A Special Thank YOU
Several months ago, Clara’s House welcomed a young woman going through a very difficult medical diagnosis and treatment. During this time, she was a guest at Clara’s House and received great support from her family and church. After her recovery, the young woman returned with her aunt and pastor and surprised us all with a very generous donation. She explained that her church members wanted to do something for Clara’s House to show their appreciation and that “even though they are small, they are very giving.” And indeed they are! (See page 2)
(Special Thank You, Continued)

In addition to her generous donation, Tyeshia presented Clara’s House with a framed, heartfelt, thank you letter. Take a moment to read what she has to say and please know that YOU and your ongoing support are what make Clara’s House possible.

Dear Clara McLean House,

Thank each and every one of you for your love, caring, and help through this difficult time. Your patience and assistance was, and is, most appreciated. We thank you for being there and giving support to the extended family in our time of need. In this small way, we would like to extend our appreciation through this donation that’s coming from our hearts filled with love. Words can’t express how our hearts fill but please keep on keeping on and know that you all touched many lives in so many ways.

Hallmark Patrons Support Clara’s House

When a young child stays at Clara’s House that usually means he or she has a parent or grandparent in the hospital. In these situations, children arrive tired, scared, and often tearful. Clara’s House staff members have found it beneficial to give the child a small gift to help them feel comfortable.

Up until this point, we had beany babies donated from volunteers but were beginning to run low. Therefore, we were thrilled to learn that our very own Daphne’s Hallmark in Pinecrest Plaza was launching a promotion asking their customers to consider purchasing an Itty Bitty stuffed animal and donating it to Clara’s House for just this purpose. We truly had no idea what to expect so imagine our joy at the recent delivery of 1,200 Itty Bitty toys for us to give to children at Clara’s House! The stuffed animals are a wonderful resource and will offer such comfort to our younger guests. The new problem may be ensuring that staff and volunteers don’t spend too much time playing with them! We, at Clara’s House, are so very grateful to Hallmark and to everyone that generously donated to this special cause.

Young children at Clara’s enjoy the new Itty Bitty toys.
The Foundation of FirstHealth invites YOU to join us as we partner with the Village of Pinehurst for the **2016 1 in 8 K Moore For the Cure** event.

The race will take place on **Saturday, September 10, 2016** and proceeds will support the Foundation’s Cancer CARE Fund, mammography scholarships through the Moore Free Care Clinic and the Susan G. Komen Triangle to Coast affiliate.

Thanks to the dedication, perseverance and hard work of John Eastman to establish this race more than five years ago, FirstHealth has agreed to carry on the legacy to support breast cancer patients, breast cancer survivors and their families and host this year’s 1 in 8K on the established course running through the Village of Pinehurst. As an added benefit, there will be a **Pink Out** on Friday night’s Live After Five event in the downtown area of Pinehurst.

Sponsorships are available and registration is open on [www.active.com](http://www.active.com). For more information on the course, registration and how you can support this event go to: [www.1in8k.org](http://www.1in8k.org)

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**Volunteers Needed for Race Day and Friday Live After Five Events**

For **more information on volunteering contact:**

Pam Hudson at 910-715-4229  
phudson@firsthealth.org or

Carie Driver at 910-695-7509  
cdriver@firsthealth.org

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**Saturday, September 10th**

- **8K Run/Walk** starts at 8:00am  
- **1K Fun Run/Walk** starts at 10:30am
A Note from the Director by Rebecca Ainslie

Dear Friends,

When we get a call from Jennifer at the Reid Heart Center, we know that we need to act quickly. When a nurse takes the time to speak personally with us, they are usually very concerned about a family member who is neglecting their own needs to attend to their loved one.

Sometimes it takes several days to convince the family member that they should come to Clara’s House because they are too worried to leave the bedside. So, when they walk through the front door, we are ready to welcome them with kindness and acceptance. Sometimes they want to tell their story. Sometimes they are too exhausted to talk. Gradually, they begin to give themselves permission to take care of their own needs – a shower, a bowl of Teresa’s homemade soup, a good night’s sleep, a morning walk in the Healing Garden. Staff and volunteers routinely hear “I feel like a new person” from our guests. They return to the hospital refreshed, relaxed, and better equipped to care for another.

Perhaps you have heard one of the recent radio ads on 103.1 featuring our cardiovascular physicians? They provide excellent testimony of how Clara’s House supports patients and families and truly complements the medical care provided at the Reid Heart Center and throughout the FirstHealth system. If you haven’t heard it, you can email Laura Kuzma at lkuzma@firsthealth.org and she can send you a link to the ad.

