A HUGE Thank You

It was a beautiful holiday season at Clara’s House, thanks to the hard work of all of our volunteers who did everything from hanging wreaths, decorating trees, baking cookies, and assembling a tremendous snow village. As much as we all enjoy the holidays, January ushers in a fresh slate, and it is a welcome relief to get everything cleaned up and put back in its proper place. Once again, our volunteers stepped up and helped us get organized and renewed for 2016! The following photos capture these hard working heroes taking care of business.

See page 2

Volunteers Mary Gehrig, Sandra Pretty, and Sis Mann work their magic and set up a wonderful snow village to the delight of our guests (and staff).
A HUGE Thank You

Clara’s House volunteer, Pat Healy, develops her own system for breaking down all of our boxes for the recycling bin!

Clara’s House volunteers, Marilyn Otto, Joan Sweet, Melva Johnston, and Sis Mann (not pictured) worked with the hospital volunteers to prepare gift bags for patients in the hospital on Christmas Day.

Volunteer, Anne Holmes gets us organized!

Local artist and Clara’s House volunteer, Terri Birkhauser, generously donated her beautiful painting of LaBreeza which now has a special place on the wall by the puzzle table. Thank you Terri!

Showing great versatility Foundation volunteers, Jean Souweine and Herm Collier provide child care for a young visitor before going on their morning patient rounds. Perhaps a new career?
November, 2015
Blessed, Blessed, Blessed to have been able to stay here at the Clara McLean House. There are no words to adequately express what it has meant to my family and me. The staff and volunteers are so helpful, always a smile or a hug. The house is beautiful with unbelievable accommodations, but the staff and volunteers are what make it feel so much like home. Their care and concern have been overwhelming. Angels from Heaven…the best way to describe them! May God Bless All!

The Holder and Wilson Families
Sanford & Mooresville, NC; Johnson City, TN

November, 2015
The staff and community surrounding and supporting the Clara McLean House have taught me that even in our darkest times, there is still hope. As I walked the halls and interacted with other guests, I knew each person here was carrying a burden. But you are never alone. The generosity of this community shown by those who work here are clear illustrations that someone, somewhere cares about what you are going through. Bless this community, the staff, and the volunteers who do little things that make a big difference.

With love and thanks,

The Garrett Family,
New Bern, NC

November, 2015
We were totally overwhelmed by all that was going on around us, but as we stepped through the doors of the Clara McLean House we found ourselves wrapped in gentle arms of love and concern. It was cold and rainy and late when we left the hospital and arrived at Clara’s House. Yet, someone met us at the door and said, “Have you had supper? There’s pumpkin soup!” What a glorious bright spot in a really dark day. As we enjoyed the soup we began to relax. The Godly love was unbelievably uplifting. It says a lot when you are sitting by the bed of a loved one in ICU and thoughts of the Clara McLean House can offer a warm, beautiful glow rising above the darkness.

From the Heart,
Elaine Tyner
Broadway, NC
Cooking with Kindness for Clara’s House

As our occupancy once again begins to climb, we are in need of meals for our patients and families on a more regular basis. Many are going through difficult circumstances, and a home-cooked meal is a true comfort. See the note from our guest on page 3 to witness the healing power of a home-cooked meal.

Although we have issued informal requests in the past, this year we are implementing a more structured program so that individuals, church groups, social clubs, etc. can also participate. In order to make sure that we use our resources well, any group or individual wishing to participate may contact Laura Kuzma at lkuzma@firsthealth.org or 910-715-4230 to schedule a time.

Since we serve patients and families in a variety of medical circumstances not everyone dines at the same time. Therefore, it is recommended that any meals be easily stored so that leftovers can be reheated and enjoyed at a later time. If you plan to deliver the meal in advance and wish to prepackage it in individual servings, it is greatly appreciated.

**Cooking and Preparation Guidelines:**

- Please prepare meals for approximately 8-10 people.
- You may prepare your meal onsite or offsite. If you prefer to prepare the meal offsite and bring it in, please make sure the food is kept at a safe temperature throughout the process.
- Plates, napkins, utensils and drinks are available at Clara’s House, though you are certainly welcome to provide your own if you prefer.
- Reusable/disposable containers are preferred. Please be sure to let the staff know if you will be returning for any containers you leave.

If you are part of a group that is interested in participating, or if you want to share this program with others, please contact Laura Kuzma at lkuzma@firsthealth.org or 910-715-4230.

**Menu Ideas**

Lasagna, casserole, sloppy joes, soup, chicken pot pie, macaroni and cheese, chili, fresh fruit, egg or other breakfast casseroles, biscuits/gravy, etc...

**Participating groups will receive a Clara’s House Grocery Tote Bag and a Clara’s House Appetizer Cookbook as a token of our appreciation.**

Volunteers, Teresa Hessler and Joanne Ashton prepare a delicious meal for Clara’s House guests
Cancer CARE and Clara’s House

As you know, Clara’s House serves patients and families in a variety of circumstances. However, we seem to be welcoming an increasing number of patients and families dealing with cancer. Some are patients who stay with us throughout the week while they receive daily treatments and others are family members of Oncology patients in the hospital. In addition to providing accommodations, Clara’s House is also the home for several other support services, including:

**Cancer CARE-Net** – Trained volunteers who have experience with cancer, as a patient or caregiver, are matched with new patients to provide one-on-one support tailored to each patient’s individual needs.

**Cancer CARE Fund** – operated through the Foundation of FirstHealth, in partnership with community members and health care providers, the Cancer CARE Fund provides financial assistance directly to patients and families in our community for treatment-related expenses such as transportation, medications, wigs, etc.

