

SUMMER 2024

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

Renovation is Fully Underway

When I think of July and August, cold sweet tea and homemade peach ice cream come to mind. Those foods are staples in my family during the hot summer months. I have to admit I have consumed my share of sweet tea and homemade ice cream this summer, but what has filled most of my days this summer has been discussions, planning, and fundraising for the renovation at WeCare Clinic. Being involved in the renovation has been a rewarding project. What makes it rewarding is that the project is not about one person's contribution, but a culmination of everyone's contribution to benefit families for generations to come. Indeed, many hands make light work.



The question I have received the most over the past few months has been about the status of the renovation. Despite the hot days and rain showers, the renovation is fully underway. We are thankful for the donors providing financial support, business owners donating or discounting materials needed, and for all the help we have received with

community members coming to the clinic to work. Our goal is to host our Community and Family Health Awareness Day in the new facility on September 14th.

Continued on Page 2....

INSIDE THIS ISSUE:

- Renovation is in Fully Underway
- Improving Operations with Standby Generator
- Remarks from a Medical Student
- An Overview of May Midwife Meeting
- Casey County Auction a Big Success
- Facts about Fiber
- Clinic Staff and Board of Directors
- Contact Us
- 2024 Financial Review
- Upcoming Events
- 2024 and 2025 Outreach Clinics

Renovation is Fully Underway (cont.)

The majority of work outside the clinic is nearing completion with the exception of finishing porches, pouring sidewalks, installing gutters, sowing grass, and landscaping. Our focus will be shifting to the inside of the clinic including insulation, drywall, painting, flooring, installing electrical fixtures, and furniture.

As it relates to the finances for the renovation, we are operating at a \$7,092.81 deficit as of July 31st. To finish the project \$25,000 is needed to restore the deficit and help with the inside work that will need to occur for us to meet our goal of having it finished by September 14, 2024. Will you consider a tax-deductible donation to help us reach our goal? Donations can be mailed directly to WeCare Clinic with "Renovation Challenge" in the memo line of the check.

By: Matthew L. Hunt, Ed.D.



Improving Operations with Standby Generator

Operating a clinic in a rural area is a blessing for our staff and the patients we serve. We often receive comments from our patients that WeCare Clinic is like being at home and they are more comfortable at the clinic as opposed to skyscraper facilities in large cities. However, operating a clinic in a rural area presents a challenge. The challenge is maintaining operation during a power outage. A goal for the staff has been to purchase a standby generator for the clinic that will allow our staff to serve patients regardless of electricity and the severe weather passing through the area. Electricity is important for the obvious reasons of lighting and HVAC, but in a healthcare electricity is required for our electronic medical records, medical equipment and refrigeration for medicines. When the electricity is out we cannot do many things such as accessing patient medical records, make appointments at the clinic, coordinating care with hospitals and other specialists, connecting patients to resources, utilizing the office phones, nor receiving time sensitive faxes from other medical facilities regarding a patient. We also must discard any refrigerated medicine we have in stock due to the electric outages lowering the temperature in the refrigerator below the required temperature for medicine.



By: Matthew L. Hunt, Ed.D.

When discussing the need for additional support for the renovation during a board meeting, Mark Hoover recommended we reach out to the President of United Southern Bank. The board assigned this task to Mark. Mark contacted me at the end of June to see if I could meet Mr. Billy Bingham, President of United Southern Bank, on the afternoon of July 3rd. Renee Spivey, Clinic Operations Manager and I met with Mr. Bingham and Ms. Whitley Grace from United Southern Bank on July 3rd to explain the history, mission, services, and current projects at WeCare Clinic. I mentioned to Mr. Bingham the need for a generator to allow our staff to provide medical services to patients regardless of the local electricity status. Mr. Bingham and Ms. Grace were pleased to hear about the services provided and the need that WeCare Clinic meets in the local area and the other 12 states served by WeCare Clinic. Mr. Bingham told me that he would be in touch regarding a possible donation to purchase the generator. On July 4th, I received the news of the tragic event experienced by our dear friend and board member, Mark Hoover. Mark was a dedicated board member that was always thinking of ways to advance the work of WeCare Clinic. Mark was instrumental in scheduling the meeting with Mr. Bingham and Ms. Grace. On July 16th, Mr. Bingham called to let me know that the board of directors of United Southern Bank met and decided to donate the funds needed to purchase the generator for the clinic as an appreciation of Mark Hoover. We are grateful for the donation that will allow us to serve patients regardless of the impact of severe weather.



Remarks from a Medical Student

Hello, my name is Hunter Ricketts, and I am a fourth-year medical student who has had the privilege of rotating with the clinic this spring. I hope this newsletter finds you well. I am from Bowling Green originally, and, while I was attending Western Kentucky University, I was an intern at the clinic back in 2019 to 2020. The changes that have occurred at the clinic in the time from my internship to now continue to amaze me.



