A Heart for Clara’s House

Many know Dr. Steven Filby as an extremely skilled and well-respected Interventional Cardiologist at FirstHealth. And that would indeed be accurate. However, did you also know that Dr. Filby keeps 25-30 beehives on his farm in Southern Pines?

What began as a hobby quickly became something more, and Dr. Filby saw an opportunity to give back to his community. For the past several years, he has donated 100% of the proceeds from his honey sales to the Clara McLean House. (See page 2)

Clara’s House Newsletter Honored

We are pleased to announce that the Clara’s House Newsletter and Clara’s House Brochure received 1st Place in the annual “Best Of” Awards from the Healthcare Hospitality Network (HHN). (See page 2)
Heart for Clara’s (cont. from Page 1)

In fact, this past summer, he harvested 35 gallons of honey and raised $1,600 for Clara’s House. Dr. Filby explains, “I have a real appreciation for the Clara McLean House and how they care for the families of my patients.” We are so fortunate to have medical professionals who are invested in building an excellent community as well as providing excellent care. Thank you, Dr. Filby, for your ongoing support and commitment.

Thank YOU for supporting Clara’s House
And joining with us to help take the sting away

Thank you all for your donations to support operations at Clara’s House. The response to the recent mailing was humbling and truly exemplified the generosity of this community. We greatly appreciate each and every one of you and your willingness to join with us to offer a compassionate and healing environment for all. Throughout this newsletter you will see examples of what happens when a community works together to care for others. It is clear from the guest feedback on page 5 that they feel loved and cared for and that their stay at Clara’s House has helped “take the sting away” so that the healing process may begin.

Heart for Clara’s (cont. from Page 1)

Shelly Rappaport donated his time and resources to construct new, handmade checkers for our outdoor set.

Dr. Filby’s homegrown honey from his Whispering Creek Farm.

Sara Webster often donates her beautiful blooms to brighten Clara’s House.

Best of Awards (cont. from Page 1)

The Healthcare Hospitality Network, Inc. is a nationwide professional association of nearly 200 unique, nonprofit organizations that provide lodging and support services to patients, families, and their loved ones who are receiving medical treatment far from their home communities.

The 2016 annual HHN conference took place in Indiana and brought together Hospitality professionals from around the United States to share experiences, resources, and ideas for enhancing and improving services to patients and families. Clara McLean House is honored to have our newsletter and brochure recognized for excellence.

“The winning entries moved us emotionally and gave us a desire to want to learn more about how we support their homes. We really felt the weight of the impactful work being done to help families,” – Justin Sheehan, CEO, Crown Jewel Marketing.
Honoring YOU: Annual Volunteer Appreciation

We are so excited to invite all of our Foundation volunteers to the upcoming Appreciation Event. This event is dedicated to those volunteers with Clara’s House, the Tea Ladies, the Healing Garden, CARE-Net, and Patient Visitors. You should have already received an electronic invitation. It’s going to be a very fun and relaxed evening and a great chance for us to show how much we appreciate all that you do on a regular basis. It’s also a wonderful opportunity to get to know many of the other volunteers.

Wednesday, November 9, 2016
5:00 pm – 7:00 pm
Clara McLean House
Appetizers and Cocktails will be served
Casual Attire

So check your schedules and RSVP today!

Sisters Julian and Gabriel Trilling were guests at Clara’s House last month.

To our delight, they shared their musical and vocal talents, which were enjoyed by all.

What a wonderful way to start and end the day!
A Note from the Director by Rebecca Ainslie

I venture to say that maturity is a bittersweet process for most people 😊. If we focus on the positive, most would agree that wisdom is commonly associated with maturity, as adults have built a fund of experiences to revisit and learn from. Clara McLean House is also maturing as we learn new, meaningful ways to live our mission, “to care for people.” Over the past 4 ½ years, since opening our doors, we have tried to be intentional with our growth. We have listened to our guests and our community, and we have frequently returned to our original guidelines established by clinical and Foundation advisors to help us in making decisions.

While we continue to provide short term stays, we have recently settled into serving families and patients with extended illnesses, ongoing treatment, and end of life care. In addition to Oncology patients who stay with us for several weeks at a time during outpatient radiation and chemotherapy, we also are serving more families during the hospice care of a loved one – either at FH Hospice House or in-home care. And we are especially pleased when a local family caregiver stays at Clara’s House for a night or two of much-needed respite.

