Celebration & Appreciation

What do Clara’s House, The Healing Garden, CARE-Net, The Tea Service, and Patient Visitation have in common? The answer -- none of them would exist without our wonderful volunteers! In so many ways, volunteers have been essential to the creation and development of this special place and of all the many important programs that are based here.

In an effort to say a big Thank You and to show our appreciation for your support and generosity, we will be celebrating our volunteers with a private party at The Rooster’s Wife on Monday, November 2nd from 5 - 7pm. The Rooster’s Wife is located on Knight St. in Aberdeen. There will be appetizers, drinks, and our very own concert from the talented April Verch Band.

Raised in a musical family in Ottawa Canada, April has a style of fiddle music, singing, and step dancing influenced by Scotch and Irish settlers. “It’s meant to make you feel like dancing, it’s really happy music.” She and her band tour full time, playing 270 shows a year, and were recently featured on National Public Radio’s, The World, regarding her musical success.

You will be receiving an invitation in early October, and we hope many of you will be able to join us for a wonderful evening.
A Toast to Our Community Partners

One of the many things that make Clara’s House so special is the fact that it truly is a partnership. It takes all of us -- working together-- to create a community that cares for one another. We want to give a special thank you to the following community members who went the extra mile for the programs of the Clara McLean House and truly demonstrated what it means to return the kindness.

- **Dr. Steven Filby**, with FirstHealth Cardiology Services, generously donated the proceeds from the sale of honey from his farm to support the programs at Clara McLean House.

- **Scott Harris**, owner of the new salon, **Orange**, located on Broad Street in Southern Pines went above and beyond when he provided a haircut for a recent Clara’s House guest going through cancer treatments. When we called him, Scott didn’t hesitate and immediately took care of the young woman. To top it off, he did it free of charge!

- **Stacey Shelvey and Marcie Cranford**, owners and stylists of **Cheveux** Hair Salon on Broad Street in Southern Pines, donate their time and resources every month to provide styling and skin care assistance to oncology patients through our **Look Good Feel Better Program**.

- **Pinewild Azalea League** organized monthly collections and donated much needed items to the Clara McLean House pantry.

- **Volunteers Joel Shriberg and Sarah and Bob Bahner** went the extra mile by cooking and individually packaging delicious meals of quiche and soup which our guests loved.

- A big thank you to **Mary Kay Baker, Linda Guerra, Jackie O’Connell, and Connie Reed** who gave up a weekend morning to help Clara’s House partner with **Communities in Schools** for their Back to School event.

**THANK YOU**
August, 2015

I’m having trouble finding the words to express my gratitude to everyone involved in making me feel loved, cared for and blessed here in this beautiful place...To me, it is not a house but a home with a beautiful garden that allows one to experience the beauty of God’s peace...The last nine days have been filled with meeting “angels” in scrubs, plain clothes, and gardening attire. Thank you all for everything you have given of yourself...God bless each and every one of you as you continue this service to others.

Fondly,
Rachel A.

Recent Clara’s House guests enjoy breakfast and a beautiful morning.

It’s an exciting day for Baby Girl Butler as she and her parents - who were guests at Clara’s House - go home after a stay in the NICU. We wish them the very best!

July, 2015

Thank you seems such a small word to express the feeling our family had during our stay at Clara’s House. Staff and volunteers were amazing and we couldn’t have had more comfort, peacefulness, kindness or respect. We were treated like family...The Healing Garden is amazing, as was the play room, the library, and the family room. The kitchen area allowed us to have snacks or meals without driving miles for food. Our private rooms allowed for much needed comfort and rest. Clara’s House is a blessing.

Thank you to the staff, volunteers, and sponsors for seeing to our needs. The vision of Clara’s House and the continuation of providing a retreat for those suffering is truly a blessing and much needed solace. God bless you all.

The Howard Family
Hand in Hand with Nurses

Since we opened in April 2012, nurses have consistently been the champions of The Foundation’s Clara McLean House to physicians, staff, patients and their families. We are so fortunate to have the opportunity to introduce our new nurses to “kindness with a front porch” by hosting their orientation luncheons here, giving tours, and encouraging all our nurses to consider Clara’s House and Healing Garden as their personal refuge from their hectic schedules.

Now we have a great opportunity to be their champions with the StandUp4Nurses Matching Gift Challenge.

