

# New Hope News

## New Hope Clinic Inc

201 W. Boiling Spring Rd, Southport, NC 28461

Phone: (910) 845-5333 Fax: (910) 845-5366

Email: [clinic@newhopeclinicfree.org](mailto:clinic@newhopeclinicfree.org)

[www.newhopeclinicfree.org](http://www.newhopeclinicfree.org)

EIN: 31-1614379



*Mission: To provide basic medical and dental care, diagnostic services and prescription drugs at no cost to low income, uninsured residents of Brunswick County. Our staff of dedicated volunteer professionals is committed to enhancing the quality of life, while preserving the privacy and dignity of every patient.*

Newsletter Volume 2, Issue 2

### Board of Directors

Gretchen Bodinsky, RN - President  
Rev. Barry Kubler - Vice President  
Carol Giannatasio, RN - Secretary  
Bruce Stenquist - Financial Officer  
June Baker  
David Berne  
Harry Einbinder  
Tamela Jones  
Tom Kuhn  
Lee Michaelson

### Medical Director

Karen Wood, MD

### Dental Director

Jennifer S. Williams, DDS

### Pharmacy Director

David E. Anderson, RPH

### Executive Director

Sheila Roberts

### Services Provided:

#### • Eligibility:

Mondays 1-3pm,  
1st four Thursdays 1:30-5:30pm

#### • Physician/FNP:

1st four Thursdays  
Call 1-3pm for appointment later  
that afternoon

#### • Physician Assistant/

#### Family Nurse Practitioner:

Mon, Tues, Wed, Fri 9am-4pm  
(Appt or Walk-In)

#### • Spanish Clinic:

1st Tuesday 1-3:30pm  
(PA/FNP with Interpreter)

#### • Pharmacy:

1st four Thursdays 6-7:30pm  
pickup

#### • Mental Health Crisis Clinic:

Mon-Fri 8am-5pm

#### • By Appointment:

Chiropractor  
Dental Extractions  
Dermatology  
Diabetic Clinic  
EKG Clinic  
Podiatry  
Pharmacy Assistance Program

Open to all Brunswick Co. Residents

#### • Diabetes Education Class:

1st Tuesday 7-9pm  
Concord United Methodist Church  
Supply, NC

#### • Spanish Diabetes Education:

3rd Monday 6-7pm  
New Hope Clinic

## We couldn't do it without YOU!



*Thanks to all who made the 1st Annual New Hope Clinic Tennis Benefit at St. James a great success! Even with a rained out first attempt, the event raised nearly \$2,100.*



Thank you to Boiling Spring Lakes Parks & Recreation for choosing New Hope Clinic to be the benefactor of their 2010 Trunk or Treat Halloween event.

#### In photo L to R

Commissioner, Joan Kinney  
Parks & Recreation Director, Mary Green  
Sheila Roberts of New Hope Clinic  
City Manager, David Lewis  
Commissioner, Craig Caster

# Thank You

According to the dictionary – “thanks” is an expression of gratitude; grateful acknowledgement. It’s a customary and polite interaction between a “giver” and a receiver”.

And what we have at New Hope Clinic is a group of people that give of their time, their expertise and, yes, their money. These people are our Volunteers; over 140 people without whom this clinic would falter. These individuals have collectively given 12,810 hours of service this past year. To these who give freely, The Board of Directors expresses our heartfelt gratitude. We gratefully acknowledge your service by sponsoring a leaf in your honor on the Donor Recognition Tree located in the waiting area of the clinic.

And on behalf of the New Hope Clinic patients, the “receivers” of your service, we say a sincere **THANK YOU**.

New Hope Clinic, Inc. is a 501(c)(3) non-profit organization. Contributions are tax-deductible as allowed by law. Financial information about this organization and a copy of its license are available from the NC Charitable Solicitation Licensing section at 1-888-830-4989. The license is not an endorsement by the State.

## Volunteer Spotlight

**Dora Loflin**, Family Nurse Practitioner, has been caring for patients for many decades. First certified as a GYN Nurse Practitioner, she worked in women's health for six years. She later returned for certification as a Family Nurse Practitioner (FNP) in order to branch into a more expanded practice and diversified group of patients.

