

SUMMER 2025

WECARE CLINIC MESSENGER



WeCare Clinic – Medical Care for Special Needs, 775 Pembroke Fairview Road, Pembroke, KY 42266
Phone: 270-962-7383 Fax: 270-962-7385 www.wecareforspecialneeds.org

Dog Days of Summer

I often hear people use the saying “Dog Days of Summer” when referring to late-July to mid-August due



to it being the hottest and most humid part of summer. I have been blessed to serve in leadership positions as an Executive Director or board of director for nonprofit health-related organizations for nearly two decades. I think it is safe to say it has been the Dog Days of Summer the past few years for nonprofits across the globe. I have witnessed tough fundraising times in my career, but the past one to two years stand out to me as Dogs Days of Summer. My family and I have received more envelopes in the mail this year from nonprofits soliciting for a donation than any year that I can remember. Why is this the case? I think a lot of donors have decreased their giving amounts or completely paused their giving due to the unrelenting inflation and elevated interest rates the past few years. Also, nonprofit organizations may have lost revenue or grant funding sources they grew too accustomed to in the past.

I am grateful to serve at WeCare Clinic. The continued support of the clinic is encouraging as we are inching closer to our five-year anniversary. Similar to any other for-profit

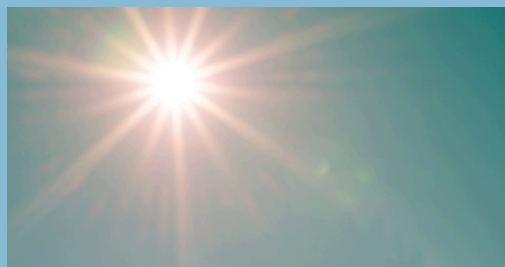
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Dog Days of Summer (cont.)

and nonprofit organizations, our input costs have risen the past few years. The same band-aid, syringe, gauze, or blood collection tube, to name a few clinic items, cost more in 2025 than they cost when we opened our doors in 2020. I am thankful to report our fundraising auctions, fish fry events and bake sales from January to July 2025 have provided \$9,761.87 more when compared to the same time frame in 2024.



Where we have seen a slight decrease is with our individual/business donations. Between January and July of 2024, \$144,053.19 was donated by individuals/business compared to \$94,882.39 donated in 2025. That is a decrease of \$49,170.80 for individual/business donations this calendar year. I remain hopeful the amount for individual/business donations will catch up in the coming months.

I want to say a big thanks to the donors of WeCare Clinic. Our donors have continued to support our efforts to improve the quality of life for families with genetic disorders through medical care, education, and research during these Dog Days of Summer for nonprofits.

Will you consider a tax-deductible donation to WeCare Clinic? Donations can be mailed directly to WeCare Clinic.



By: Matthew L. Hunt, Ed.D.

5-Year Anniversary is Around the Corner

Our November edition of the WeCare Messenger will highlight some of the work that has taken place at the clinic during the first five years of operation. Thank you for allowing us to provide medical care for your family.

Vitamin D: The Sunshine Vitamin

Vitamin D, often referred to as the "sunshine vitamin," plays a key role in maintaining overall health and well-being. Unlike most other vitamins, vitamin D functions more like a hormone in the body and is essential for many biological processes. While it's naturally produced in the skin in response to sunlight exposure, it can also be obtained through diet and supplements.



What is Vitamin D?

By: Erin E. Teague MS, RD/N, LD

Vitamin D is a fat-soluble vitamin that helps the body absorb calcium and phosphorus, two minerals vital for building and maintaining strong bones. There are two main forms:

- **Vitamin D2 (ergocalciferol):** Found in some plant-based foods and fortified products.
- **Vitamin D3 (cholecalciferol):** Produced in human skin in response to sunlight and found in animal-based foods like fatty fish, liver, and egg yolks.

Vitamin D3 is generally considered more effective at raising blood levels of vitamin D.

Health Benefits of Vitamin D

1. Bone Health

One of vitamin D's primary roles is to promote calcium absorption in the gut, which is critical for maintaining healthy bones. Deficiency can lead to soft or brittle bones—rickets in children, and osteomalacia or osteoporosis in adults.

2. Immune Support

Vitamin D supports immune system function and may help reduce the risk of some infections.

3. Mood and Mental Health

Research suggests a link between low vitamin D levels and mood disorders, including depression. Supplementation may help improve symptoms in some individuals.

4. Muscle Function

Adequate vitamin D is necessary for muscle strength and function, especially in older adults, helping reduce the risk of falls and fractures.

5. Chronic Disease Prevention

Some studies suggest that sufficient vitamin D levels may lower the risk of chronic diseases such as type 2 diabetes, cardiovascular disease, and certain cancers, although more research is needed in these areas.

Sources of Vitamin D

- **Sunlight:** The body can produce enough vitamin D with moderate sun exposure—typically 10–30 minutes a few times a week, depending on skin tone, location, and weather.