**Young Adults with Cancer Support Group** – Clara’s House hosts a monthly support group for young adults with cancer, between the ages of 25-55, to gain information and strength from each other for the unique challenges they face.

**Look Good, Feel Better** – In collaboration with the American Cancer Society and local business owners, Clara’s House hosts monthly *Look Good, Feel Better* sessions for patients.

**Journaling for Cancer Patients and Survivors** – In partnership with Beth Dietrich, LCSW, Clara’s House offers a monthly journaling group for cancer patients and survivors.

**Yoga and Meditation for Cancer Patients and Caregivers** – Clara’s House also hosts a yoga and meditation group for cancer patients, survivors, and caregivers in a peaceful and calming environment. Led by Cinnamon LeBlanc, CPT, RYT, CES.

**Physician Wellness**

Clara’s House is pleased to announce the creation of a special program in 2016 focused on physician wellness. Under the direction of Dr. Dan Barnes, Colleen Dolgan, a FirstHealth consultant will serve as coordinator for the Office of Provider Wellbeing (OPW) and will be holding meetings and events throughout the year at the Clara McLean House.

You may wonder why we need this program. Physicians are under increasing pressures with the ever-changing healthcare industry, and they have the same types of things going on in their lives as everyone else—children, parents, marriage, personal health, finance, housing, grieving issues, legal, general worries, etc. The result is that it takes a toll on them and their families—mentally and physically. Over 50% of all physicians report having a symptom of burnout and this number has increased in the last few years. Many suffer with stress-related medical problems at a higher rate than the average population. Our providers are members of our community and we need to provide care to them as well. The OPW will welcome newcomers, provide resources and education and seek to address aspects of psychosocial, physical, financial, and spiritual domains.
Dear Friends,
Being admitted to the hospital upsets normal routines, while at the same time a person is coping with an illness. This disruption can be especially pronounced in older adults, placing them at greater risk for functional decline and even delirium—a severe state of confusion. A new pilot program called Hospital Elder Life Program (HELP) has begun on a medical nursing unit at MRH, with the hope of later offering this service throughout the hospital. An Elder Life Nurse Specialist is in place, with two other nurses who attended a certification program. There are many components to the program with the ultimate goal of improved quality of care and safety.

Care of older adults is also a growing focus for us at Clara McLean House. The Parkinson’s Support Group of the Sandhills was established 2 years ago, and meets here every second Monday at 4PM. A new small group has formed for Dementia Caregivers, also meeting here monthly, and we are planning information sessions this year with a focus on older adults. In addition, Laura, Pam and myself are available at Clara’s House to talk with you about your challenges and options when caring for a loved one. Please call or stop by if we can be of service to you or others in the community.

Best Wishes for a Healthy, Happy Year!
Rebecca
910-715-4224

Clara’s House: A Year at a Glance
We all love the wonderful stories of patients and families who receive comfort and support at Clara’s House. Those stories are indeed important because they capture the essence of our mission. However, it is equally important to understand the numbers which capture the nuts and bolts of our operations. Monitoring these numbers allows us to see our growth and development over the years and to know that we are moving in the right direction!

<table>
<thead>
<tr>
<th></th>
<th>FY 2014</th>
<th>FY 2015</th>
</tr>
</thead>
<tbody>
<tr>
<td>Days at Full Occupancy</td>
<td>n/a</td>
<td>38</td>
</tr>
<tr>
<td>Day Visitors to House/Garden</td>
<td>601</td>
<td>813</td>
</tr>
<tr>
<td>Average Length of Stay</td>
<td>2.8 days</td>
<td>2.5 days</td>
</tr>
<tr>
<td>Overall Occupancy Rate</td>
<td>52%</td>
<td>63%</td>
</tr>
<tr>
<td>Top Counties Served</td>
<td>Robeson,Cumberland,Richmond</td>
<td>Cumberland,Moore,Robeson</td>
</tr>
<tr>
<td>Average Revenue per Room Night</td>
<td>$29.49</td>
<td>$29.25</td>
</tr>
<tr>
<td>Total Annual Revenue/Donations</td>
<td>$132,775.97</td>
<td>$194,347.29</td>
</tr>
<tr>
<td>Number of Guests who Made Donations</td>
<td>94</td>
<td>226</td>
</tr>
<tr>
<td>Revenue from Guest Donations</td>
<td>$5,145.00</td>
<td>$16,691.01</td>
</tr>
</tbody>
</table>
Well, well, well...here we are well into 2016! At times, it boggles my mind as I catch myself wondering how we got here and where 2015 went, and, by the way, how am I ever going to catch up when I feel like a whole year has just flown past! Every now and then I find myself thinking of, and almost wishing for, the good ol' days. When we took time to sit on a front porch or take a walk around the neighborhood or at least slow down enough to show gratitude for all we are given. Those are important things, maybe even vital to our well-being. I believe we need ways to ‘catch up’ with ourselves, ways that balance our human capacities for curiosity and the ‘doing’ of our lives. We are glorious beings with abilities to love and cherish, to show compassion, and to discover and create ways of being that enhance and support life. We have the opportunities right before us every single moment. Our challenge is to let our focus be such that instead of belaboring how time is flying by, to instead turn our attention to all that is right next to us. We can begin by slowing down; taking a deep breath, and receiving this moment and the opportunities we are given.

So I will begin and express my gratitude and appreciation for The Foundation of FirstHealth and Clara’s House and all my co-workers and volunteers. And what joy it is to work with and meet our guests. I am thankful to be a part of such a time and give my time and talents and money.

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