The bonds formed between families, staff and volunteers are unforgettable in many cases. So many times we hear that they will never forget their experience at Clara’s House, and how much they appreciate this community for caring and sharing enough to make it happen.

In Gratitude,
Rebecca

Dr. John Krahnert and his wife, Anne, had the winning bid for this beautiful painting donated by artist Jeffrey Hanson in support of the Clara McLean House and the Cancer CARE Fund.
Straight from the Heart

Our Guests Say It Best…

God sent me angels in this house. My son had open heart surgery, and I was truly comforted. The Healing Garden is beautiful and helped relieve my stress. May God bless this House and all who enter.

- Wanda R.
  September 2016

We are speechless when it comes to describing the experiences we’ve had here at Clara’s House. God has blessed us through you. More than a shelter, this place has provided solace and serenity for us. It’s such a beautiful place surrounded by hospitable people. Thank you so much.

- Thomas S.
  August 2016

Thank you so much for such a beautiful and very relaxing home away from home. I slept so well, and my husband rested well in the hospital knowing I was in a safe place at night. The staff and volunteers have been wonderful and helpful and thoughtful. It is nice to have this wonderful place for people who need it during an unknown and stressful time. God Bless all of you.

- Jimmy W.
  August 2016
Clara’s House: A Community Hub

In addition to accommodations for patients and families, Clara’s House is committed to providing a wide array of support and resources for the community. We have recently added two additional groups for those dealing with aphasia, and we have partnered with the FirstHealth Reid Research Center for their upcoming Clinical Trial designed to explore sleep problems among cancer survivors. If interested in participating in the trial call toll free 1-888-534-5333.

Below is a current list of the community resources offered at Clara’s House. For more information on any of our programs or to suggest something new, please contact Laura Kuzma at lkuzma@firsthealth.org or 910-715-4230.

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<tr>
<th>Oncology Related Groups</th>
<th>Dementia Related Groups</th>
<th>General Support</th>
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<tr>
<td>Support for Young Adults</td>
<td>Support for caregivers of dementia</td>
<td>Weekly Centering Prayer</td>
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<tr>
<td>Support for Young Women with Breast Cancer</td>
<td>Support for those with aphasia</td>
<td>Community Book Club</td>
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<td>Support for Women with Gynecological Cancer</td>
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<tr>
<td>Yoga and Meditation for patients and caregivers</td>
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<td>Journaling for Meaning for patients and survivors</td>
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<tr>
<td>Clinical Trial for Sleep Complications in cancer survivors</td>
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<table>
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<tr>
<th>Parkinson’s Support Groups</th>
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<tr>
<td>Support for Parkinson’s patients and caregivers</td>
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House and Garden volunteer, Diane Stephens treats the guests to homemade muffins.

A big thank you to all who volunteered or participated in the recent 1 in 8k. The event was a huge success and a great example of what a group of committed people can accomplish.
A Peace of the Spirit by Pam Hudson

I recently attended a conference about Ethical Leadership: Living Out Our Call As a Faithful Witness. In essence it began with a reminder about how as humans we all want a higher purpose, something that inspires us and makes us glad to be around. And without getting TOO preachy(©️), we are not created for drudgery but with a desire to participate in creation! It is why we are here! Now having said that, let me say that there are some days when I find myself caught up and so busy with so much going on that I ask…what in the world? and I sometimes wonder if what I am doing is doing any good…and to press the point further I also ask where is the good…There is so much that seems so unbelievable…and I long for gentler times when dignity and respect were more the norm, rather than sensationalism and excuses of the day. And I realize I DO want a higher purpose, something that inspires me and makes me glad to be around…

Fall is upon us…and times they are a busy! The House has had a lot going on, the rooms have been full, and we are doing what we are here to do! How great is that!?! In many ways it is incarnation at its best…any good we can therefore do let us be mindful, as we choose each moment what is good…..So may we say thanks for the good we do, the love we share, the kindness made flesh as we make our daily choices and do what we are here to do…..which is in fact the ‘why’ of our shared experience…caring for one another the best that we know how…So thank you all for everything you do and are…Happy Thanksgiving!

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