Families Find Strength and Hope at Clara’s House

*Your support allows parents to stay close when a child is hospitalized.*

Nothing can prepare parents for the panic and fear that take hold when a newborn baby requires care in the neonatal intensive care unit (NICU). Suddenly, they are thrust into an unexpected and frightening world. Fortunately, Clara’s House has proven to be a refuge for many such families, providing a safe and healing environment so that parents may remain close by for that important time of early bonding and regular feedings. Your support made a difference for these families in a true time of need.

*Clockwise: The Birkner family, the Butler family, the Stutts family, and the Loren family.*
Growing Palliative Care Services Together

Palliative care isn’t as complex as it may sound. It is an approach to care for both the patient and the family that includes a specially-trained team of physicians, nurses and other specialists to manage symptoms, control pain, and provide relief from the stress of a serious illness – both physically and emotionally – along with determining goals of care based on the patient’s wishes and prognosis. Palliative care can be provided at any time following the diagnosis of a serious illness, including during curative treatments. At FirstHealth Hospice & Palliative Care, our goal is to improve the quality of life for all our patients – and make life last the whole time.

Join us for two evenings of celebration and support for FirstHealth Hospice & Palliative Care

Welcome Reception
Come together as a community to welcome the sponsors of the 2017 FirstHealth Golf Tournament
Wednesday, September 13 – 6 to 8 p.m.
The Country Club of North Carolina, Ballroom
Cocktails and hors d’oeuvres – Welcome Remarks – Opening of the Silent Auction
Tickets: $50 per person

**************

Dinner and Auction
Our community has long supported FirstHealth Hospice through its past auctions – Join us once again for a casual night of fun for a great cause.
Thursday, September 14 – 6 to 9 p.m.
The Country Club of North Carolina, Ballroom and Patio
Cocktails, Dinner, Band-House Call, Silent Auction
Tickets: $100 per person
For tickets or more information, contact the Foundation at 910-695-7500
*Resort casual for both events

Dedicated Hospice Garden volunteers: George McNally, Bill Shore, Susan Zanetti, Marco Rotting, and Sue Mitchell, work hard to create a beautiful, healing environment for Hospice patients and families.
After the Rain, Look for A Rainbow...
For our guests, Clara’s House is a port in the storm

July, 2017

The Clara McLean House is nothing short of phenomenal!! I’m so thankful a nurse mentioned this “Heaven on Earth” to my mother and me. Here, they truly care and value every single guest. They show where hospitality becomes a part of healing. The staff, volunteers, and other guests are all so friendly, kind and genuinely concerned about your loved one in the hospital. There wasn’t a single day that I wasn’t asked how I was doing or if I needed anything. They have a new donor in me in hopes to help sustain the low cost, heart, and soul of the Clara McLean House.

Much love and gratitude. Thanks for everything!

D. Jones
Laurinburg, NC

July, 2017

Thank you so much for giving this lovely home to help people! We enjoyed our stay. Everyone was so nice here. We loved the garden!! It is so pretty. Thanks again.

T. Williams, age 10
Wilmington, NC

August, 2017

An oasis in the desert of despair. Thank you very much for being here. Everyone was so kind and compassionate. Everything about your house and garden says “stay awhile and make yourself at home.” May God bless you.

The McDougald family
Summerville, SC

*Photo courtesy of Sandra Jones, FirstHealth Quality Coordinator
A Note from the Director by Rebecca Ainslie

As you can see by the happy newborn photos in this newsletter, Clara McLean House plays a very important role for the parents of fragile newborns at the beginning of life. Clara’s House also provides support to those at the end of life by welcoming family members who travel here to visit a loved one at Hospice House or receiving in-home hospice care. And Clara’s House continues to be present for every stage of life in-between: those at the Reid Heart Center with a cardiac emergency, those receiving radiation and chemotherapy for cancer, and those undergoing orthopedic surgery, to name just a few.

In the past 5 years, Clara’s House has added so much value to our mission “to care for people,” that it’s hard to imagine not offering these services. Some new and interesting information will be going out in the mail soon illustrating how you can help endow Clara McLean House and the Healing Garden well into the future.

