



From *the* Heart

OFFERING HOPE & HEALING

VOLUME 11 ISSUE 1

NEWS FROM THE CLINIC

Faith Family is making the transition to **Electronic Medical Records (EMR)**. EMR technology allows for better coordination of care and improved efficiency and quality of care. We are excited to bring this tool to our patients and medical team. EMR will “go live” at Faith Family by June 1, 2011.

Faith Family is now partnering with **Vanderbilt Ophthalmology Center** to provide affordable annual retinal exams for diabetes patients.

On November 9, 2010, **MusiCares** purchased the clinic’s services for one day for its clients. Over 30 musicians received physical exams that day.

The **2010 patient survey** results are in! Faith Family received top marks from patients, with 97% saying they would highly recommend our services to others.

We held a **Volunteer Luncheon** on February 14, 2011 to recognize the administrative and clinical volunteers who help us fulfill our mission every day.

“Sometimes change can mean a new health legacy for an entire family.” JEFF WOLFE

Journey to Health

A NEW WELLNESS PROGRAM FOR OUR PATIENTS

Faith Family has always been committed to caring for the whole person: physically, emotionally and spiritually. Our clinical staff takes the time to educate patients about healthy lifestyle choices that promote wellness.

We are delighted to report that our ability to help patients achieve their wellness goals is stronger than ever through a new program called **Journey to Health**. The program got off to a great start in January at a kick-off event where 120 patients signed up to participate.

Patients can choose from a range of wellness opportunities, such as an eight week interactive class designed to identify and overcome personal obstacles to health. Other options include classes on diabetes, nutrition and fitness.

Jeff Wolfe, Director of Journey to Health, coordinates the services and leads the eight week classes. He will work with each class to develop individualized health plans which can incorporate physical, emotional and nutritional goals. “Our goal is that they would be empowered and supported to reach for optimum health,” says Jeff. “We’ll look at unhealthy cycles that might be holding them back, like overeating, stress or inactivity.” Jeff’s background as a personal trainer, CEO of a YMCA branch and creator of a workplace wellness group makes him a wonderful resource for our patients.



“We emphasize that this is their journey,” Jeff explains. “But the group setting gives them accountability and support along the way. They **can** change their life.” For more information or to enroll, email Jeff Wolfe at jwolfe@faithmedical.org.

Images of Journey to Health, from top: (1) Jeff Wolfe talks to Polly Cox, Faith Family patient, at the Kick-Off Dinner (2) Journey to Health participants take notes during a nutrition class



Dr. Thomas Henderson
Medical Director

Laura Hobson
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FAITH FAMILY MISSION:

We seek to follow the commitment of people of faith to provide hope and medical care for the working uninsured and their families by meeting their physical, emotional and spiritual needs.



Dear Friends,

Exciting developments are taking place at Faith Family. Last summer we told you about the Wellness and Prevention Initiative and the broader strategic plan for wellness activities at the Clinic. The plan took a big step forward this January when we introduced a new program called "Journey to Health".

We continue to reach out to people who need our services. A focus in 2011 is to expand our network of church relationships. We are seeking opportunities to speak to church groups, and participate in activities such as health fairs or alternative gift markets. If you know of a church that might be interested in partnering with us, please contact Kelly O'Connor at 457-2365 or koconnor@faithmedical.org.

The new year brought some changes to our board. We welcomed five new board members: Rev. William Buchanan, John Cherry, Pam Lasley, Sue Minch and Karen Pang. Terry Warren will serve as the new Chairman of the Board. As always, we are grateful to our board members for their work as advocates for Faith Family, and for creating an ever-expanding network of community supporters.

We all have a part to play in the story of Faith Family. It takes so many people - volunteers, staff, supporters - to make Faith Family function. Thank you for your part in helping us offer affordable, compassionate, consistent health care to the working uninsured among us.

Blessings,

Dr. Tom Henderson
Medical Director

Laura Hobson
Executive Director

WISH LIST

Please help us reduce operating costs by donating:

- **Bibles** (particularly Bibles in Spanish, Korean, Arabic and other languages)
- **Children's Band-Aids** (all sizes and shapes)
- **Office Supplies** (copy paper, post-its, pens, glue sticks, etc)
- **Paper Products** (paper towels, Kleenex, and toilet paper)

Contact Sheree Keith at (615) 341-0808 x404 or skeith@faithmedical.org to arrange a delivery. Thank you!

VOLUNTEER OPPORTUNITIES

Administrative & Clinical:

Contact Caroline Tigner at (615) 341-0808 x417 or ctigner@faithmedical.org

Physician Specialists:

Contact Dr. Tom Henderson at (615) 341-0808 or Joshua Southards at (615) 341-0808 x403 or jsouthards@faithmedical.org

Journey to Health:

Contact Jeff Wolfe at (615) 341-0808 x422 or jwolfe@faithmedical.org

EMAIL NEWSLETTERS: If you are interested in receiving our newsletter via email, please send your email to signup@faithmedical.org.

