Parkinson’s Support Group Thrives

Just a year and a half ago, Clara’s House partnered with several community members to establish the Parkinson’s Support Group of the Sandhills for Parkinson’s patients and their carepartners. The group mixes sessions of open sharing with planned programming incorporating community and national resources.

The group meets on the 2nd Monday of every month at 4 p.m. at the Clara McLean House and is open to anyone facing a Parkinson’s diagnosis and their loved ones.

See page 2

Holiday Spirit

At the end of this month, staff and volunteers will begin decorating Clara’s House for the holidays. Our volunteers are essential to creating a spirit of peace and comfort for our guests during this special season. See page 2
Parkinson’s Group (continued)

The Parkinson’s Support Group of the Sandhills has welcomed a variety of speakers and practitioners from Moore County as well as Chapel Hill, Greensboro, Durham, and Asheville. Topics have included Deep Brain Stimulation, Medication Management, Tai Chi, LSVT BIG therapy, speech therapy, hospitalization guides, cognitive therapies, and patient advocacy. In addition, Amy Natt of Aging Outreach Services has been graciously assisting the group by facilitating the open sharing patient meetings, which is greatly appreciated.

The group is for those who are newly diagnosed with Parkinson’s as well as those who have been managing the disease for many years and is open to all. It is a wonderful community of support and we look forward to continued growth and development. For more information, contact Laura Kuzma at lkuzma@firsthealth.org or 910-715-4230.

Holiday Season (continued)

Our volunteers do everything from setting up the popular snow village to decorating the Christmas trees, sunroom, kids area, and kitchen. We also have volunteers who prepare homemade cookies and meals that fill the air with holiday aromas. We invite you, and any guests you may have visiting, to stop by and enjoy the House and the Healing Garden during this special season.

We recognize that there truly is no place like home for the holidays. For those guests and families who are facing medical crisis, it is doubly hard. With the help of our volunteers, we do our very best to create a peaceful oasis for them at Clara’s House.

Cookbooks are In!

Thank you to all our staff, volunteers, and community members who contributed mouth-watering recipes to our second volume of Clara’s House Cookbook: Appetizers.

Many of us will be hosting or attending cocktail parties with friends and family this holiday season and these recipes will be a great addition to your menu. Not to mention, they make the perfect stocking stuffer!

The cookbooks are on sale at Clara’s House and in the Hospital Gift Shop for $10.00 with 100% of the proceeds going to support operations at Clara’s House.
**October 2015**

We cannot express in writing what you all have done for us and how much it means. You provided a beautiful facility, compassion, and support. Thank you so much for everything you have done throughout our stay. It has truly been a God-send during this difficult time. We will never forget the generosity from the staff and volunteers at Clara’s House and will cherish the memories that helped to ease the pain of these past several days.

The McLeod Family
Hillsborough, NC

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The staff and volunteers are truly sent from Heaven. I thank each and every one of you at the Clara McLean House for what you do to help people who need some place like this in their time of need – both spiritual and physical. God Bless you.

Thank you.

The Parnell Family
Harrisonburg, VA

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Stepping inside these walls, one steps into a sanctuary of love, compassion, and caring. Being greeted with smiles, warm soup, brownies and coffee will absolutely spoil a person.

How can we say a big enough thank you to convey all that you have done for us? What lovely peaceful gardens and house. It’s beautiful and homey. You’ve thought of every detail to help a weary soul feel gloriously better. Thank you from the heart!

The Tyner and Meisel family
Broadway, NC
Every Gift Makes a Difference

In the last fiscal year, approximately **2,000 people** found comfort and support at the Clara McLean House during a time of medical need. None of this would be possible without the generous support of our community and donors.

Below you will see the thoughts of two of our volunteers who have also chosen to make monthly gifts to support Clara’s House operations.

