Clara’s House Celebrates Third Anniversary!

On April 30, 2012, we welcomed our first guest at Clara’s House. Since that day our occupancy has climbed steadily due to the hard work of staff, volunteers, physicians, and community members. We hope you will enjoy the following pictures and statistics that paint a picture of our journey so far. As we turn the corner and begin year 4, we look forward to continued growth and development. See page 2

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Clara’s House is supported solely by philanthropic donations through the Foundation of FirstHealth.
Look How Far We’ve Come...
Grateful Guests

Thank you for this wonderful place. I buried my father and that night my daughter was taken to the ER with pneumonia. Ten days later she is being released. It has been a blessing to have a place of peace and tranquility to return to at night. The kindness and support of the staff, volunteers, and fellow guests has helped me through this difficult time.

Angels walk among us. Clara McLean must have been one of them.

Cheryl H
Greenville, SC

After being here two weeks, I will be leaving to take my wife home. I have enjoyed my stay here and will surely miss it. I will especially miss the caring people, the wonderful volunteers, and the kitchen with the abundance of good food, and the beautiful grounds that I could not stop taking pictures of. It is like something in a wonderful storybook. Thank you – to ALL of the nice people who made me feel so at home.

Joe G.

Because Clara’s House is truly a safe haven for many of our guests, it is easy to forget that this beautiful building also houses programs of hospitality and support that operate outside our physical walls and touch the lives of those in the hospital and the community. One such program is our Hospitality Tea Service, where volunteers bring tea and baked goods to the Outpatient Cancer Center and the Hospice House once a month. Patients, families and staff often express their appreciation, and this month, we received a basket of beautiful china along with a note, part of which is reprinted here. Let us all be reminded of our power to touch another’s life.

...We all know life is made up of “moments”. Many months ago, (my husband) and I were once again at the FirstHealth Cancer center, sharing a waiting room with others who were very much like us -- fighting desperately in that “moment”, hoping for a miracle -- when three lovely ladies appeared, smiling and upbeat, with a tea cart, adorned with homemade goodies and beautiful English bone tea cups. “Would you like some tea?” There was no hesitation, we all said, “yes!” whether we were tea drinkers or not. It really didn’t matter. It was the fact that, although we were strangers, we were all sharing a special “moment” together...

Tea Ladies: Kay Porter and Anne Holmes serve tea for staff, patients and families at FirstHealth Hospice House.
Clara’s House *Return the Kindness* Program

As a result of the brainstorming sessions during the recent retreat, Clara’s House is beginning a new program called, *Return the Kindness*.

This program allows for guests and donors to pay in advance for someone less fortunate. A gift of $35 will pay for one night’s lodging at Clara’s House for another guest.

Information cards have been developed and will be placed in the rooms and distributed at the time of check out.

This is a wonderful way to spread joy and peace to others during a very difficult time; and, as we have seen time and time again, a kindness shared continues to grow well beyond its first touch.

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**Cut Out Cancer Crop Sets Record!**

How could a small group of people armed with nothing more than photos and scrapbooking supplies really make a difference? Meet the *Cut Out Cancer Crop Committee*. Ten years ago, these dedicated women decided to raise money for the Cancer CARE Fund in order to support community members going through treatment. With amazing energy and creativity, they work tirelessly to seek donations and engage with local vendors. This year they held the event over two days at the Hampton Inn in Aberdeen and raised **$16,271.45** – the highest total yet!! Simply amazing!! Over the last ten years, this Committee has donated more than $120,000 to the Cancer CARE Fund -- funds that go directly into the hands of patients and family members in our community. When you see dedication like this, you really do start to believe we can do anything if we work together.

*Committee members include: Cindy Ward, Connie Goodrum, Maria Mitchum, Shannon Sigmon, Sharon Sweat, Suzanne Bunnell, Tammy Everett and Bambi Dutton.*
The Foundation is Making a Difference

**The Peace of Mind Event**

**WEDNESDAY, APRIL 22, 2015, 6 PM**

**THE COUNTRY CLUB OF NORTH CAROLINA**

**Welcome**

BILL PATE  
Chair, Professional Advisory Council  
The Foundation of FirstHealth

**Speaker**

MITCH ANTHONY  
Author of 15 books, including, “The New Retirementality: planning your life and living your dreams...at any age you want

Cocktails and hors d’oeuvres following the program

**Mitch Anthony** is recognized as a leading philosopher on money/life issues. His educational programs are currently being used in hundreds of corporations and schools worldwide.

