Garden Founders Honored

On May 12, 2016, the Foundation of FirstHealth and the Clara McLean House welcomed another beautiful spring by hosting a celebratory reception to honor the two women instrumental in the design and implementation of the Healing Garden. Volunteers and community members gathered at Clara’s House to celebrate the accomplishments of Dr. Lynda Acker and Cassie Willis as well as the many volunteers who work tirelessly to maintain the beautiful grounds.

(See Page 2)
(Garden, Continued)
The garden is open to the community from dawn to dusk. Visitors are invited to stroll through the various settings, take a moment to reflect by the bubbling brook and, of course, to stop and smell the roses. It truly is a salve for the soul. We are extremely grateful to Lynda and Cassie for their work over the years and for the generosity of this community that made it possible.

Bill Shore, Cassie Willis, and Richard Schnare show off the results of their hard work in the rose garden.

Lynda Acker and her daughters, Caroline and Christina, in the Children’s Garden.

Save the Date: Lessons from CLOD
The Foundation of FirstHealth is pleased to welcome artist and philanthropist, Jeffrey Owen Hanson, and his parents as they share the story of his inspirational journey, revealing what Jeff’s brain tumor (named CLOD) taught them about art, philanthropy and entrepreneurship during their journey through adversity.

Formal invitations will be mailed in August, but we encourage you to save the date for this wonderful event, supporting the Cancer CARE Fund and the Clara McLean House.

Presentation and Dinner followed by an auction of Jeffrey Hanson commissioned art

Friday, September 30, 2016
Grand Ballroom, Carolina Hotel
Tickets - $125 per person
For early registration, please call 695-7510
The Power of Music

Music is powerful ~ especially for individuals with dementia. It can spark compelling outcomes even in later stages of the disease. When used therapeutically, music can engage, comfort and bring joy to your loved one. Caregiver participants will learn about the field of music therapy and be empowered by hands-on experiences demonstrating ways to integrate music into the lives of those living with dementia.

Health, Healing and the Humanities
Music Therapy and Dementia
Presented by Board Certified Music Therapist: Georgene Fayssoux
Tuesday, June 21, 2016
1:00-2:30 pm
Shadowlawn Room at Clara McLean House
20 First Village Drive Pinehurst, NC 28374

Georgene Fayssoux Board-Certified Music Therapist and founder of Creative Measures Music Therapy, has extensive experience working with people of all ages. She received her Bachelor of Music from Cleveland State and is a Fellow of the Association for Music and Imagery and a practitioner of the Bonny Method of Guided Imagery and Music.

To make a reservation, call 910-695-7510 or email lholland@firsthealth.org. Seating is limited.

Special Request
Clara’s House is often graced with beautiful flowers that bring peace and comfort to our guests. Although we have plenty of glass vases, we thought it might be nice to begin using some different vases such as pottery or ceramics that would create a more interesting look. If you happen to have any containers you are no longer using that you feel would be a nice addition to the Clara’s House collection, we would be grateful for any donations. If you have any questions, please don’t hesitate to contact me at lkuzma@firsthealth.org or 715-4230.
Angels Among Us contributed by: Laura Kuzma

Working with volunteers, I am reminded on a daily basis that there are indeed angels among us. It never ceases to amaze me how often people give selflessly of their time and resources to help others. They do it quietly, without seeking praise, and without any repayment for their efforts. They help simply because they can-- and because they care.

♥ A few recent examples include a CARE-Net volunteer who learned that the Oncology patient she buddies had to share a computer with her son who is away at school. The volunteer quickly reached out to her many contacts and was able to get a laptop donated for this local patient, making a huge impact in her life.

♥ Professional stylists, Stacie Shelvie and her sister, Marcie Cranford, from Cheveux hair salon, donate their time and expertise every month for the ACS Look Good Feel Better program at Clara’s House. Together they help new oncology patients with styling, make-up, and skin care. Many of these women are going through very tough treatments and are struggling with physical and emotional concerns. However, after the two hour program, these same women are laughing and encouraging one another. They not only look better, they feel better and are more confident that they can get through this challenging time. In fact, one participant called after the class and reported it was the first time she actually felt like getting out of bed in the morning. She said, "I told my husband, I am going to get up and put on my make up!"

♥ Seven Lakes Neighbor 2 Neighbor members: Bernadette York, Sandi Carl, Carmella Chase, Chris Mimms, Lisa Sheridan, and Lori Laftin as well as Clara’s House volunteer, Anne VanderWolk provided wonderful, healthy meals for our guests in April and May.

♥ And finally, the kind soul who anonymously put a $100 bill in our donation box. Once we determined it was indeed the real deal, it was quite thrilling!

So we thank all of you and many others for bringing hope, love, and kindness into the lives of others and making the world a much better place.

Recent Clara’s House guest, Nikki Thomas, shows off her beautiful, new look after a fun Look Good, Feel Better Class.