Vitamin D: The Sunshine Vitamin (cont.)

- **Food Sources:** Fatty fish (like salmon, mackerel, and sardines), beef liver, cheese, egg yolks, and fortified foods (milk, cereal, orange juice).
- **Supplements:** Often recommended for people with limited sun exposure, darker skin, or certain health conditions. Common supplements contain vitamin D3 for optimal absorption.

Deficiency and Risk Factors

Vitamin D deficiency is common worldwide. Risk factors include:

- Limited sun exposure (e.g., due to clothing, sunscreen, or indoor lifestyles)
 - Increased risk during winter months, particularly in northern states.
- Darker skin, which reduces vitamin D synthesis
- Older age, as skin becomes less efficient at producing vitamin D
- Obesity, which can affect vitamin D storage and availability
- Medical conditions like celiac disease or chronic kidney disease

Symptoms of deficiency can include fatigue, bone pain, muscle weakness, and increased susceptibility to infections.

Recommended Daily Intake

The recommended intake varies by age, lifestyle, and health status. In general:

- Infants (0–12 months): 400 IU (10 mcg)
- Children and adults (1–70 years): 600 IU (15 mcg)
- Older adults (71+ years): 800 IU (20 mcg)

However, some individuals may require more based on blood levels and medical advice. You should always check with your doctor or provider before starting a supplement, particularly because many come in much higher doses.

Midwife Meeting - May 5, 2025

On Monday, May 5, 17 midwives and midwife helpers gathered with WeCare Staff and a WeCare board member in the conference room at WeCare Clinic for an educational meeting. Melinda Joyce, Pharm.D, FAPhA, FACHE gave a presentation on "What to Know About Rh Immune Globulin." We learned about Blood types, Rh Factor and Incompatibility, and when and how to give Rh Immune Globulin. Norma Chapman, RN from Todd County Health Department talked to us about Gestational Diabetes. Because of better knowledge of, testing for, and treatment of Gestational Diabetes, mother and baby's outcomes are much better than years ago. Norma Chapman then discussed Childhood Vaccines, especially MMR and TDAP, and their importance in protecting expectant mothers, unborn babies, and newborns. After a delicious lunch, we enjoyed a time of informal discussion, story time, and Q&A. As always, we enjoyed this time of socializing and learning with the midwives of our communities. Call or write WeCare for information regarding our next Midwife Meeting.



By: Marlene Schmucker, RN, BSN

2025 Community and Family Health Awareness Day

Our annual Community and Family Health Awareness Day is just around the corner. The day will begin with registration at 8:30am on September 13, 2025, and include a series of presentations with knowledgeable speakers from The Cleveland Clinic, TriStar Medical Group, and Vanderbilt University. Topics include: An Overview of the Undiagnosed Network, Caring for Genetic Heart Conditions in Plain Communities, and Blood Disorders in Mennonite and Amish. Lunch will be served and there will be time for visiting with other families. If you have any questions about the clinic or how to get involved, contact Matthew L. Hunt, Executive Director, at (270) 202-6603.



By: Matthew L. Hunt, Ed.D.

Casey County Auction a Success



The board of directors and staff at WeCare Clinic want to thank everyone involved in the fundraiser that took place at Casey County Produce Auction on June 7, 2025. Even though it stormed periodically throughout the day resulting in flooding, there was still a strong showing of support for the clinic (and the delicious fish and deserts). Numerous hours were spent spreading the word about the auction, securing items for the auction, setting up the auction, cooking the delicious food, and selling the items to support the clinic. If you are interested in hosting a fundraiser auction for WeCare clinic, contact Matthew L. Hunt at 270-202-6603.

By: Matthew L. Hunt, Ed.D.



If you are interested in the upcoming outreach clinics or becoming a patient of WeCare Clinic, call 270-962-7383.