We’re almost there! But the clock is ticking! We only have until Wednesday, September 30, to match the $50,000 challenge grant from an anonymous donor in support of the Nursing Enrichment Fund. As of September 1st, we have raised $38,300 in donations. That leaves $11,700 to go before the end of the month.

An extraordinarily generous gift recently from Mrs. Betty Reid has propelled the Foundation’s Nursing Endowment to over $2 million. A successful conclusion to the challenge grant will add another $100,000. Won’t you help us reach our goal by asking your family and friends to join you in making a contribution and StandUp4Nurses? For more information or to make a donation, call the Foundation of FirstHealth at (910) 695-7500 or go to www.firsthealth.org/standup4nurses.
A Note from the Director. . .

During the month of August Clara’s House was “home” and “family” to two sisters from New Jersey. They came down “expecting to say farewell to our brother, but God saw it differently.” Each day he got stronger and eventually was able to transfer to a rehab facility. In their time here, the sisters not only experienced the support of our staff and volunteers, but they formed important relationships with other guests who were here for their family member. Not only were they able to support each other while at Clara’s House, but they also checked on each other across the street at the hospital...stopping in to visit the patient and eating lunch together in the cafeteria.

It feels so good to hear first-hand that the kindness experienced at Clara’s House has become part of the fabric of FirstHealth. We are working hand in hand with the staff at the hospital that provide the wonderful care to patients, and at Clara’s House, hospitality is part of healing. Kindness is our medicine.

With much pride, Rebecca

Creating a Legacy of Kindness

As a member of The Foundation of FirstHealth’s Finance Committee, and current Chair of the Foundation Board, Howie Pierce has had an insider’s view of the award-winning care provided throughout our health care system. He’s witnessed the extraordinary generosity of this community—in time, talent, and treasure—that makes this care—and caring—possible.

Howie is particularly impressed with The Foundation’s Clara McLean House and all the volunteers who are the symbol of a community that takes care of one another. He’s also keenly aware that Clara’s House must have long-term financial support to ensure a future of hospitality and kindness for generations to come.

That’s why, as part of his estate plan, Howie has created a Charitable Remainder Trust in support of the Clara McLean House Endowment as his lasting legacy to this community. His very generous gift takes us one giant step closer to realizing our goal of a $10 million endowment.

If you’d like to learn how you can include Clara’s House in your estate plan, please call Stevie Smith, Senior Development Officer, Foundation of FirstHealth, at (910) 695-7506 or email him at SDSmithA@firsthealth.org.
Pantry Requests

As the occupancy continues to climb at Clara’s House, we have an increasing need for pantry supplies. If you are at the store and can pick up an item or two to bring on your next shift, it would be greatly appreciated!

Our biggest needs are:

- **Paper Towels**
- **Individual Snack Packs of cheese crackers, goldfish, pretzels, etc...**
- **Brownie and Cookie Mix**

If you are interested in a different and tasty way of increasing breast cancer awareness, join in as our community prepares to “Stand Together and Drink Pink.” During the month of October, FirstHealth Cancer Care will help boost breast cancer awareness by setting up pink lemonade stands throughout the FirstHealth campus.

Last year, with the support of our community members, more than $3,000 was donated to the Cancer CARE Fund. Our goal is to double that amount this year!

For more information on the Drink Pink Fundraiser, email drinkpink@firsthealth.org. For more information on the Cancer CARE Fund of the Foundation of FirstHealth, visit www.firsthealth.org/CCF.
A Peace of the Spirit by Pam Hudson

We were fortunate to have had a student intern working with us this summer and is now at the North Carolina School of Science and Math. If that was all I told you about him, I dare say you would already be impressed. Attending that school says much about the character and quality of those who attend. They are bright, they are great students, they are high achievers and I could go on and on. And as impressive as all that is, there is something else about our young intern that I find to be exceptional and gives me much hope for our future.

Not only is he a quick and creative thinker and goes above and beyond, but he is also a wonderfully kind soul! His thoughtfulness is one of the many traits that stand out to anyone who meets him. He is always polite and patient and shows interest in the moments he shares. His presence is both uplifting and inspiring. To me he mirrored what Clara’s House is all about, and I am thankful we had him as our intern. He is a gift to us, as we also have the choice to be gifts to one another. Whether by our presence, our talents, or our monies, being together here at Clara’s House is a choice we make. And what we do with our choices make a difference. I am thankful to our intern for reminding me to do whatever I do with great kindness, and to the fullest extent possible. By the way, if you do not already know, our intern was Nick Kuzma. Thank you Nick!