Council Welcomes New Members

The Clara’s House Advisory Council began a new year by welcoming members Marilyn Grube, Anne Holmes, and Katherine Schirmer. These ladies will join the rest of the Council in serving as true ambassadors for the House and the Healing Garden. Their support is essential to our continued growth and success and we truly appreciate their commitment.

New Council Members (l to r): Marilyn Grube, Anne Holmes, Katherine Schirmer

The Foundation of FirstHealth and the Clara McLean House would also like to offer their sincere thanks to Jean Souweine and Herm Collier, who recently rotated off the Council after years of dedicated service.

Retiring Council Members, Jean Souweine (left) and Herm Collier (right)

Remembering YOU!

National Volunteer Week is April 15-21st. Although we do our event in the fall so as not to conflict with the hospital celebration, we do want to take this time to celebrate and remember you. So… we are hosting a fun game during the month of April called “CAN YOU REMEMBER YOU?” To participate, volunteers are invited to submit a childhood photo by April 15th. These pictures will be posted at Clara’s House along with a list of names. During the week of April 15-21, volunteers can stop in and submit their best guess to match names with photos. Whoever gets the most correct will win a big basket of goodies!

(See page 2 for more details)
Parkinson’s Music Therapy Program Thrives

The Parkinson’s Music Therapy Group meets on the 4th Monday of every month from 4pm – 5pm at Clara’s House. Rachel Shell, a licensed therapist with Birdsong Music Therapy, leads a dynamic program that addresses movement, balance, and speech and leaves participants tired but happy! The class is free but registration is requested by calling 910-715-4230 or emailing lkuzma@firsthealth.org.

The general Parkinson’s Support Group of the Sandhills continues to grow and offer support to all patients and carepartners dealing with Parkinson’s. The group has a terrific spring schedule with a variety of speakers and formats. Meetings are on the 2nd Monday of every month from 4pm – 5pm at Clara’s House and all are welcome.

If you or someone you know has Parkinson’s please plan to attend an upcoming meeting. You’ll be glad you did! For more information, contact Laura Kuzma at lkuzma@firsthealth.org or 910-715-4230.

Remembering YOU! (cont. from pg. 1)

To participate in the contest, Foundation volunteers from Clara’s House, the Healing Garden, the Hospice House Garden, CARE-Net, Patient Visitors, Foundation office, and the Tea Ladies are invited to submit a childhood photo to Clara’s House by April 15.

The photo may be dropped off or emailed. All photos will be posted at Clara’s House.

Between April 15-21, stop by Clara’s House and turn in your ballot to see if you get the most matches correct and win the prize! The winner will be announced on Monday, April 23rd.

Montgomery Spring Event

Friday, April 27, 2018

6:00 – 9:30 p.m.

Dinner provided by Elliott’s
Silent and Live Auctions
Tickets - $75
RSVP: 910-571-5024
Grateful Guests

January 2018

This home is an absolute sanctuary. It has given me the opportunity to rejuvenate my heart and soul every evening as I walk through the doors…All of these sweet people I’ve met – we lift each other up each morning and then bring those smiles and positive energy to our respective loved ones at the hospital. Without that renewed energy it would be impossible for me to be able to cheer my 89-year-old father to better health. He’ll soon start rehab and after 4 nights of great sleep at Clara’s House, I’m ready for the next step. I couldn’t have done it without all of the truly wonderful, caring people at Clara McLean.

- Linda C., California

Scrapy Scrapbookers!

Once again, this amazing group of women has succeeded in hosting an incredibly successful fundraising event around the hobby of scrapbooking.

Proving that a committed group of women can accomplish just about anything, they recently raised more than $21,000 to ensure that cancer patients and families in our community get the help they need through the Foundation of FirstHealth’s Cancer CARE Fund. Events like this take tremendous dedication, and we appreciate all who participated.

Thank You, Lowe’s Foods

On Monday mornings, Clara’s House volunteers, Mary Gehrig (pictured) and Sis Mann (not pictured) visit Lowe’s Foods where our Flower Angel, Cheryl, graciously donates all of the store’s unsold flowers so that guests at Clara’s House may be surrounded by nature’s beauty during their time of need.
A Note from the Director... by Rebecca Ainslie

Dear Friends,

When Clara McLean House was built in 2011, it was a true joy to witness the transformation of the bleak parcel of land behind the house into today’s Healing Garden. While the construction of the house was precisely guided by architectural drawings, engineers and contractors, the Healing Garden was guided by Lynda Acker and Cassie Willis, both pouring heart and soul into creating this sanctuary in nature. Among their most useful tools were the garden hoses they used to fashion the beds in the garden "rooms," with an overlook from the second floor of the house.

It took a great deal of vision and fortitude then, as it does today. We see the fruits of the labors of the hard working Healing Garden volunteers and creators with each passing season, aided by many generous financial contributors over the years. You see, the underpinning of this place of comfort is an enormous sustaining strength, felt by the many visitors who are walking an uncertain path. The Healing Garden has come to mean a great deal to this community and to those who come to Pinehurst for healthcare. To ensure that this place of peace and beauty will be here for future generations, The Healing Garden Society has been established. Members will make sustaining gifts toward building an endowment of $1 million allowing us to sustain the garden and enhance it with new features and events.

