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For immediate release

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*The mission of the Community Care Clinic is to provide health care to low-income persons in our community who do not have health insurance. Through disease prevention, continuity of care, and active follow-up, we can promote the health and well-being of our community.*

*The Community Care Clinic shares a building with the Hunger Coalition at 141 Health Center Drive, off Brookhollow Road, .2 miles from the intersection with Bamboo Road. It is served by the Appalcart's Green Route.*

**Appointments and Messages: 828-265-8591**

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

## WINTER NEWS FROM THE COMMUNITY CARE CLINIC

- The Community Care Clinic was the beneficiary of the 19<sup>th</sup> Annual High Country Heart Breakfast. Due to weather concerns, the event was rescheduled from February to Friday, March 12, at Appalachian/Brian Estates. The highest-earning Heart Breakfast yet, it raised more than \$4600 to support the Clinic's work. Says Executive Director Rebecca Moore, "We at the Community Care Clinic are so moved by the overwhelming support of the community for their uninsured neighbors. This community is known for taking care of its own and that was evident by the fantastic turnout at the Heart Breakfast."

Planned by the 2010 Heart Breakfast Committee, the event was hosted by Appalachian/Brian Estates and staged by Kiwanis Club of Boone volunteers, with food and preparation donated by Hardees.

- Dr. Jack Whitlock, a co-founder of the Community Care Clinic, continues as Medical Director for 2010, ensuring that the Clinic provides quality health care. A highly regarded member of the local medical community, Dr. Whitlock also volunteers as a health provider once a month and supervises the work of Clinic Director, Marian Peters, PA-C.

- Regular primary care clinic hours are staffed by Marian Peters, PA-C and volunteer providers Anita Henderson, MD; Rob Griffith, MD; Jack Whitlock, MD; Debbie Airey, FNP; and Karen Criminger, FNP. Mental health clinic hours are staffed by Glenda Hubbard and Paul Daoust. At this time the clinic is without acupuncture service.
- Several specialists have also newly volunteered their time and expertise:
  - Dr. Cecilia Grasinger offered the clinic's first gynecology clinic in January, followed by Carrington Pertallion, CNM, in March. This program will continue on a bi-monthly basis, with cases needing follow-up referred to the Appalachian Healthcare Project. These and other providers from the Watauga Women's Center and Harmony Center for Women's Health will volunteer on a rotating basis. Retired OB/GYN nurse Christa Keller will volunteer during each gynecology clinic.
  - Dr. Darrell Lewis, a neurologist semi-retired from Duke University Medical Center, is now seeing patients on a weekly basis.
  - Dr. Stuart Kaplan continues to see Clinic patients at his chiropractic practice on Wednesdays.
  - Dr. Joseph Helak will offer the first cardiology clinic on April 21.

Appalachian Regional Health Care System continues to be a generous contributor to patient care at the clinic by providing much needed services.

- Betty Isaacs, a patient at the Community Care Clinic and a participant at the Appalachian Regional Health Services' Wellness Center, was recently featured in the magazine ARTHRITIS TODAY. The article celebrates the impact of lifestyle changes she made while working with the health and fitness professionals at both facilities. Copies are available at the Wellness Center.
- Health Education: the Community Care Clinic now has an active health education program being developed by Danielle DeOliveira, RN, a graduate student in the University of North Carolina-Chapel Hill's Master's program in Nursing. The program currently offers Clinic patients one-on-one health education appointments, along with group classes in the management of diabetes, hypertension, and high cholesterol, and in smoking cessation.  
A nutritionist and other health education professionals interested in volunteering to offer similar classes and consultations are currently being sought.
- New members joining the Clinic's Board of Directors in January 2010 were Paul Combs, Dr. Robert Griffith, Janet Mahala, and Susan Weinberg.

- In a facility newly renovated by volunteers Bill Cornett and Helen Williams, the Clinic now offers a regular in-office schedule of 17 hours per week of patient care, including primary care, health education, neurology, and mental health counseling. Since the first patient was seen in May of 2006, the Clinic's schedule has grown from an initial schedule of 3 hours per week, with services provided by current Clinic Director, Marian Peters, PA-C, and current Medical Director, Jack Whitlock, MD.

### COMMUNITY CARE CLINIC FAST FACTS:

New patients who are uninsured are welcome to call the Appointment Line at **828-265-8591**. Patients who cannot be accommodated within a month will be placed on a waiting list and asked to call back two weeks later.

- **Volunteer Opportunities:** Medical providers, health educators, and community members with a wide range of skills and interests are always encouraged to contact Executive Director Rebecca Moore (non-medical opportunities) or Clinic Director Marian Peters (medical areas). At this time, the Clinic is particularly seeking primary care and other medical providers, an acupuncturist, a nutritionist, nurses, and community

volunteers willing to work as receptionists and in administrative assistance.

- Medical and specialist practices willing to support the Clinic by accepting one or more patient referrals per month are likewise encouraged to contact the Clinic Director. The Community Care Clinic greatly appreciates the ongoing participation of medical partners including the Appalachian Regional Healthcare System and its Appalachian Healthcare Project and Wellness Center, New River Behavioral Healthcare, Watauga Internal Medicine, Watauga Women's Center, Harmony Center for Women's Health, Watauga Radiological Services, Western Carolina Eye Associates, and Steven Airey, DDS.
- Other community partnerships supporting the care and wellbeing of Clinic patients include the Appalachian Women's Fund, Hospitality House, Hunger & Health Coalition, Watauga County, Watauga Healthy Carolinians, and WeCAN.