



# HELPING HANDS CLINIC

THERE WILL ALWAYS BE POOR PEOPLE IN THE LAND. THEREFORE, I COMMAND YOU TO BE OPENHANDED TOWARD YOUR BROTHERS AND TOWARD THE POOR AND NEEDY IN YOUR LAND. -DEUTERONOMY 15:11

SPRING 2010

## GREETINGS

It seems the One-stop Homeless Center is one step closer to becoming a reality at last; good news! The needs of the homeless are great and unending. The 2010 point in time survey counted 1,292 homeless individuals in a 24 hour period. This included those living in shelters, the woods, in abandoned buildings, in cars, on the street, as well as those who were housed in shelters and the jail. The count included 242 homeless children reported by the Alachua Co School District. For the first time a count was made in the surrounding counties of Bradford, Levy, Gilchrist and Putnam where a total of 970 homeless individuals were counted, 630 of those in Palatka. The recently completed Alachua County Health Needs Assessment presented at the Alachua Co. Health Care Summit in February found age-adjusted death rates (AADR) for cancer, stroke and diabetes to be higher in Alachua County than the state average. Health disparities along racial and ethnic lines were common. According to the study death rates for black residents of Alachua County are higher than their white counterparts in 6 of the 10 leading causes of death. Unmet needs for primary care, mental health and dental care remain significant. Limited funding for safety net organizations and the need for coordination among community agencies along the continuum of care were also noted. The Helping Hands Clinic has seen significant growth over the past two years in both the number of patients seeking care and also in the number of volunteers willing to provide this care. In 2009 we had 2,117 visits with 436 individual patients. With new volunteers we have been able to further develop our women's health program, affectionately known as "the Spa" by the women, to now include a second night of clinical care on Thursday evenings. It will be great to eventually provide a variety of services in one location; until then we will continue to work to meet the healthcare needs of all we can.

-Randy Stacey, Director



### INSIDE THIS ISSUE:

GREETINGS	1
20 YEARS OF SERVICE	1
OUR CURRENT NEEDS	2
BLESSINGS	2
WOMEN'S HEALTH	3
REFLECTIONS	3

## HAS IT REALLY BEEN 20YEARS?

In November 2009 the Helping Hands Clinic marked its' 20<sup>th</sup> year anniversary with a dinner and silent auction held at the Sweetwater Branch in Gainesville. The 175 people in attendance were treated to good food, great music and an important presentation by Dr. Richard Christensen, Director of Public Psychiatry, Department of Psychiatry University of Florida. His presentation, "Fostering Relationship, Reconnection and Recovery," can be found at [www.hhcg.org](http://www.hhcg.org) under the reflections section. You can also view a 7 minute DVD at the site that gives you a firsthand look at the clinic in operation.

### INSERT:

2009

FINANCIAL

REPORT

2007-2009

STATISTICS

## OUR CURRENT NEEDS

We are currently in need of clothing in all sizes: men's work pants & jeans, T-shirts, underwear & socks; women's pants, shorts, blouses and underwear; deodorant, powder, hand sanitizer & bug spray; paperback books and reading glasses (all strengths); and financial or materials support for women's program purchase of snacks/drinks/hygiene products).

*Tax deductible financial donations may be made to the Helping Hands Clinic, P. O. Box 1481 Gainesville, FL 32602.  
Other donations can be dropped off at the clinic, Monday evenings from 5:00pm to 7:00pm,*



### THANKS TO THE CORNERSTONE ACADEMY

For the 10<sup>th</sup> year in a row the students of the Cornerstone Academy in Gainesville have collected and donated Valentine's Day gift bags for distribution to the patients of Helping Hands. Each bag, many of which have drawings and scripture written on them, is filled with personal hygiene items, socks, paperback books, reading glasses and snacks including chocolate candy, which is a favorite. This year over 125 bags were filled by students of grades K-6 under the direction of Ms. Lisa Nelson. We are grateful for the support provided by the students at Cornerstone. We are happy to say that we've been able to distribute these gift bags for the past month. God's love is endless.

