Clara’s House Cookout

We had a wonderful summer celebration at Clara’s House in July thanks to our guests, volunteers, and community members.

After visiting earlier this summer and meeting Tim and Dee Crowder, former guests of Clara’s House, Pastor Mike Dubbs and the Community Congregational Church of Southern Pines raised money and donated a beautiful new grill to Clara’s House. We decided to christen our new grill with a First Connections Cookout. It was a beautiful day, and we had a large crowd including former and current guests of Clara’s House as well as several members from the church.

We were honored to recognize and celebrate the generosity and compassion that makes Clara’s House so special.

Clara’s House is supported solely by philanthropic donations through the Foundation of FirstHealth.
U.S. Open Success

We are pleased to report that all went well during the two weeks of the U.S. Open Golf Championship in June. Clara’s House was occupied by guests of Jones Day Law Firm during the tournament. Guests spent the majority of their time at the golf course, eating, and sleeping. Many of the guests were amazed at what we do for our patients and families at Clara’s House.

In order to provide for families in need during these two weeks, Clara’s House worked closely with Hospital staff to facilitate the use of a wing at Moore Regional with 7 private rooms. We outfitted the rooms with flowers and handmade quilts and provided a meal ticket to the cafeteria so that guests would feel cared for and know they were in a safe place. All of the families who stayed at the hospital expressed their gratitude for the accommodations.

The success of this venture is a testament to the joint efforts of Hospital and Clara’s House staff members, Clara’s House Advisory Committee members, and the Foundation of FirstHealth who worked together to provide the best care possible to families in need. Many thanks to all who were involved.

Clara’s House Book Club

After all of our summer travels and adventures, we are ready to welcome back Clara’s House Book Club for the fall of 2014.

Our next meeting is scheduled for Thursday, September 4, 2014 at 10am at Clara’s House. We will be discussing the book, The Lottery, by Patricia Wood. If you would like us to order the book for you, please let us know.

I am in the process of gathering recommendations from our members and then we can put together a list for the rest of the fall. If you have read a good book recently that focuses on hospitality and caring for one another, pass it on and I will add it to our list.

We are looking forward to a great reading and discussion. All are welcome to join us.
Healing Garden Heroes

If you have ever tried to grow your own garden, you know how much work it is to keep everything healthy and beautiful. It takes dedication, commitment, and hard work. That’s what makes the Healing Garden at Clara’s House simply amazing! Flowers are blooming, birds are singing, the stream is gurgling and visitors to the garden are wrapped in beauty the minute they enter.

The Healing Garden is the direct result of hours and hours of hard work from our Healing Garden volunteers. They regularly work through the heat, covered with dirt and sweat - and sometimes a few tears when they see me coming with the camera!

So next time you are here, take a minute to visit the Garden and enjoy the labors of our very own Healing Garden Heroes.

LaBreeza welcomes all down a beautiful walkway.

Sandy McElroy keeps working even if she has to go into a yoga pose to finish.

Richard Schnare does it all!

Margaret Waterstradt and Kathy Johnson take a break for a quick photo.

Nancy Kendrick and Sally Olsen hunt for those pesky weeds.
New Time for Parkinson’s Support Group Meeting

The Parkinson’s Support Group of the Sandhills meets at Clara’s House the 2nd Monday of every month at 4pm. The group is for Parkinson’s patients and caregivers and all are welcome.

Next Two Meetings

Monday, August 11th at 4pm - Diet and Nutrition Recommendations for Parkinson’s Patients
Registered Dietician, Ashley Carpenter, RD, LDN

Monday, September 8th at 4pm - Movement and Balance
Tai Chi Master Instructor, Lee Holbrook

Angels Among Us

Some days it’s a volunteer who shows up with much needed Wish List items.

Other days it’s a volunteer who delivers delicious baked goods to our full house of guests.

Still other days, it’s a check that arrives from a donor who supports Clara’s House with regular giving on a monthly basis.

Thank you all for being there and for making a real difference.

A Note from the Director...

As the Village of Pinehurst bid “farewell” to thousands of visitors here for the U.S. Opens, we at Clara’s House took a deep breath to return to our normal operation of caring for our families at Clara’s House.

During the Opens we accomplished our goal of ensuring continued care for families in designated rooms at Moore Regional, as well as facilitating the stay of our guests from Jones Day Law Firm at Clara’s House. At this time I would especially like to commend our small but mighty staff that came together as a team. Each staff member made a commitment to this opportunity, which helped us realize a nice boost in funding toward our operational costs.

Our team includes: Patricia Wallace, Pam Hudson, Laura Kuzma, Catherine Delavergne, Tammy Brown, Danielle Clothier, Kathy O’Donnell, Christa Smith and Rose Young. We are proud of the success of our U.S. Open initiative.

Over a period of 2 years, we have learned to constantly adjust to fluctuations in occupancy; however, since reopening following the tournaments, we seem to have hit our stride with a full house or high occupancy, and we are thrilled!

It is so gratifying to provide compassionate hospitality to FirstHealth families representing so many specialties including patients in the Reid Heart Center, Oncology, Neurosurgery, NICU, Orthopedics and Hospice. We are indeed fortunate to be able to offer the resource of Clara McLean House and The Healing Garden, and to witness the healing that it provides to so many.

Rebecca
Making a Difference

The Foundation of FirstHealth is offering several upcoming events ranging from wealth management and financial planning to the 2014 Hospice Pottery Auction.

IRA & Trust Dog and Pony Show

A candid discussion on Trusts and IRAs and how each can play a role in how you are managing your wealth during your lifetime and your estate planning for the future. Featuring Charles Stockham, Independent Investment Advisor and Certified Wealth Strategist and William Pate, Estate Planning Attorney.

Two Presentation Options
Thursday, August 14 or Thursday August 21
10am followed by Lunch/ Shadowlawn Room at Clara’s House
RSVP by calling 695-7510 or emailing lholland@firsthealth.org.

Life Planning Series

Back by popular demand . . . Ed Slott, Nationally Recognized IRA Distribution Expert

Wednesday, September 10, 2014, 10am, lunch to follow
For more information on this and other programs, call 695-7500

2014 Hospice Auction Coming Soon

Join us for an evening of food, friends, and art all in support of FirstHealth Hospice and Palliative Care.

Saturday, September 20, 2014
5:30-8:30 pm
Forest Creek Golf Club, Tickets $100

For more information on sponsorships or tickets call 695-7510 or email lholland@firsthealth.org.
A Peace of the Spirit by Pam Hudson

We have had quite a busy time this summer at Clara’s House! How wonderful it is to begin to realize our potential! As we grow we find out more and more how important it is to have guidelines and policies that help us serve our guests, and as a result, set us up for kindness to grow. I guess you could say that as we flesh out our boundaries and hone our operations, we exemplify what kindness actually looks like. It is all about living up to our potential, and realizing better ways of doing just that. And as kindness flows back and forth it goes like a slow dance with one partner leading and the other following, and the dance becomes a well-choreographed thing of beauty. Both partners become stronger together.

Much of what becomes clearer every day is how much better we are when we work together. I believe we are made for this kind of cooperative community and that we are happier when we work and play with the intention of kindness to one another and ourselves. Our spirits love a slow dance with that kind of flow. Clearly we are a people of deep kindness…..after all, we are a member of the FirstHealth medical community, and kindness is our medicine☺