Mitch is president of Advisor Insights Inc. and Financial Life Planning Institute—companies dedicated to training financial advisors to better serve their clients. He is also the founder of several non-profit and charitable organizations.

Mitch has been named one of the financial services industry’s top “Movers and Shakers.” His work has been featured in ABC Evening News, CNN, Bloomberg, CBS Marketwatch, and Kiplingers Magazine.

His radio feature, The Daily Dose, is heard by close to a million listeners a day.

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**Save the Dates**

**Three Wednesdays to Remember**

Please join noted Chagall historian Vivian R. Jabobson for a series of lectures highlighting the Monumental Works of Marc Chagall.

**The Stained Glass Windows:** Wednesday, April 15, 3 p.m.

**The Tapestries and Sculptures:** Wednesday, July 15, 3 p.m.

**The Mosaics:** Wednesday, August 19, 3 p.m.

Shadowlawn at the Clara McLean House  
20 FirstVillage, Pinehurst NC  
Phone: 910-695-7910

Formal invitations will be sent prior to each event.

Vivian Jabobson has been recognized for her knowledge and expertise on Marc Chagall’s paintings and history for decades. In 2001, she was appointed as speaker on Marc Chagall for the North Carolina Humanities Council Forum and has lectured for art groups, museums, churches, synagogues, colleges and schools nationally as well as in Europe and Israel.
A Note from the House Manager

If you enjoy numbers like I do, you may wonder about our statistics. As I write this, we have had 1,190 guests since January 1. Of those, 20% of hospitalized loved ones came from Cumberland County followed by Moore County with 16%. Odds are the patient was hospitalized on a heart, medical or neurology floor. The average stay at the House is only two to three days – that’s a lot of turnaround when we get busy!

Since we opened, our occupancy rate has climbed steadily upward as more families, staff, volunteers, physicians and communities learn about Clara’s House. **February was our biggest month so far with an average occupancy rate of 79%**. Of course, the ‘numbers’ don’t show what’s most important. It’s our collective kindness, compassion, warmth and hospitality that truly indicate what happens at Clara’s House. That’s our true statistic.

Patricia Wallace, House Manager

Run for the Ribbons Moves to Rockingham

**Run for the Ribbons** is an annual family celebration that raises cancer awareness and promotes healthy lifestyle choices including fitness, healthy eating and education on cancer prevention.

Join us for our 5K and Family Fun Run 1K as families throughout the Sandhills community pledge to be active together to promote healthy lifestyles that help prevent cancer.

All proceeds benefit The Foundation of FirstHealth’s Cancer CARE Fund and Discovery Place KIDS-Rockingham.

For details and updated information, please visit [www.firsthealth.org/ribbons](http://www.firsthealth.org/ribbons).

And remember, Race registration includes FREE admission to Discovery Place KIDS on the day of the race.
A Peace of the Spirit by Pam Hudson

Three is one of my favorite numbers. Besides being the number used to get things started…1, 2, 3 go! I seem to associate many things with the number three. Things like the number of legs needed to make a stool, the number of sides to a triangle, and the number of times I used to read my history homework in high school before I aced my test, just to name three things. As a United Methodist minister I am also very aware that three is the number associated with the Trinity, a Christian doctrine many times referred to as ‘Father, Son and Holy Spirit’ or more recently ‘Creator, Redeemer and Sustainer’.

As of April we will have been open for guests here at Clara’s House three years, and so now there is another thing to associate with the number three as we celebrate our third birthday at Clara’s. Wow, hardly seems possible as the time has flown by and we do indeed have so much to celebrate! We are so fortunate to live in a community that puts its creativity to use by caring for others. We are blessed by many who have put their hearts and minds to work so that Clara’s House may exist. And we are grateful for the opportunity to continue to support one another during trying times. Thank you, thank you, and thank you to all! And now on the count of three…1,2,3..HAPPY BIRTHDAY!