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North Coast Health Ministry



*Celebrating 25 Years of
Bringing Health Care
to the Uninsured*

Spring Newsletter 2011

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NCHM Patient Statistics

- Percentage of patients below 150% of the federal poverty level: 81%
- Percentage of patients with annual household income below \$15,000: 65%
- Percentage of patients with chronic disease: 80%
- Percentage of patients with more than one chronic condition: 50%
- Percentage of patients with depression or other mental health issues: 45%

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+

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My involvement with North Coast Health Ministry began 25 years ago, and I have served in a variety of roles since the organization's beginning--first as a volunteer nurse, then as a staff nurse and later as executive director.

In the early days we were an all-volunteer effort, operating just one evening a week from the office of our founder Dr. Russ Elmer. Volunteers—and seed money to get operations off the ground—were provided initially by four churches—St. Barnabas Episcopal, Bay Methodist, Bay Presbyterian and St. Raphael Catholic Church. What brought us together was the desire to serve those who were “falling through the cracks” of the health care system. In 1986, our first year of service, we provided care to just 123 patients. It's an understatement to say the cracks have widened since then. Last year, we provided care to over 2,500 low-income men, women and children without health insurance and dispensed prescription medication valued at more than \$3 million. Never would those of us who were involved from the beginning have imagined how the need would grow – nor could we have imagined how the Lord would provide us with the resources to meet the growing need.

At this 25-year anniversary, I am in a reflective mood: Have we made a difference? Have we accomplished what we hoped when we embarked on this journey? The patients we've served offer a clue – they tell us consistently that the care we provide has changed their lives, improved their health, and enabled them to remain employed or return to work. When I witness the love and compassion shown to our patients on a daily basis by our staff and many volunteers, I am offered another clue. When the community comes together to support our work—as it has done year after year—I am more confident in the conclusion. Yes! We have made a difference and will continue to do so. As Maya Angelou has written, “If you find it in your heart to care for somebody else, you will have succeeded.”

The economic environment that North Coast Health Ministry operates in—and the forces that impact the need in our community—will continue to change. Of that I am certain. I am also certain that our ability to love those we serve—to see and serve Christ in each and every one of our patients—is what will continue to make us successful in the coming 25 years.

Lee E. Elmore
Executive Director

Upcoming Events

Junk2Funk April 15th to Benefit NCHM



Join us for a night of art, fashion and fun to benefit North Coast Health Ministry.

What: A great date night or girls' night out! Guests will have a chance to win one-of-a-kind creations designed by NEO artists from recycled materials. Evening will include chinese raffles, silent auction, wine, appetizers, desserts and coffee.

When: Friday, April 15, 2011, 7 – 10 p.m.

Where: Local Girl Gallery
16106 Detroit Avenue, Lakewood, Ohio

Sponsors: stArt Neo, Local Girl Gallery, Coffee for a Cause

Tickets in advance: \$12 (at the door, as available: \$15)
Get your ticket today at <http://www.nchealthministry.org/junk-2-funk>

Planned Giving

Have you considered a planned gift to benefit North Coast Health Ministry? The Community West Foundation provides technical assistance at no cost to NCHM donors wishing to establish a donor advised fund, establish a bequest, or make another type of planned gift. NCHM is grateful for this support provided by The Community West Foundation through its Colleagues Program, as well as for the considerable funding support provided by Community West to benefit the patients of North Coast Health Ministry. For more information on how to make a legacy gift, contact NCHM Development Director Jeanine Gergel at 216-228-7878 ext. 107.



25 silver Celebration

Celebrating 25 years of providing health care to the low-income uninsured on Greater Cleveland's West Side

Save the Date!

Thursday, September 1, 2011

6:30 – 9:30 p.m.

Westwood Country Club, Rocky River, Ohio



Call for Sponsors

Looking for a way to support North Coast Health Ministry in its primary annual fundraiser? Consider becoming an event sponsor. All sponsors will be recognized prominently in the event program, on event signage, in NCHM's newsletter and in our 2011 annual report.