After relocating to Southport from Lake Norman, NC, six years ago, she responded to the needs she saw in our area by deciding to use her certification as an FNP to care for patients at New Hope Clinic. Here she treats patients of all age groups between 18 to 65 years who have a variety of acute and chronic illnesses. She is dedicated to helping her patients and enjoys the NHC staff and team of volunteers who she says are fun to work with.

Away from the Clinic Dora spends her time "working at the Southport Visitors Center, visiting Doshier Nursing Home with Charlie my therapy dog, gardening, reading, and hanging out with friends."

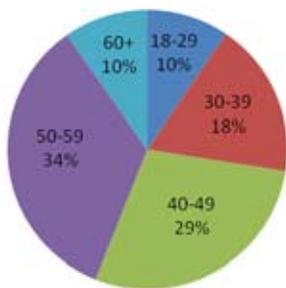
Does Dora recommend volunteering? Yes, she does, saying, "There are so many ways people with all types of skills can help out and it is a very rewarding way to give back to the community."

New Hope Clinic and your patients say "Thank you, Dora" for making a difference in many lives.



**Dora Loflin, FNP-C**

### Patient Age



### Over the last twelve months, New Hope Clinic has had:

5,283 patient visits  
(up from 4,348 in 2009)  
1,061 individuals helped  
3,847 patient visits to general medical clinics  
239 patient visits for preventative diabetes care

61 dermatology visits  
53 orthopedic visits  
99 chiropractor visits  
43 podiatry visits  
596 mental health visits  
146 attendees at diabetes education classes  
13,625 free prescriptions dispensed

*You can't live a perfect day without doing something for someone who will never be able to repay you.*

*~John Wooden*

## Meet our Staff



**Edward Babel, FNP-C and Karol Downing, PA-C**

**Edward Babel**, Family Nurse Practitioner, started at New Hope Clinic in September of 2010. He works 16 hours a week at New Hope Clinic and 24 hours per week at the Tileston Health Clinic in Wilmington. Ed's position is made possible through Cape Fear HealthNet by a grant from the Kate B. Reynolds Charitable Trust to increase access to medical care for the low-income uninsured.

Although a native of Massachusetts, Ed has lived in North and South Carolina for most of the past 40 years, which were interrupted by four years of teaching overseas, two years in El Salvador and two years in Russia. He first worked as an RN in the Emergency Department at New Hanover Hospital

in 1977, and was employed in positions in Emergency Departments and Intensive Care Units for several years before being granted a Master's degree and licensure as a Nurse Practitioner. Prior to his current position, he worked at the Little River Medical Center clinic for the homeless in Myrtle Beach and at Wilmington Health Access for Teens.

Edward is proud to be a member of the New Hope Clinic team, including its many volunteers, who deliver quality health care in the challenging environment faced by individuals who do not have health care insurance, which limits their access to affordable health care.

**Karol Downing**, Physician Assistant, joined the New Hope Clinic team in July, 2010, thanks to a continuing grant from The Duke Endowment through Cape Fear HealthNet. Karol provides medical care to New Hope patients on Mondays, Tuesdays and Wednesdays. She previously resided in New York and completed the Physician Assistant program at SUNY Stony Brook. Karol has practiced in coastal Carolina for 13 years and has a background in geriatrics, urgent care and family practice. Karol's specialty is patient education spending as much time as possible on healthy lifestyle and nutrition choices. She tries to be a patient advocate to empower the patients to be engaged and involved in their own healthcare.

# Thoughts from New Hope Clinic Patients

This clinic night was a particularly busy night as we had been closed for Thanksgiving. Twenty patients sat in the waiting room, and I nervously poked my head out to ask if anyone was willing to tell me what the clinic means to them, including the good, bad and the ugly.

One patient finally raised her hand and her first words were “you are a God send. I am privileged to be able to receive

## Wish List

Copier Paper  
Paper lunch bags  
Scotch tape  
Paper clips  
Binder clips - small or medium  
Black or Red pens  
1/2 cc Insulin Syringes  
Dell Photo 960 ink cartridges  
Toilet paper  
Paper towels  
Tissues  
Trash bags—30 gal. & tall kitchen  
Latex-free exam gloves  
File cabinets  
Chair mats  
'Griffith's Instructions for Patients'  
Wastebaskets/recycle bins  
Tall kitchen trash bins with lids  
Wall-mount Blood Pressure Cuff  
Desk accessories:  
organizers, letter trays,  
pencil cups, step organizers,  
handheld calculators.

