New Parkinson’s Support Group at Clara’s House

A new support group has formed at the Clara McLean House for patients with Parkinson’s disease and their loved ones.

The group will meet on the 2nd Monday of every month at 5pm at the Clara McLean House. Except in the month of June, when the group will meet on the 1st Monday due to the upcoming U.S. Open Championships.

Based on input from participants at the initial meeting in April, the group will focus on different aspects of the disease through a variety of formats including speakers, physicians, videos, discussion groups, etc...

For more information about the group, please contact Laura Kuzma at 910-715-4230 or lkuzma@firsthealth.org.

Aberdeen Students Spread Their Love

The student leadership team from Aberdeen Elementary School adopted the Clara McLean House for their service project this year. These very special students -- along with Principal, Debbie Warren, and School Counselor, Linda Evans -- visited the House last month and delivered gift bags and cards for other children that stay at Clara’s House. The bags contained pictures, inspirational messages, and even handmade bracelets. It was a blessing for all of us to witness their compassion as they reminded us what it means to truly take care of each other.
Toymaker’s Tea
Visiting a hospital is often unfamiliar and scary to a child, whether as a patient or as a family member. There are different sights, sounds, and smells, all of which can produce great anxiety.

We are very fortunate at Moore Regional Hospital to have the wonderful Toymaker Volunteers. This group is guided by a mission to create handmade toys that bring a bit of comfort to a scared child at the hospital. Through their diligent work, they have brought a smile to many children over the years.

To show their gratitude for their tireless work, the Moore Regional Hospital Auxiliary hosted a tea at Clara’s House in honor of the Toymakers. Mr. Canfield, Chief Operating Officer, also attended the event and personally expressed his appreciation for all of the volunteers who give so much of themselves to make the hospital a special place of healing, for children as well as adults.

Clara’s House Book Club Update
Thank you to everyone who participated and helped to get Clara’s Book Club off to a great start. We read some terrific books and had many thought-provoking discussions.

We will take the summer off and begin again in the Fall of 2014. Our September book will be The Lottery by Patricia Wood, and we will meet on September 4th at 10am at Clara’s House.

Please think about books you would like to read that follow our general theme of hospitality and caring for one another. You can send me your suggestions over the summer and I will take at least one book from everyone’s list. If you have a particular month you would like to read your selection, let me know, and I will work that in the schedule. Thank you again and have a great summer!
Butterflies Flutter By…

The Healing Garden at Clara’s House was the lucky recipient of 15 beautiful new butterflies from the preschool class at the FirstHealth Child Development Center. The children and their teachers ordered eggs and watched the progression to caterpillar, chrysalis, and then butterfly. When all 15 butterflies emerged, the class released them here in the Healing Garden. So please come and visit and enjoy the beautiful flowers, the bubbling stream, and be on the lookout for one of our new flying friends☺

Nature’s Own Shares Smoothie Secrets

Last month, members of the Young Adults with Cancer Support Group met at Clara’s House and enjoyed a special visit from Anna Pilson and Dexter Platt, smoothie and juice bar chefs at Nature’s Own in Southern Pines. Anna and Dexter shared fresh smoothie nutritional information and preparation tips with the group . . . as well as lots of laughs. If you haven’t been to Nature’s Own Café recently, stop by and enjoy one of their delicious (and healthy) treats.
Helping Hands

The Clara McLean House and Healing Garden would not be the special place they are without our volunteers. The willingness to help is an inspiration, and we are truly grateful.

Emergency Room Physician, Dr. Bob Bahner and his wife, Sarah, recently volunteered at Clara’s House by making a meal for our guests which was enjoyed by all. A very big thank you to the Bahners for your generosity!

Debbie McGahey and her granddaughter Hailey Klingenschmidt deliver much appreciated pantry supplies to Clara’s House. Thank you Debbie and Hailey!

A Note from the Director...

We opened the doors of Clara McLean House on April 30, 2012 to a stream of visitors and guests. In these two years, we have learned quite a few lessons! Here are just a few:

**Listening** allows us to be “in the moment” with the people we serve. There is no greater gift for someone experiencing anxiety, uncertainty or grief. This allows us to show compassionate hospitality.

**Keeping an open mind** to new possibilities helps us grow valuable programs in an organic way. Many programs have resulted from a community member who has recognized an unmet need.

**Volunteers are the heart and soul** of the house and the garden ...not only for the services they provide, but for making the spirit of generosity part of our fabric. Each volunteer offers their own special blend of talents and qualities on a daily basis. I am constantly delighted to witness the friendships being formed as volunteers work side by side!

**Each of us has a responsibility for delivering the message** that “Clara’s House and the Healing Garden are gifts from our community.” The understanding that we rely on donations to sustain us begins with our staff at check-in and is reinforced throughout their stay. This tangible display of kindness from our community is the “medicine” we provide here.

There is much more learning to come, but that is what makes Clara’s House and the Healing Garden such a dynamic and wonderful place.
Making a Difference

In January of this year, the Physician Leadership Academy, coordinated by Colleen Dolgan and housed at the Clara McLean House, welcomed sixteen FirstHealth Physicians to the second cohort class. They have experienced many changes to the curriculum, speakers, and format that the previous graduates and faculty suggested. In addition to the twelve books and extensive pre-class reading they have to do, each will submit a business plan for a project that will improve healthcare in our community.

1. Bartiss, Michael J., MD
2. Eller, Chrystal F., MD
3. Ellman, Peter I., MD
4. Frizzell, Eric R., MD
5. Gammon, Gary G., MD
6. Gibbons, Joseph, DO
7. Grantham, David W., MD
8. Jameson, John W., III, MD
9. Kantorowski, Pamela G., MD
10. McGuirt, Wyman T., MD
11. Pulliam, Thomas J., MD
12. Schirmer, Charles G., MD
13. Shepherd, John D., MD
14. Slaughter, Van, JR., MD
15. Sundborg, Michael J., MD
16. Vreeland, Matthew, MD

In February of this year, twelve physicians who completed the Physician Leadership Academy in 2013 entered into what we call Phase 2. There are three specialty tracks and each of the following physicians selected a more in-depth study track to be a Medical Executive, Service Line Leader, or a Medical Staff Leader. Phase 2 also has a significant amount of pre-class reading, instruction, and the execution of a project. Most work will be completed while the physician is doing the real job of leading a group of individuals.

1. John Byron, MD
2. Jenifer Bruno, MD
3. Fernando Cobos, MD
4. Daniel DiFrischia, MD
5. Peter Duffy, MD
6. Art Edgerton, MD
7. Jeff Kilpatrick, MD
8. Bo Kopynec, MD
9. Geoff Martin, MD
10. Glen Toomayan, MD
11. Ray Washington, MD
12. Suzanne Wilson, MD

We are pleased to have the Physician Leadership Academy here as Clara’s House continues to develop into a hub of activity. Our guests, our hospital, and our entire community benefit from such valuable programming.
A Peace of the Spirit by Pam Hudson

It has been 2 years that we have been open to receiving guests here at Clara’s House and much growth has occurred. We have welcomed, cared for, and loved many who have entered our house. The spirit of this place is felt the minute you walk through our doors. How fortunate we are to have this opportunity to both be and express kindness. Daily we make the choice to open our doors in just this way. As we continue to set our intention with kindness and love, may we also consider how we might be a part of sustaining this house and all we do here.

Many of you give generously of your time and talents and brighten our life here daily and we are thankful. As we look to this day and all the days to follow, and as our spirits bloom and grow, may we remember that it is by the donations we receive that we operate. And we know our energies will be well spent.