2011 Sponsorship Levels:

- Caring Sponsor: \$500 (includes two event tickets)
- Helping Sponsor: \$1,000 (includes four event tickets)
- Supporting Sponsor: \$3,000 (includes 10 event tickets)
- Advancing Sponsor: \$6,000 (includes 10 event tickets)
- Presenting Sponsor: \$10,000 (includes 12 event tickets)

To become a sponsor, contact Development Director Jeanine Gergel at 216-228-7878, ext. 107 or jgergel@nchealthministry.org

Volunteer Spotlight: Carol Travis, RN, MSN, CNP

According to NCHM volunteer nurse practitioner Carol Travis, the secret to eternal youth is finding ways to continue to put your skills to good use. By that measure, Carol is getting younger every year through the volunteer care she has provided to NCHM patients for the past five years.

“Working keeps you young,” she says. “I enjoy the opportunity to use my skills and give back.”

Carol volunteers in the clinic twice per month, providing preventive health care services on Women’s Health Days and through regularly scheduled appointments. She became connected to the ministry through former NCHM medical director, the late Dr. John Sanders, who had served as her physician preceptor at Metro Hospital in 1986. When she retired from Fairview Hospital almost 20 years later, she heeded his encouragement to become a volunteer.



“I had heard so many good things about NCHM,” she says, “and they all proved to be true. Everybody at the ministry, whether staff or volunteer, treats the patients with respect and dignity. We meet them where they’re at in their life.”

She says the major benefit she receives from her volunteer role is the good feeling she gets from being able to serve others.

“We all feel so good about what we’re doing for people. We all recognize that there but for the grace of God go any one of us. Many of our patients have had a career and lost their jobs or were downsized. They could be anybody—you or me—if we lost our insurance.”

A resident of Rocky River, Carol has two grown children and, between her and her husband Len, eight grandchildren. In addition to her volunteer work at NCHM, Carol has served as a volunteer parish nurse at West Shore Unitarian Universalist Church for the past eight years. The NCHM staff, her fellow volunteers and, most important, our patients are blessed for her commitment and compassion to the underserved in our community.



How You Can Help Volunteer Needs

- Volunteer behavioral health therapists. Minimum requirement is a Master’s degree in a behavioral health-related discipline and ability to provide therapy at least 2 hours/week. Minimum six-month commitment.
- Volunteer nurses willing to be trained to be on NCHM’s substitute nurse roster.
- Volunteer physicians and nurse practitioners for day, evening and weekend clinics. Specialists and primary care practitioners needed.
- Volunteers willing to organize toiletry drives for NCHM patients at churches, schools or other community groups.

To volunteer, contact Mary Ludwig at 216-228-7878 ext. 122.



Wish List - Supplies

Office Supplies:

- Dymo Labels (Lg. White Shipping—2-5/16” x 4”; 200/roll)— Used for prescription labeling (cost per roll: \$49.00)
- Envelope Moisteners (Dab N Seal)— Used for patient mailings (cost per four pack: \$8)
- Ziplock Bags (1-Gallon; 10-1/2” x 11”)— Used for patient medications
- Self-Sealing Brown Kraft Envelopes (6” X 9”)— Used for patient registration (cost per 100: \$18)
- Top-Tab File Folders (letter sized)

Clinic & Medical Supplies:

- Small wheeled metal procedure tables (for exam rooms)
- Softsoap antibacterial hand soap (1-gallon refill jug)
- Lysol Disinfecting Wipes
- Toilet paper/bathroom tissue
- Facial tissues (any brand)

Miscellaneous Items for Patients in Need:

- Grocery cards (in increments of \$5 and \$10)
 - Giant Eagle or Marc’s
- RTA Bus/Rapid FareCards
- Gas cards (in increments of \$5 and \$10)
- Toiletries – toothbrushes, toothpaste, soap, deodorant, feminine hygiene products, shampoo, lotion, etc.



See our full list of volunteer needs and needed items on our Web site at: <http://www.nchealthministry.org/wish-list>

To make a monetary donation to cover the cost of a wish list item, please use the envelope attached to this newsletter. We are grateful for your support.