Gift from the Heart
In the fall of 2015, we shared the story of Baby Doris and her parents, Candace and Tony, who were guests at Clara’s House during Doris’ NICU stay. During that time, another guest at Clara’s was so moved by their story that she anonymously paid their Clara’s House bill in full. Upon checkout, the young couple learned of the gift and there hugs and tears of gratitude. Recently, they returned to Clara’s House with beautiful Doris, now 8 months old and doing great. The hard-working couple said they came to make a donation. Director Rebecca Ainslie assured them that wasn’t necessary and that we were glad we could serve them. They replied that it was important to them to Return the Kindness by paying for a future guest who may need Clara’s House, and they gave a $100 donation. Needless to say, we shared even more tears and hugs with this special family.

Tony, Candace, and beautiful Doris, now 8 months old and full of life.
Clara’s House Hosts Three New Support Groups

Dementia Caregivers

Being able to take care of a loved one is a blessing; however, it can also be a stressful and exhausting time both physically and emotionally for the caregiver. Caring for loved ones with dementia brings its own set of challenges, and Clara’s House is pleased to host a support group for these caregivers.

The group meets monthly at Clara’s House and is coordinated by Director, Rebecca Ainslie. For more information, contact Rebecca at 910-715-4224 or rainslie@firsthealth.org.

Young Females with Breast Cancer

Clinical Oncology Social Worker, Beth Dietrich, leads a new support group for young females with breast cancer. This is a growing group of patients who share specific questions and concerns regarding a variety of issues.

The group meets monthly at Clara’s House. For more information contact Beth Dietrich, at 910-715-2298.

Women with Gynecological Cancer

With the support of Dr. Michael Sundborg as well as several patients and survivors, Clara’s House is pleased to announce a new support group specifically for women with gynecological cancer. This much needed resource will allow those affected by the disease to share information, encouragement, and support with one another.

The group meets on the 4th Tuesday of every month at 3pm at Clara’s House. For more information, contact Laura Kuzma at 910-715-4230 or lkuzma@firsthealth.org.

TOP COOKBOOK SELLERS!

Many thanks to those who sold cookbooks to friends and neighbors. Every cookbook sold provides $10 directly to support the operation of Clara’s House.

Our top saleswomen were:

Barbara Blackburn
Jame Casey
Joanne Hansz

THANK YOU ALL!!!
Grateful Guests

January, 2016

I would like to take this moment to thank all those I met during my stay at the Clara McLean House. The staff, volunteers, and shuttle drivers have made the most difficult time in my life filled with love and understanding. It is my wish that each of you can feel my grateful thanks.

With much love,
Amelia

February, 2016

Thank you so much for providing us with such an amazing place to stay during a rough time in our lives. Clara’s House gave us one less thing to worry about and that is priceless. Everyone here is a Godsend.

God Bless!
The Smith Family
Hamlet, NC

March, 2016

I was truly blessed to have the opportunity to spend the night at this facility. It was a blessing from God. The accommodations are awesome. My nephew was at Reid Heart Center. I will always remember your kindness. God bless you and keep you.

The Jackson Family
Washington, DC

Thelma Marshall, Robert Sloan, and Edna Dean, were guests at Clara’s House throughout long cycles of radiation treatments. Upon completion, we enjoyed a special goodbye celebration.
Cooking with Kindness: The Community Responds!

In the last newsletter, we mentioned a need for meals at Clara’s House as our occupancy continues to climb. We were hopeful we would get a response, but we certainly did not anticipate the outpouring of generosity from our volunteers and community members. It was been a blessing to see so many people give of their time and resources so generously to provide comfort to others.

Neighbor 2 Neighbor, a community group in the Seven Lakes West neighborhood has truly embraced Clara’s House. The group divided into teams and they plan to provide a meal each month for our guests at Clara’s House. Team One members include Barbara Flower, Ruth Caldara and Rosemary Weber. These three ladies prepared an incredible spread and the guests were so very grateful.

Additional group members pictured here (l to r) Rosemary Weber, Sandy Kowalcyki, Barbara Flower, Bernadette York, and Margie Sheroff.

Clara’s House volunteers, Dodie Mulready and Laurie Werner. Laurie has graciously provided dozens of baked goods for the Parkinson’s Support Group that meets monthly at Clara’s House and Dodie regularly donates beautiful hand-knit crosses for our Reflection Room.

Clara’s House volunteer and chef extraordinaire, Teresa Hessler, prepares a delicious, veggie-packed soup for our grateful guests.

