank you Nora for being who you are and sharing what is inside you -- and for reminding us of the best part of who we are!