## BLESSINGS

*A heart felt "Thank you" goes out to the individuals and organizations who have recently supported our efforts to provide healthcare to the homeless and poor of our community.*

*The Clinic is supported in part by the Alachua County Board of County Commissioners and The Blue Foundation for a Healthy Florida.*

#### INDIVIDUALS:

Elmer & Linnea Stacey  
Mary West  
Drs. A. and S. Praisoody  
Dr. Lorrie Garces  
Richard and Barbara Fearn  
Doug Stacey  
Sue Mauk  
Sandy Blankenship-Ross  
Judie Porubcan  
Kathy Yacovelli  
John Shahan  
Donna Shoudy  
John Stark  
Grannie & Auntie Kay  
Pat O'Neil  
David Stacey

Dan and Marilyn Stacey  
Ole Nelson  
Herb Bevis  
David Young  
Vivian Filer  
William and Dodie Andrews  
Madge West  
Pat Barnard  
Dr. Richard Christensen  
Jim and Margaret Martin  
Billie Crowell  
ORGANIZATIONS  
First Christian Church  
First Presbyterian Church  
First United Methodist Church  
Pamphalon Foundation  
Trinity United Methodist Church

GOD WANTS US  
TO BE OUR BROTHER'S  
KEEPER.

TO FEED THE HUNGRY,  
TO CLOTHE THE  
NAKED, TO SHELTER  
THE HOMELESS, TO  
INSTRUCT THE  
IGNORANT, AT A  
PERSONAL SACRIFICE IS  
WHAT GOD  
WANTS US TO DO.

WHAT WE GIVE TO  
THE POOR FOR  
CHRIST'S SAKE  
IS WHAT WE CARRY  
WITH US  
WHEN WE DIE.

AS JEAN-JACQUES  
ROUSSEAU SAID:  
"WHEN MAN DIES, HE  
CARRIES  
IN HIS CLUTCHED  
HANDS ONLY THAT  
WHICH HE HAS GIVEN  
AWAY"

*"Give that Helping Hand by perceiving the nature of God as the very soul of every person"*

## WOMEN'S HEALTH PROGRAM

In January 2008 with funding provided by the Blue Foundation for a Healthy Florida an effort was begun to develop a program for homeless women that would eventually lead to a second night of clinical care within a women's clinic. What began as a bi-monthly two hour meeting with an average of 3 women in attendance has become a weekly 4 hour program with 20 women waiting at the door for things to get started and an average of 30 attending overall. The "Spa," as named by the women who attend, provides the opportunity to obtain clothing, personal hygiene products, a shower and a hot meal. It is a time to sit and relax, talk with friends, watch a movie or take a nap in a safe and secure environment. Numerous community speakers have also presented information on a variety of topics. From its' inception in April of 2008 until April 2010 there have been 1,358 visits made to the program by 193 different women. With the inception of a women's medical clinic in Sept 2009 there have been 279 clinical visits held with 88 unique patients. Many of these patients are women who weren't getting the care they needed until after they began attending the "Spa." They were provided with what they want in order to get them what they need. Following is a poem written by Kim, one of the women from Thursday night.



"Life is a gift to enjoy and live.  
To take a little and then to give.  
Remembering the times and things that have been destroyed.  
But enlighten your thoughts with moments you have truly enjoyed.  
We are here but only once and so be it.  
So be powerful and strong in everything you do.  
'Cause God loves everyone especially you!"

### MARY KAY

The ladies of our Thursday night program were recently treated to two sessions of skin care thanks to the efforts of Cynthia Hight, a representative of Mary Kay. The first session included skin cleansing and care followed by a second night of "color coordination" and make up application with samples provided. The women had a great time. Thanks, Cynthia, for helping the women feel how special they are.

**"The Helping Hand is needed that raises the helpless  
to courage, to struggle, to faith, to health."**

### "GRANNIE ANNIE"

"Grannie Annie" has been providing ceramic designs, supplies, instruction and encouragement to many in the Gainesville area for 50+ years. For the past ten years she has also crafted items such as hats, scarves and mittens for distribution to patients of Helping Hands. Each item, with a handwritten note of encouragement and love attached, is included in a gift bag along with candy and other treats. In the last few years her daughter, "Auntie Kay," has been collecting and donating paperback books, as well as helping with the knitting and ceramic shop duties. Together they provide items that are much needed and greatly appreciated as well as words of hope to those who have little to be hopeful about.



**"When you faint by the way, and stumbling footsteps show human strength is waning, my touch of the strong and helping hand supports you on your way."**



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CARING FOR THE HEALTHCARE NEEDS  
OF THE HOMELESS OF GAINESVILLE

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PHYSICAL ADDRESS: FIRST UNITED METHODIST CHURCH  
419 NE FIRST STREET, GAINESVILLE FL 32601-5384  
352-372-8523 ext 17



We are a 501 (c) 3 organization  
Donations can be made to the HHC at  
PO Box 1481, Gainesville, FL 32602  
*All donations are tax deductible*

**helpinghandsclinic@gmail.com.**

Send us your thoughts, concerns, questions or suggestions.  
*(If you wish to have your name removed from our mailing list, please call us  
at 372-8523 ext 17 or send us an email to helpinghandsclinic@gmail.com)*