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After living in Raleigh, NC for 45 years and enjoying many volunteer opportunities we moved to Pinehurst in 2013. I began a search for a place to give of my time and finances. My neighbor, Anne VanderWolk, invited me to lunch at the Clara McLean House. I was so impressed with the purpose for the home and the staff which made it run so smoothly. What appeals to me about the Clara McLean House is the comfort it offers families who are here under very stressful circumstances. Their every need is attended to and the cost is unbelievably reasonable. I especially enjoy reading the comments from those who have stayed while their family member was in the hospital. How it felt like home to them and how they were treated by the staff and volunteers at Clara’s House. In addition to the house itself, the grounds provide a peaceful place for visitors to gather their thoughts. On many Mondays, I have the privilege of working with another volunteer, Mary Gehrig, who enjoys making sure the home is full of flowers from the beautiful Healing Garden which is maintained by a group of dedicated volunteers. Finally and most important is the pride I feel in giving of my time and finances to the Clara McLean House. It has made our move to the Pinehurst area very meaningful for me. I wish everyone could take the time to tour this facility which offers so much to our area.

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Joel and I believe in Clara’s House. We feel strongly about the extraordinary staff that put their heart and soul into making the FirstHealth Clara McLean House “a haven of hope for out-of-town guests, families and caregivers.” We are fortunate to have the spirit and mission of Clara’s House and, in addition, the many support services it provides to our community, such as the Parkinson’s Support Group of which I am a member.

In addition to the loving care of the staff and volunteers at Clara’s House, the building itself makes it possible for many patient, family and Foundation oriented meetings in our community. Without the generosity of Clara McLean and the ongoing support of the FirstHealth Foundation none of this would be possible.

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Recognizing our Foundation Volunteers

As the year comes to a close we wanted to take a minute to recognize those volunteers at Clara’s House and the Healing Garden who have gone *above and beyond* in their support. This simply would not be possible without the gifts of time and resources from our volunteers, who are essential to the mission of the House and the Healing Garden. Please accept our gratitude for your service and generosity throughout this last year.

**Recognition of Foundation Volunteers With More Than 100 Hours of Service This Year**

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<th>Lynda Acker</th>
<th>Nancy Manley</th>
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<td>Joanne Ashton</td>
<td>Sis Mann</td>
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<td>Mary Kay Baker</td>
<td>Cynthia McIver</td>
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<td>Herman Collier</td>
<td>Sally Olson</td>
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<td>Linda Damron</td>
<td>Kay Porter</td>
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<td>Kathleen Deignan</td>
<td>Sandra Pretty</td>
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<td>Mary Gehrig</td>
<td>Joel Rich</td>
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<td>Ann Gregory</td>
<td>Bob Robbins</td>
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<td>Joanne Hansz</td>
<td>Sandi Shriberg</td>
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<td>Teresa Hessler</td>
<td>Jean Souweine</td>
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<td>Melva Johnston</td>
<td>Anne Vanderwolk</td>
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<td>Nancy Kendrick</td>
<td>Cassie Willis</td>
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<td>Kathy Lannon</td>
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**Recognition of Foundation Volunteers Providing Financial Support of More Than $100 in Donations to Clara’s House or the Healing Garden in FY 2015**

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<tr>
<th>Lynda Acker</th>
<th>Brenda Litton</th>
<th>Bill Shore</th>
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<td>David Ainslie</td>
<td>Marjorie Ludvig</td>
<td>Helen Simpson</td>
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<td>Jim Bulthuis</td>
<td>Sis Mann</td>
<td>Joel and Sandi Shriberg</td>
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<td>Pat Corso</td>
<td>Linda Maull</td>
<td>Katharina Stephan</td>
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<td>Ann Edgerton</td>
<td>Debbie McGahey</td>
<td>Shay Teese</td>
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<td>Debbie Favinger</td>
<td>JoAn Moses</td>
<td>Anne Vanderwolk</td>
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<td>Carolyn Follansbee</td>
<td>Carolyn Mosseller</td>
<td>Claudia Watson</td>
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<td>Bertie Henry</td>
<td>Renate Mowery</td>
<td>Rusti Welch</td>
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<td>Nancy Kaeser</td>
<td>Howie Pierce</td>
<td>Barbara Williams</td>
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<td>Nancy Kendrick</td>
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<td>Julie Lemma</td>
<td>Joel Rich</td>
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<td>Jerry Lewis</td>
<td>Don Schneider</td>
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*Special Note: For the purposes of this newsletter, this list contains only Foundation volunteers who donated specifically to Clara’s House and/or the Healing Garden in the last fiscal year.*
A Note from the Director…