### Financial Donations:

We currently need monetary donations so we can continue to provide high quality medical care.

Please consider donations of appreciated stock.

Gifts of time and talent are the life blood of the clinic.

Consider volunteering!

compassionate medical attention.” Her eyes welled up slightly. She caught herself and said, “I don't want to get emotional. I just want to tell you how I feel.” She has been a patient for three years. Before discovering the clinic through another patient, she had been sick but unable to find help or afford medical care.

From the first day she came in to be qualified like all new patients, she said that there was no embarrassment because of her limited income. “I am always treated as an individual. I so appreciate all the volunteers. Every one of them is friendly, caring and treat me with dignity. If it were not for New Hope I would have to go without medical care and medications.”

She gives back what little she can by bringing magazines and items

donated by people she knows and with whom she works. She loves our new facility and gives heartfelt thanks to those who helped it become a reality. “In this day and time it's unusual to find someone who cares that my medical needs are met. I have found that at New Hope.”

A second patient drives all the way from Holden Beach. She lost her job a little less than two years ago and along with it her health and prescription insurance. She could no longer afford her medications that cost nearly \$600/month and went without them until she found New Hope. She feels that NHC is a life saver. She comes with her book and doesn't mind sitting the hours required in order to see a doctor. She gets upset if she hears others complaining about the wait and wants to say, “Excuse me, but you are seeing a doctor and receiving medications for free”. She is thankful that we are here to help.

My last volunteer has been a patient for four months. She said she was repeatedly feeling sick and having a hard time functioning, but her job doesn't offer medical insurance. She had become extremely sick before she finally found out about the clinic. She was diagnosed with diabetes and with, as the patient states, “dangerous blood glucose levels.” She had to have two teeth pulled at the clinic due to diabetes. New Hope is now giving her medical care and she feels much better. Her daughter had been previously diagnosed with a medical problem and until now Mom has only been able to do things to make her comfortable. Tonight her daughter will be seen for the first time as a New Hope patient. She feels confident that we will be able to help her. “This is a wonderful community resource for everyone who needs it.”

It's now after 8 PM, these patients have been here for hours, and I'm so pleased to receive these great compliments about the Clinic. I hope that all the volunteers and workers read this. It's probably the best thank you we all can get. Please know that the time you give up and the hard work you do is so greatly appreciated by the people you help. I know I went home that night with an extra big smile on my face.

by Barbara Lidoski, RN



Thanks to the Rotary Club of Shallotte who collaborated with New Hope Clinic to receive a grant from Rotary International to improve access to online educational information for patients and providers and for making the clinic a safer place by purchasing four sturdy patient chairs for the medical exam rooms!

## 2010 New Hope Clinic SILENT AUCTION & FUNDRAISER Bald Head Island, NC

Thursday, December 30, 2010  
5pm—8pm (Auction 5-7pm)  
Bald Head Island Club

### Sponsors Needed:

Platinum \$250+ Gold \$100 Silver \$50 Bronze \$25

Please see our website for more information.

**Contributions must be received by December 15 to be recognized in the event program.**



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Please help us provide essential health care in Brunswick County

Name \_\_\_\_\_ Phone \_\_\_\_\_  
Address \_\_\_\_\_ Email \_\_\_\_\_

Enclosed is my gift of: \_\_\_\_\_ \$25; \_\_\_\_\_ \$50; \_\_\_\_\_ \$100; \_\_\_\_\_ Other

\_\_\_\_\_ In Memory of \_\_\_\_\_ In Honor of Name \_\_\_\_\_

Send Acknowledgement to: (Address) \_\_\_\_\_

\_\_\_\_\_ I wish to remain anonymous.

I would like to sponsor a leaf on the Donor Recognition Tree:

\_\_\_\_\_ Gold Leaf \$2,500+ gift \_\_\_\_\_ Silver Leaf \$1,000-\$2,499 \_\_\_\_\_ Bronze Leaf \$500-\$999

Text for leaf: \_\_\_\_\_

\_\_\_\_\_ Please send me information about Clinic Room sponsorship

(Giving options start at \$2,500. Donation may be spread over three years with 33% paid.)

**THANK YOU! We Truly Appreciate Your Support!**

\*Contributions are tax deductible to the extent permitted by law. New Hope Clinic is a 501(c)(3) non-profit organization. ID#31-1614379

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