Clara’s House volunteer, Linda Damron, makes sure all the guests start their day right with her Breakfast Soufflé.
A Note from the Director…

Hello Friends,

I am happy to report that we are springing forth with a fresh and vibrant spirit here at Clara McLean House as we approach our fourth anniversary on April 30th!

As time passes, we have blossomed in our mission to “care for people”. Did you know that in the first quarter of 2016 we served 436 people with overnight accommodations with an average occupancy of 77% and a full house 21 nights?

Of equal import is that Clara’s House is the origin and destination for 5 support groups serving community members as well as for the Nursing Enrichment and Physician Leadership programs.

With so much to be proud of, we know that the most important thing we strive to accomplish is at the individual level...for each guest to know they are in a safe haven when they pass through our doors or into the Healing Garden – places of rejuvenation to do the job that they are called to do, whether to be a care giver, a care receiver, a student or a provider of volunteer or financial support.

I can hardly wait to discover the new ways that we can help promote health and well-being in the year leading up to our 5 year milestone, and it is so much fun when we can do it together.

In Pride and Gratitude,
Rebecca

Welcome Spring!

It was a happy sight on the morning of April 6th as we welcomed back our dedicated Healing Garden volunteers. These special men and women give their time and energy to ensure that the Healing Garden is truly a sanctuary for all community members. As the weather warms, colorful blooms are bursting forth and all are invited to visit and enjoy this beautiful retreat.

Volunteers, Nancy Kendrick, Sue Kinney, and Donna May share smiles after a morning of hard work in the Healing Garden.

Garden volunteer, Rachel Trahern, enjoys the sunshine on this beautiful morning.
Cut Out Cancer Crop-a-Thon

Here is a guessing game for you: How much money do you think was raised this year for the Cancer CARE Fund by a group of women who enjoy scrapbooking?

If you guessed the mind-boggling total of $21,375.00 you would be correct!

What is even more amazing is that these are not professional fundraisers. These are busy women with jobs, families, and multiple obligations who came together and gave their time, energy, and resources to raise money for the Foundation of FirstHealth's Cancer CARE Fund which directly supports patients and families in the community dealing with a cancer diagnosis. With more than 100 participants, the group held two smaller events and one large weekend event with dinner donated from Outback Restaurant and lunch donated from Dr. Paul Kuzma and Advanced Medical Group.

Many thanks to all involved. These ladies are true community leaders and are a great inspiration for us all.

Foundation Contacts

As you know, the Foundation organizes many different events and educational sessions. We thought it might be helpful for you to have a complete list of all staff members at the Foundation and Clara’s House for future reference.

Welcome to our newest staff members:
Jason Davis, Financial Donation Processing Coordinator 695-7503
Kristen Floyd, Database Specialist 695-7512
Joe Gendron, Shadowlawn Conference Services 715-4220

The Foundation of FirstHealth Staff Listing:
Kathy Stockham, President 695-7505
Pam Tighe, Executive Assistant 695-7504
Stevie Smith, Senior Development Officer 695-7506
Lynn Holland, Finance Liaison / Shadowlawn Coordinator 695-7510
Michelle D’Atri, Planned Giving Officer 695-7508
Carie Driver, Director of Development 695-7509
Teresa Engel, Navigation & Office Manager 695-7514
Pam Hudson, Stewardship & 3rd Party Fundraisers 715-4229
Rebecca Ainslie, Director, Clara’s House 715-4224
Patricia Wallace, Clara’s House Manager 715-4225
Laura Kuzma, Volunteer and CARE-Net Coordinator 715-4230
A Peace of the Spirit by Pam Hudson

Spring has sprung…hasn’t it? Well, sort of, I guess. There is the start of growth and color in our Healing Gardens. Lynda and Cassie, and our garden volunteers are starting to do their magic in helping it all to flourish. And yet, we are a bit in between times, as back and forth we are going with this thing we call ‘weather’. We have had some beautiful days and then, bam, freezing temps plunder us again! So we cover our plants as we also deal with watery eyes and sneezes and allergies galore! And back and forth, and back and forth, and back and forth we go. Seems to be the rhythm of the times, and reminds me of the back and forth that occurs in our lives. A child is born and we respond with joy. A loved one dies and our hearts ache. A surgery goes well and we come out even better than before. An accident occurs and changes us forever. Life even at its best may still be difficult, and it can take all we have to just survive. We are fortunate in having a community that cares deeply for one another, and physical evidence of this is Clara’s House. No matter your reason for being here, whether as a volunteer or staff, patient, caregiver or family, we do our best to help one another deal with whatever we encounter. And because we do, we not only survive, we flourish! Spring has sprung, and we all have magic to perform as we care deeply for one another. May the back and forth around us, and between us continue to enhance our lives.

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