I would like to express our gratitude for your generous donations of support during our recent campaign to “help take the sting out of medical care.” It is entirely because of your support that we are able to provide vital services to patients, families and local community members here at Clara McLean House.

In gratitude,
Rebecca

“**I’ll See You in September**”

Join us for a Special Evening of Art and Entertainment
Benefiting the Foundation’s Cancer CARE Fund and Clara’s House

Philanthropic artist, Jeffrey Hanson, shares his story of overcoming adversity and sets an example for all of us through his message of contagious generosity

Friday, September 30, 2016

Grand Ballroom, Carolina Hotel
Dinner, Presentation, and Live Auction

Cocktail Hour at 5:30pm
Dinner and Program at 6:30 pm
$125.00 per person

RSVP by contacting Pam Tighe at 910-695-7504
Straight from the Heart
Our Guests Say It Best…

They did not just show sympathy, they showed great empathy.

Thank you is not enough to say, but those are the words I have today and I will never forget.

- Joe M.
  July 2016

I never imagined such an amazing and tranquil place. The beauty overwhelms you…and the garden — wow!

Clara McLean’s life is an amazing example of giving back solely for the purpose of honoring God. Thank you for everything.

- Dottie P.
  June 2016

Everyone here has been so nice and caring, especially to my granddaughter who is 7 years old.

Her mom has been sick for a while. God bless you all.

- Janice and Kaylie D.
  June 2016

I cannot thank you enough for the service you provide to families and individuals who need a place to stay while caring for their loved ones away from home.
Clara McLean House is truly a second home and the staff and volunteers are now our second family.

Timothy and Melody G
  July 2016
Chapter Chat

Clara’s House Book Club Resumes

The Hospitality Book Club at Clara’s House will resume on Thursday, September 1st at 10am. The book club meets monthly from September – May and all are welcome to attend. As a reminder, selected books should focus in some way on the themes of hospitality and/or taking care of one another. All books must also be available in paperback and in the library.

For our first meeting, we will be discussing the book *After You* by JoJo Moyes. We hope you can join us. For more information, contact Laura Kuzma at 715-4230 or lkuzma@firsthealth.org.

Share Your Newsletter!

As you know Clara’s House is supported solely through donations and the Clara’s House Newsletter is a great way for others to see all that happens here, including:

- Guests sharing their appreciation
- A wide range of support groups
- Special community programming
- And, of course, volunteers and donors who make it all possible!

Please share your newsletter with others and let them know that they can request one too!

Newsletters are emailed to keep costs down, but they can be mailed if requested and there are always hard copies available at the front desk.

For more information contact Laura Kuzma at lkuzma@firsthealth.org or 715-4230.
In a sermon I read by Kara K. Root, a Presbyterian minister from Minnesota, she wrote about two kinds of wisdom. One is wisdom of this age and she calls it “the way of fear”. With this wisdom, might makes right. We tend to put stock in that kind of worldly wisdom as we let it guide us over and against each other in many ways. But she goes on to say, and I agree, that there is another wisdom that is more ancient and true. It boils down to the fact that we simply belong to each other. And there is therefore nothing that we can’t share. We all have a story. And many times our stories involve pain and uncertainty. And so part of what Clara’s House is about is being a safe place to share, a safe place to unwind, a safe place to take a breath and know you are not alone.

Kara shared this story in her sermon: Two year old Eleanor was outside on a sunny deck and walked barefoot onto a black mat. With tears in her eyes she cried, “That’s hot! I burned my foot!” Her aunt picked her up, hugged her, asked where it hurt and kissed it. They stood together for a minute and then Eleanor noticed a bird flying by and pointed at it. After another moment Eleanor faced her aunt, pointed to the mat and said, “Tell the story.” And her aunt did. “Ellie walked over to that mat, and she put her foot on it, and it was hot. It hurt so much! Eleanor cried, and Aunty Kara picked her up and kissed the owie on her foot and asked how she felt. Then we saw the bird flying right there.” Eleanor nodded and asked for the story twice more. She frowned at the part about the owie and smiled at the part about the bird. And with each telling her body relaxed.

And so it is in our sharing together that redemption can occur. Clara’s House is at its very core a place of sharing, a place where you are not only welcomed but also listened to, because we do indeed belong to each other. And, to go a step further, we need each other, and we need you to think about your story and how you might be a part of Clara’s House. We need your support and ask that you consider making a donation as we work to endow this house.

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