By: Hunter Ricketts

At the time, it was my understanding that this clinic was established to provide a local point of care for families and individuals who have genetic diseases or disorders. When I was an intern, the main goals were outreach and educational events regarding public health. We were trying to establish a presence in the area and get the name out. Since then, in the four years that have passed, the clinic has grown exponentially. The clinic has a solid base locally, and they have expanded their reach across Kentucky and into some bordering states. It has improved its diversity in the services it offers, ranging from diagnostic testing and genetic counseling to dietary education and home visits. It also has a 24/7 on-call service. When working with patients now, the treatment plans developed are made with the family's lifestyle in mind. Beyond its clinical offerings, what truly sets this clinic apart is the health care workers' unwavering commitment to providing high quality and culturally sensitive care.

To have a clinic built and established for a goal is one thing, but to have a team readily willing to work hard every day in the clinic is entirely different. The individuals that work here recognize the importance of tradition and faith in the lives of the Amish and Mennonite populations and consider this when interacting with their patients. From discussing the implications of genetic testing to addressing concerns about hereditary conditions, each interaction is guided by respect and understanding. Their consistent work ethic is consistently beyond what would be expected of them in a normal clinic setting. They possess a zeal for learning and understanding the conditions they encounter and constantly look for ways to improve either themselves or the clinic as a whole. I believe this to be one of the most critical reasons why the clinic has grown as much as it has in such a brief time.

This clinic was created to serve as a middle ground between the Plain communities and modern western medicine. I do believe that it has been serving this role well, and that it will continue to thrive as it grows. Knowing where we were then, and where we are now, I am excited to see what the future will bring. I am hopeful to stay involved in the clinic in any way that I can after residency, and I am thankful for the time I got to spend at the clinic.



An Overview of May Midwife Meeting

On May 20, 2024, 26 participants, including midwives, community members, WeCare staff and board member attended our spring midwife meeting in the fellowship hall at Pembroke Baptist Church.

We learned so much and enjoyed our two educational presentations. The first presentation was on Postpartum Depression by Dr. Dawn Garrett-Wright, APRN at Western Kentucky University. We learned signs, symptoms, risk factors and treatment options.

The second presentation was on HELLP Syndrome, Neonatal Stroke and Cerebral Palsy by Beverly Phelps, MSN, RNC-NIC, nursing professor at WKU. We learned signs, symptoms and treatment options for these disorders as well.

After a delicious lunch served by Julia, Edna and Susanna Shirk, we were riveted by a personal Postpartum Depression story by a brave member of the community. Before, between, and after our sessions, everyone enjoyed chatting, networking, and learning from each other.

If you are a midwife and would like to receive invitations to our midwife meetings, notify WeCare Clinic. If you know a midwife, ask if they receive our invitations and if they do not, notify the clinic. 270-962-7383



By: Marlene Schmucker, RN, BSN



Casey County Auction a Big Success

The board of directors and staff at WeCare Clinic want to thank everyone involved in the fundraiser auction that took place in Casey County on June, 1, 2024. 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. One hundred percent of the proceeds of the fundraiser auction benefited the operation of WeCare Clinic. Fundraiser auctions like the one in Casey County allow our staff to meet special health needs of patients. 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.

Facts about Fiber

When we talk about healthy eating, we often hear about vitamins, minerals, and proteins. There is another piece that is important, fiber!

What is Dietary Fiber?

- Dietary fiber is the part of plants that our bodies can't digest.
- Instead of being broken down like other parts of food, fiber travels through our bodies and helps to keep us healthy in several ways.



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

There are two types of fiber:

- Soluble Fiber: This type of fiber can dissolve in water. It is found in foods like oats, peas, and fruits. Soluble fiber helps keep our blood sugar and cholesterol levels under control, which is good for our hearts.
- Insoluble Fiber: This fiber does not dissolve in water. It is found in foods like whole grains, nuts, and vegetables. Insoluble fiber helps keep our digestion moving smoothly and prevents constipation.

How Does Fiber Help?

- Digestion: Fiber adds bulk to our stool, making it easier to go to the bathroom regularly.
- Keeps Us Feeling Full: Foods with fiber make us feel full longer, so we don't get hungry too quickly after eating.
- Protects Our Heart: Fiber can lower the bad cholesterol in our blood, which is good for our hearts.
- Makes Blood Sugar Better: It slows down how fast sugar gets into our blood, which is really important for people with diabetes.

How Much Fiber Do We Need?

- Children: Around 14 grams of fiber a day
- Grown-ups: About 25-38 grams of fiber a day

Where to Find Fiber

- Whole grains: Like whole wheat bread, brown rice, and oatmeal.
- Fruits: Apples, berries, oranges, and pears are packed with fiber.
- Vegetables: Carrots, broccoli, spinach, and peas are great choices.
- Beans and nuts: Try beans, lentils, almonds, and peanuts for extra fiber.