YOU GO GIRL!
A Note from the Director…

“It is apparent walking in the door that a lot of love went into this place.”

This quote came from a recent guest whose family tended their husband/father/grandfather during his critical heart surgery. Working behind the scenes, I can tell you that visitors recognize your goodness and generosity, even though you are not always present. You, as supporters, play a key role in providing funding for operations and building an endowment for the future. And, donations come in all sizes and shapes from a large network of contributors: community members, Clara’s House guests, volunteers, FirstHealth staff/physicians and visitors.

Some gifts come to us as objects that are used and enjoyed on a daily basis and are part of the fabric of this house, including handmade quilts, luggage racks specially made for each room, nature photography of our region, original art work in the public areas, life-size chess pieces in the Healing Garden, and a new set of checkers, now being fabricated by a community member. Our volunteers in the house and garden give of their valuable time and talent and are a comforting presence felt by our visitors, and we have been adopted by some great cooks who are providing nourishing meals. Thank you for contributing to the nurturing of each family!

You see, our visitors really do “get” that we, as a community, are rallying around them to bolster them at a very fragile time in their lives.

With Gratitude,
Rebecca

Grateful Guests

May, 2016
My sister had open heart surgery this week. It has been a tough time for me as I have spent a few nights at the hospital with her. I have been exhausted, worried, and scared. It was very nice to be able to come to Clara McLean House after hard days. I felt peacefulness upon entering the building. I really appreciated the quietness because I have needed lots of rest. I also love the garden access. It feels like “home away from home!”

Sandy C.
Asheville, NC

May, 2016
My brother had a cardiac arrest during a stress test. Thanks to a quick response and skilled hands and God’s graciousness, he is now recovering well.

Being able to stay nearby has been such a gift. This house is a house of healing for both body and spirit. It is designed to bring rest to the body and nourishment. The gardens remind me of God’s blessing as you have showcased his beautiful creations so well. Thank you for ministering to me and my family.

Brenda M.
Wilmington, NC
On May 25th, Foundation volunteers, Board members, and staff gathered at the Clara McLean House to deliver gift bags filled with notepads, pens, and chocolate bars to nursing stations throughout the FirstHealth campus as a way to say thank you and to offer ongoing support.

Our nurses are the front line caregivers for our patients. Nurses are by the bedside 24/7, constantly monitoring the medical condition and conferring with multiple clinicians, while serving as advocates for patients and their family members.

Unfortunately, the United States projects a shortage of more than one million nurses by 2020. During this same time frame, North Carolina’s elderly population will double, intensifying the demand for skilled nurses even more. With 24% of the nursing workforce expected to retire within 10 years, the pressure on younger nurses is rising quickly.

The Foundation is committed to doing our part to assist our nurses by raising funds to support continuing education scholarships and enrichment programs that will ultimately enhance retention and recruitment of outstanding nursing professionals. In fiscal year 2016, nine nurses received scholarships ($16,000) to advance their education to the Bachelor’s degree in nursing; and more than $35,000 has funded other educational opportunities for our nurses.

We hope you will join us in championing this cause to StandUp4Nurses. Your help is greatly appreciated!!

Volunteers (l to r) JoAn Moses, Kitti Pyne, Bob Lovell, Jon DeVault, and Howie Pierce enjoy a cup of coffee after making deliveries to nurses.

Also assisting but not pictured: Elizabeth Huber, Kathy Johnson, Nancy Kaeser, Carolyn Mosseller, Sandra Pretty, and Rusti Welch.
A Peace of the Spirit by Pam Hudson

The following is something I wrote recently. I share it as I have touted head knowledge of what our Clara McLean House means and does, and now I have heart knowledge as well. As it begins, please know I am fine and that all checked out okay.

As I write this I am facing an MRI to check out my liver, and let me tell you I DO NOT look forward to the experience. I tell you all this to share that I am facing an unknown and a little worried and scared. My sister the RN listens patiently as the person who knows me best, and says do what you need to do…and practice some of the advice you always give other people. She makes me chuckle, and she is a wise soul! I am so blessed by my family and deeply grateful! I am also blessed to share this time and place at Clara’s House, and to get to work with the people I do. The support and love I have felt as we work together daily to provide comfort and support to the patients and families who stay here is no less than amazing! It is almost like with each breath, kindness is breathed in, and the spirit that abounds you can almost see. The faces of our guests visibly relax as they enter the door and begin to share their stories. I am feeling this kindness in a personal way now as I wait to see how things go. With comfort and patience and listening ears, prayers offered and said, a gift of flowers and shared food, through these and more Laura and Rebecca and Patricia, and also my co-workers at The Foundation office, give me strength and courage, and humble my heart. I am thankful for family, for friends and co-workers. And I am thankful for Clara’s House as I learn firsthand how wonderful the kindness of this place is! This place we call the Clara McLean House is contagious, and I mean that in a good way.

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