With a mission to create engaging educational programs, The Healing Garden Society will also host the biannual symposium, Bloom! Annual Inspiration, Perennial Wisdom. The first-ever Bloom! event is being held April 26th at Clara’s House and the Healing Garden. This day-long event will feature a variety of speakers sharing their gardening knowledge in a fun, relaxing atmosphere. If you would like to learn more about The Healing Garden Society or Bloom! events, you may contact the Foundation of FirstHealth at 695-7500 or give me a call at 715-4224.

With great anticipation of Spring,
Rebecca Ainslie

In Memory

Sadly, Clara’s House recently lost two dear friends and CARE-Net volunteers with the passing of Jerry Lewis (December 29, 2017) and Pamela Kirk-Conrad (December 22, 2017).

Both Jerry and Pam have been volunteers since the program’s inception and have offered support and encouragement to countless cancer patients and families over the years. They were always willing to go the extra mile and to help anyone in need. Their kind and generous spirits will be greatly missed by all.

Pamela Kirk-Conrad  Gerald Lewis

New Healing Garden Society at The Clara McLean House

In an effort to connect others with the restorative power of nature and gardening, we are pleased to announce the formation of the new Healing Garden Society at the Clara McLean House with the mission of creating purposeful, engaging and educational programs that cultivate a love of learning – and gardening.

To participate, keep a lookout for a variety of educational events under the name of Bloom! Events may take the form of lectures, exhibitions, and/or demonstrations but whatever the venue, the topic is sure to help you with the question every gardener asks: “How do I make my garden bloom?”
**Foundation of FirstHealth: News and Events**

**Gifts That Keep Giving**

Through charitable gift annuities and a generous bequest to the Foundation of FirstHealth, Jean Jones is doing her part to insure that Clara’s House continues to fulfill its mission of providing respite, peace and hope for family members and patients being treated at Moore Regional Hospital or at FirstHealth Hospice.

In addition, Jean also made two very personal gifts to Clara’s House. The first is the endowment of a beautiful sitting area in the Healing Garden, what she calls “a showcase of God’s creations,” given in memory of her husband, Larry Jones.

The other gift is from her personal art collection of oil paintings by the renown, American Impressionist, Stokely Webster. The paintings were installed in the Shadowlawn Room at Clara’s House in the fall of 2017 where they have been enjoyed by physicians, nurses, support groups, Foundation donors, and community members.

“They do look beautiful here and are making people happy,” Jean says. “It’s nice to know that someone else is enjoying something that I love.”

Stokely Webster’s paintings hang in the Metropolitan Museum of Art, the Phillips Collection, the Smithsonian Institution, the White House, and in private collections in Europe and the U.S; and now, thanks to the generosity of Jean Jones, in the Clara McLean House.

**CREATE A LEGACY OF GIVING**

The Clara McLean House stands as the tangible legacy of Miss Clara McLean, who generously gave of her fortune to support the mission of this place of healing and peace.

But you don’t need a fortune to leave your own legacy of support. You too can build on Clara McLean’s foundation by making a bequest in your will. Bequests of any amount are deeply appreciated and ensure that your lifetime of caring continues.

If you would like more information on how you can create your own legacy through estate planning, please call Pam Tighe (910) 695-7504 or Rose Young (910) 695-7513 at the Foundation of FirstHealth.

---

**Saturday, April 14, 2018**

**Downtown Rockingham**

1 Mile Family Fun Run/Walk – 9:30 a.m.

5 K Run/Walk – 10 a.m.

The Run for the Ribbons is a family celebration that raises awareness and promotes healthy lifestyle choices including fitness, healthy eating and education. All proceeds benefit the Richmond Memorial Hospital Foundation and Discovery Place Kids-Rockingham. Register online at www.ribbons5k.com
A Peace of the Spirit by Pam Hudson

What is it about everyday kindness that brings tears to my eyes?...I have been asking myself this question lately and wonder what makes kindness matter so much in this day and time, if not all days? I recently read an article about a church that after ordering pizza, gave the delivery person a generous tip, not only giving money but also extending acknowledgement and appreciation- an honoring of sorts for the person doing an everyday thing in delivering pizza.

Shortly after reading that one I read another that told of a waitress who served breakfast to an elderly gentleman, and when he asked her to cut up his ham for him she did. Another everyday thing done with respect and honor. She was working hard herself, saving money for college, and someone noticed what she did, took a picture, posted it, and out of the kindness she shared in an everyday way, there is now a day in honor of her and a college scholarship coming her way.....everyday kindness begets everyday kindness.....and it matters so much!

Singer/songwriter Van Morrison is quoted, “If my heart could do the thinking...And my head begin to feel...I’d look upon the world anew...And know what’s truly real...
So to answer my own question, what is it about everyday kindness that brings tears to my eyes?.....maybe it is because that’s what is truly real, and what makes life wonder filled and glorious! Lord knows there is enough all around to confuse and upset us every day, but if we ‘let our hearts do the thinking and let our heads begin to feel’, maybe then our tears will help us see one another more clearly, and somehow then know that in honoring one another, we all matter.