There are a variety of ways to support Clara’s House and the Healing Garden, and one very creative way is with a charitable gift annuity often referred to as a win-win solution. With a gift annuity, you not only receive the satisfaction of helping to further our mission, you receive annuity payments for the rest of your life. If you are considering a gift and would like more information, please contact me, and I will make sure that you are connected with the Foundation of FirstHealth staff member to assist you. This is a prime opportunity to learn more about this novel way of accomplishing both philanthropic and income goals.

Best Regards,

Rebecca
910-715-4224
rainslie@firsthealth.org

Book Club Resumes

The Clara’s House Hospitality Book Club will resume on Thursday, September 7th at 10am with a discussion of the book, Bel Canto by Ann Patchett. Everyone is welcome so please feel free to join us if you are able. We will meet on the 1st Thursday of each month through December before taking off the month of January. The Fall schedule is listed below.

October – Just Mercy by Bryan Stevenson
November – Gentleman in Moscow by Amor Towles
December – Small Great Things by Jodi Piccoult

Garden Herbs Add Spice To Life At Clara’s House

With the kitchen herb garden flourishing, House manager, Patricia Wallace, and the Clara’s House volunteers developed a unique way to share the bounty. Garden herbs are regularly cut, washed, and dried and then packaged for guests to enjoy either at Clara’s House or when they return home. So the next time your life needs a bit of “spice,” stop by Clara’s House and see what’s cooking.
Clara’s House was thrilled to welcome 80 new nurses for a portion of their July orientation. It is always exciting to see the enthusiasm of these young women and men as they prepare to join FirstHealth’s mission of caring for people.

Since nurses are truly on the front lines every day, they are the ones most likely to recognize when patients and families could benefit from the healing environment of Clara’s House. In fact, we regularly have guests express gratitude that their nurse took the time to make a referral.

We are fortunate to have such outstanding service providers at FirstHealth, and Clara’s House is glad to be a part of their formal welcome.

On Your Mark, Get Set, GO!!!!

This year’s 1 in 8K race will be on Saturday, October 7. Proceeds from the race provide support to community members through the Foundation of FirstHealth Cancer CARE Fund and the Moore Free and Charitable Clinic. Sadly, 1 out of every 8 women will develop invasive breast cancer at some time in their lives. By supporting the 1 in 8K race you can help make a difference by supporting those who are living with this disease.

- The 8K Run/Walk (4.97) miles is USATF Certified and begins at 8am.
- The 1K Fun Run (.6 miles) begins at 10am.

The race course begins in the Village of Pinehurst and winds through the Village as well as through Rassie Wicker Park. With area sponsors on site and an after-party with a band, it should be a wonderful morning to celebrate hope and survivorship.

Registration for runners can be found at www.runsignup.com. Search for 1 in 8K – Run for Moore

If you are interested in volunteering on race day, contact Pam Hudson at 910-715-4229; phudson@firsthealth.org.
A Peace of the Spirit by Pam Hudson

In times like these I am finding myself a bit perplexed and asking the question, “what in the world?” a lot. From tweets to Facebook to what gets reported on television, there is quite a bit of confusion, and stuff going on that feels out of control. Trying to make sense out of much of it is a time consuming and frustrating endeavor. So then again I ask, “What in the world?” And as I find myself thinking more about this question I have come to realize that just maybe I am out of focus as to ‘what in the world’ I am paying attention to. And maybe, just maybe as I redefine my focus and look more closely at the world around me, I get almost an entirely different picture. And so many different answers appears…..like the beautiful complete rainbow that appeared over Clara’s House early one evening in July…..or the gentle listening I see our volunteers and staff extending to our guests and to one another…..or the faithfulness of the Centering Prayer group that meets here at Clara’s every week and prays…..or the loyalty of our volunteers both in the House and the Garden who tend our spaces with kind attention…..or the sweet spirit that continues to undergird and permeate the hospitality we are given to share…..so I think I will continue to ask the question of ‘What in the world’ because answers like that are worth receiving! Thanks all…and thank God for all!