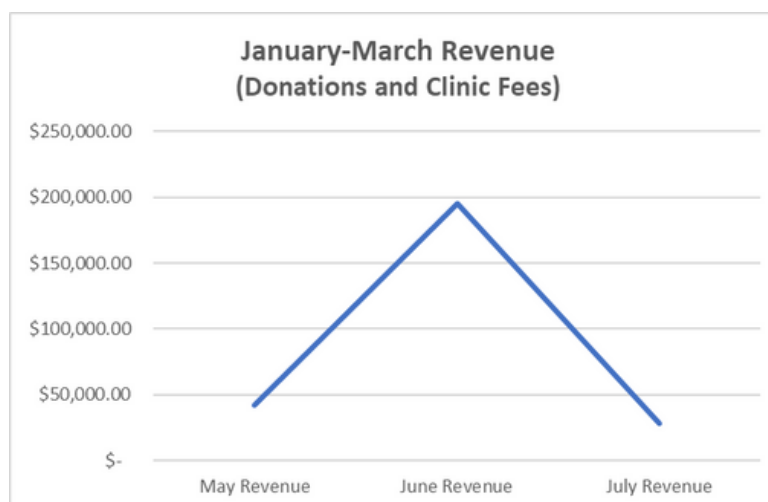
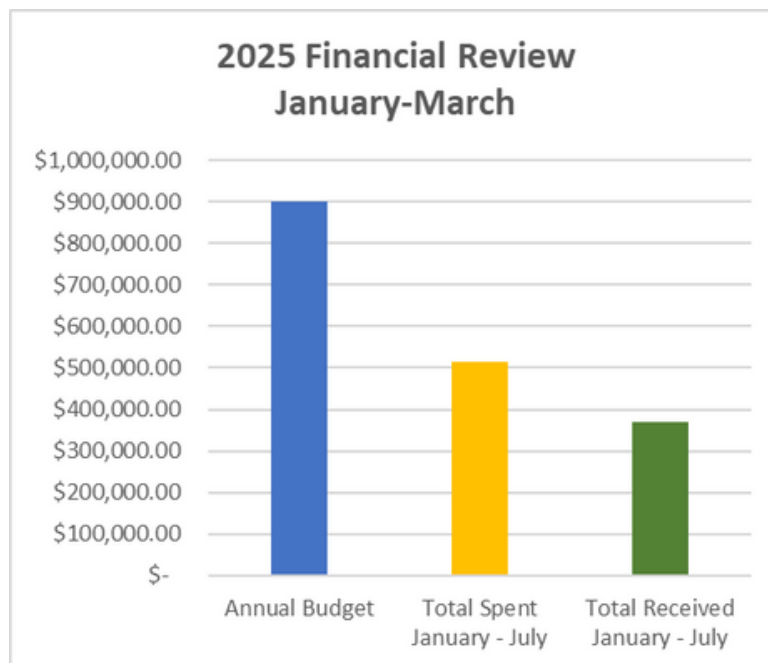
Financial Overview - January to July 2025

WeCare Clinic has collected \$368,823.62 in revenue through fundraising efforts and clinic revenue between January and July. Year to date expenses were \$513,097.55 resulting in a current operating deficit of \$144,273.93

Will you consider making a tax-deductible donation to help us meet our operation needs? Funds can be mailed directly to WeCare Clinic at 775 Pembroke Fairview Road, Pembroke, KY 42266. If you have questions about donating to WeCare Clinic, you can call (270) 202-6603.



By: Matthew L. Hunt, Ed.D.



Upcoming Events:

WeCare Community and Family Health Awareness Day

Date: September 13, 2025

Time: 9:00am - 1:00pm

Location: WeCare Clinic, 775 Pembroke Fairview Road, Pembroke, KY 42266

WeCare Clinic Fundraiser Auction

Date: October 3 and October 4, 2025

Time: Starting at 6:00pm on October 3rd and Starting at 9:00am on October 4th

Location: Bluegrass Sales Stables, 205 Trenton Tress Shop Road, Trenton, KY 42286

Remaining 2025 Outreach Clinics

October 21 - Smiths Grove

October 28 - Munfordville

November 11 - Flemingsburg

WECARE BOARD OF DIRECTORS:

- James Hoover
- Susan Jones, PhD, RN
- M. Eve Main, DNP, APRN
- Cleon Nolt
- Marcus Nolt (Secretary)
Ph: (270) 475-4128
- Luke Shirk (Treasurer)
Ph: (270) 885-8210
- John Troyer
- Harvey Zimmerman (Chair)
Ph: (270) 475-4191
- Lawrence Z. Zimmerman (Vice-Chair)
Ph: (270) 886-5254

WECARE STAFF:

- Matthew L. Hunt, EdD
Executive Director
- Gregory D. Mock, MD
Medical Director
- Jolene Schmucker, APRN
Nurse Practitioner
- Marlene Schmucker, RN, BSN
Registered Nurse
- Tammy Sisk
Office Assistant
- Renee Spivey, RN
Clinic Operations Manager
- Erin Teague, MS, RD/N, LD
Dietitian

Contact Us

If you have any questions about supporting WeCare Clinic, please call 270-962-7383 or 270-202-6603. You can also write us at 775 Pembroke Fairview Road, Pembroke, KY 42266 or fax us at 270-962-7385.

The mission statement for WeCare Clinic is to improve the quality of life for families with genetic disorders through medical care, education, and research.

Thank you for making a donation to WeCare Clinic.

Make your check payable to: WeCare Clinic

Mail to: WeCare Clinic, 775 Pembroke Fairview Road, Pembroke, KY 42266

Donation Made By: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Date: _____ Check # _____ Amount: _____

If you do not wish to send donations directly to WeCare Clinic, anonymous contributions may be made through the Anabaptist Foundation. Make your check payable to Anabaptist Foundation with WeCare Clinic Fund on the memo line.

Mail to: Anabaptist Foundation, 55 Whisper Creek Drive, Lewisburg, PA 17837.



Check here if you wish to receive a tax-deductible receipt at the end of the year.