As each of us approach the holiday season we experience a myriad of feelings, from the joy of being with loved ones, to the stress caused by too much to do, to the loneliness or sadness of being away from home or missing a loved one.

The families that we serve over the holidays would probably not be here unless there was a dire need for them to be with a loved one with a serious health concern. At Clara McLean House and the Healing Garden, an oasis of compassion and hope is provided year round, however during the holidays this is especially true, as many families have told us that the special care and festive decorations mean so much, as they may not be able to carry out their own traditions at home this year.

We appreciate the many ways that you support these families: by your donations of prepared food and pantry items, by decorating the house, for keeping the Healing Garden a place of beauty through all the seasons, and by the special visits made to patients and families at the hospital.

Blessings and gratitude to each one of you during this blessed holiday season!
Rebecca

Village Design Group
Golf Tournament

For the fourth consecutive year, the staff of the Village Design Group organized and managed a successful golf tournament on behalf of the Cancer CARE Fund. This is a tremendous undertaking requiring a great deal of work, and we are grateful for the ongoing support of this special group. Their dedication to serving others and the community is an inspiration.
A Peace of the Spirit by Pam Hudson

I listen to a comedy channel on the radio from time to time and recently heard one of the comedienne's making a joke about being older, and how when trying to follow directions while driving, turning down the radio seems to be one of the necessary steps in order to be able to see where you are supposed to go.....made me laugh as I have found myself doing just that very thing. In thinking about it some more I realize that rather than being just a ‘sign’ of getting older as if out of a weakness of some sort, that this might also be a benefit of continuing along life’s path… the ability to be in the present moment with all attention turned towards being here now at this time. Focusing on where you are and allowing yourself to really take in where you are is a wonderful thing. Could it be that what appears to be a lack or decreasing ability to be able to pay attention to many multiple things, be in fact, a growing strength and benefit of getting older? I would like to think so.

As we head towards the end of this calendar year, I plan to turn off those things that will distract me like worrying, anxiousness, fear, being judgmental or complaining, and let myself focus on where I am...who I am with...how I may be of service...

We are in the seasons of thankfulness and giving, and all around us are opportunities to spread kindness and goodwill. It’s a hallmark of Clara’s House. May we continue to follow that direction in our hearts, and trust that as we do we will be strengthened!

Become a Friend of the Clara McLean House and/or Healing Garden

Please support the many patients, families, and community members who benefit from Clara’s House and the Healing Garden. Every donation makes a difference and allows us to continue to enhance our health care system by providing compassionate hospitality and support for our community.

Yes, I want to support the mission of the Clara McLean House and/or the Healing Garden with a gift of:

- $25
- $50
- $100
- $250
- $500
- Other: __________

Sign me up as a Friend of the Clara McLean House and/or the Healing Garden with my recurring gift:

- Monthly
- Quarterly
- Annually

Payment Method:
- Check (Payable to The Clara McLean House and/or The Healing Garden)
- Credit Card (Fill out information below or call 910-695-7500)

- Visa
- Master Card
- American Express
- Discover

Card Number: ______________________ Exp. Date: __________ Verification Code: __________
Name: __________________________________________________________________________
Address: _________________________________________________________________________
City: __________________________ State: __________________ Zip: _______________________
Phone: __________________________ Email: ________________________________

Mail to: The Foundation of FirstHealth, 150 Applecross Rd., Pinehurst, NC 28374