Continued on Page 7...

Facts about Fiber (cont.)

Easy Ways to Eat More Fiber

Want to get more fiber in your diet? Here are some simple tips:

Choose whole grains: Pick whole grain bread and pasta instead of white bread.

Eat more fruits and veggies: Have fruits and vegetables as snacks or with your meals.

Snack on nuts and seeds: Add nuts and seeds to your yogurt and oatmeal or have them as a snack.

Read labels: Look at food labels to see how much fiber is in what you eat.

If you do not usually eat a lot of high fiber foods, add them to your diet slowly for best results!

WECARE BOARD OF DIRECTORS:

- 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.

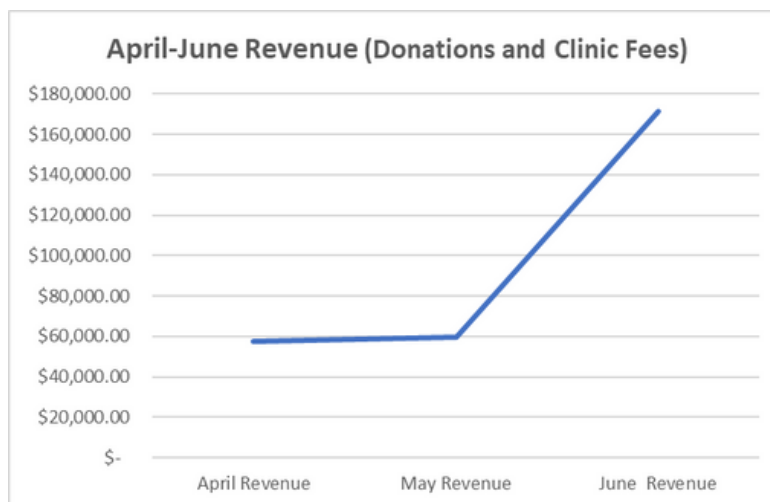
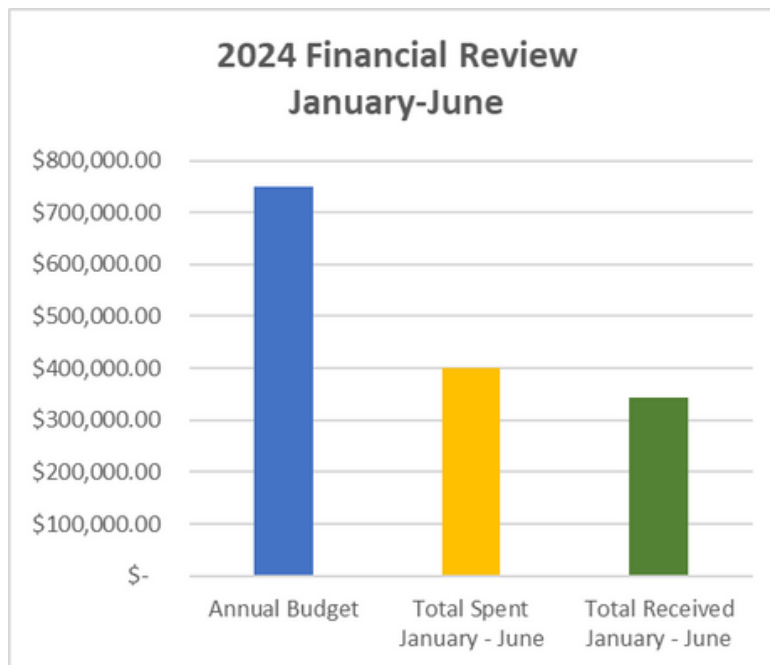
Financial Overview - January to June 2024

WeCare Clinic has collected \$342,832.14 in revenue through fundraising efforts and clinic revenue between January and June. Year to date expenses were \$400,975.77. WeCare Clinic is currently operating with a deficit of \$58,143.63.

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 14, 2024

Time: 9:00am - 1:00pm

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

WeCare Clinic Fundraiser Auction

Date: October 4 and October 5, 2024

Time: Starting at 6:00pm on October 4th and Starting at 9:00am on October 5th

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

2024 Outreach Clinics

January 9 - Munfordville (Completed)

February 28 - Flemingsburg (Completed)

May 29 - Flemingsburg (Completed)

July 24 - Munfordville (Completed)

August 6 - Flemingsburg (Completed)

October 16 - Smith's Grove

October 29 - Munfordville

November 12 - Flemingsburg

2025 Outreach Clinics (More Dates will be Scheduled)

February 26 - Flemingsburg

May 28 - Flemingsburg

July 23 - Munfordville

August - Flemingsburg

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

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.