Thank you for your generous gifts in support of Faith Family Medical Clinic in 2010.

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Birthday Breakfast

A JOYFUL EVENT

Last November 17, 2010, Faith Family celebrated nine years of serving Nashville's medically underserved. For the second consecutive year we asked friends, old and new, to join us at Woodmont Christian Church to mark the birthday of the clinic with a joyful breakfast event. Over 275 people turned up!

The breakfast was also an opportunity to recognize three devoted supporters. **Jack Faris** was noted for his service as Chairman of the Board for five years, during which he improved planning and efficiency at the clinic and identified new leadership. **Premier Radiology** was also acknowledged for providing low cost imaging for Faith Family patients. Premier Radiology physician, Chad Calendine, M.D., was singled out for his commitment to providing superior care for the uninsured. **Harrison Shull, Jr., M.D. (Buster)** was also recognized for his role in expanding specialist options for patients by offering affordable endoscopy and other services. His involvement has inspired other physicians to provide specialty care for our patients.

The guest speaker at the breakfast was **Ann Langston**, Executive Director of Church Health Clinic in Memphis. The Church Health Clinic was the original model for Faith Family, and is still an amazing example of comprehensive care for the uninsured. Ann shared stories from Memphis and challenged the group to continue to broaden and deepen our network of support. Her "Gift of a Day" challenge – to give \$2,500 to operate the clinic for one day – helped us surpass our goal and ultimately raise over \$120,000.

The Birthday celebration began the night before at a reception at the lovely home of **Rick Hart**. Rick and Renasant Bank hosted this special evening to enable us to pay tribute to the honorees, sponsors and special friends of Faith Family. Our thanks go out to Rick and the other **sponsors**: BlueCross, BlueShield of Tennessee, HCA/TriStar and HUMANA. We would also like to show our sincere appreciation to the chairs of the Breakfast Celebration – **Dr. and Mrs. Michael Minch (Sue)**.

All of this could not have happened without a fantastic **Committee**: Charles Caudill, Bette Christofersen, Mary Britton Cummings, Hank Davis, Robbie Davis, Barbara Fisher, Kathy Gibson, Gary Gober, Rick Hart, Sallie Norton, Babs Oglesby, Jean Ramsey, Robert Ramsey, Katie Regan, Tim Scarvey, Cathy Shull, Katie Staelin and Jane Stumpf.

Images from our Birthday Breakfast reception, from top: (1) Dr. and Mrs. Michael Minch (Sue) and Cathy Shull; (2) Rick Hart, Kathy Tompkins, Charlie Vaughn; (3) Dr. Harrison Shull, Jr. (Buster), Jean Faris and Dr. Sandy Lowe; (4) Over 275 people attended the birthday breakfast; (5) Michelle Slingerland, Tim Scarvey, Beth Scarvey, Micki Slingerland.



Meet Our Patients

“I needed someone who knew my history and could help me. That wasn’t what I was getting, until I found Faith Family.” PAULETTE MAJORS

Paulette Majors, FFMC patient, speaks at the Journey to Health Kick-Off Dinner.

diagnosed with Type 2 Diabetes about 15 years ago, she has struggled to follow doctors’ orders to exercise and modify her eating habits. At times, her diabetes symptoms have required her to self-administer four injections of insulin a day.

Inconsistent medical care was another obstacle. Before coming to Faith Family, she went to another health clinic where she saw a different caregiver at every visit. “I had to go over my whole medical history with a new person each time,” says Paulette. “I felt like I was in the dark about my real condition and what I could do about it. So I stopped going.”

Paulette’s sister referred her to Faith Family. Traci Warner, Family Nurse Practitioner, saw her the first day and continues as her main

caregiver. Paulette remembers one day when Traci really got her attention. “She gave me a choice,” Paulette recalls. “She said that if I did not change my diet, I would risk serious health complications; or, I could start to make changes to get it under control.” It took about six months, but with Traci’s support, Paulette managed to lose 30 pounds, eat right, get her blood work within normal ranges and stop all medication.

Healthy eating remains a challenge. Paulette hopes that Faith Family’s Journey to Health program will give her more resolve to stick to her special diet, even when temptations are all around.

Perhaps more than anything else, the sense of being known and cared for at Faith Family has made the biggest difference for Paulette: “Traci is more than my nurse practitioner, she’s my friend. She’s helping me take care of everything I need to do to stay as healthy as I can. I don’t know how I got so lucky!”

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