


# Volunteer Connection

“We make a living by what we get, but we make a life by what we give.”  
- Winston Churchill

**Harrisonburg-Rockingham Free Clinic**  
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## Taking Time to be Thankful

What have you been doing with your free time lately? What?? No free time! This time of year is filled with family and special joys, but also filled with stress. Take a deep breath, find a quiet corner and take a moment to read about all the things our volunteers and staff are thankful for...

- Ann Monger— I am thankful for health, because I see the effects if you are not healthy.
- Vicki Krauss— I am thankful for my coworkers at the Free Clinic because they make volunteering that much more fun.
- Anne Riley— I am thankful for being able to work with so many wonderful people at the Free Clinic because good colleagues are a blessing.
- Phyllis Douglas— I am thankful for faith, family and friends because they bring purpose to my life.
- Geneva Suter— I am thankful that the Nurse Practitioners and their support staff work so well with each other and other volunteers. It truly is team work.
- Sandy Hodge— I am thankful for those who bring a touch of levity to the daily routine at the Free Clinic because it helps to relieve the stress and lighten the load.
- Shelley Feldman— I am thankful for my children because they make me try to be a better person.
- Suzy Kanode— I am thankful for a great place like the Harrisonburg-Rockingham Free Clinic to volunteer because it gives my life meaningful purpose.
- Carol Bercher— I am thankful for living in the Shenandoah Valley and for working at the Free Clinic because of all the wonderful people I've met and have made friends with; and because volunteering here at the Clinic is my lifeline with sanity. (If you live with a man like Harold, you need some means of remaining sane!)
- Bernie Mathes— I am thankful for our beautiful valley and the mountains that surround us. They lift me up and provide peace and solace.
- Terri Vest— I am thankful for the patience of the staff and volunteers as they take time to answer the many questions and concerns from the front desk during clinics because they make our job so much easier.
- Mia Matthews— I am thankful for the ability and the opportunity to help others because it in itself is an expression of gratitude for all that I have in my life.
- Jay Landis— I am thankful for Bernie Mathes, our social worker, because of the consistent, broad sense of compassion she displays in her relationships with the persons who come to the Clinic for assistance. Her knowledge of available local services and her caring manner in working with patients, along with the ability to firmly and kindly uphold policies, creates stability and respect all around the Clinic, as I see it. I believe that all the volunteers enjoy working with Bernie because of her kind affirmation and thoughtfulness.

Just reading this is affirming that all of us are working hard to make this Clinic a valuable, heartwarming experience for those who enter its doors—whether they are patients, volunteers or staff. Take a moment to count your blessings—we are surrounded by so many that it's easy to overlook them!

## Volunteer Transitions

A heartfelt (but belated) welcome to **Marie Kaufman** who has been volunteering in the Accounting office since June. **Karen Thomsen**, principal of Linville-Edom Elementary School, is our newest eligibility volunteer. She is here every Wednesday evening. **Judi Breeden**, retired JMU Librarian, began volunteering in eligibility this fall and is here most Tuesday mornings. **Mia Matthews** is a PA student at JMU and will begin clinical rotations in January. **Brittney Lorenti** has been volunteering at the front desk for two and a half years. She is graduating from JMU this December and is looking forward to attending nursing school in the near future. We wish her the best and will miss her! **Lucy O'Meara** is a founding member of the Free Clinic and has served on the Board for its 18 years. This December, she is resigning from the Board, but will continue to act as a valuable volunteer with the handling of referral paperwork. 18 years!! Go, Lucy!!



## Thank You Volunteers!

Thank you for your dedication, enthusiasm, nurturing and responsiveness to the patients we've served in 2009!  
Have a wonderful holiday season!

## We are Truly Blessed in the U.S.!

During this time of Thanksgiving feasts and Black Friday shopping excursions, it's hard to believe that the US is in an economic downturn. Although our nation is struggling with high unemployment rates, plunging real estate values, the increasing instance of bankruptcy and more citizens requesting public assistance, the US is still one of the richest nations in the world. Not to make light of our current economic situation, but we need to remember that we are truly blessed to be living in a developed country where we have access to clean drinking water, public school systems and government aid when needed. Most of the world's population is not as fortunate. The statistics on poverty around the world are sobering...

- Almost half the world — over 3 billion people — live on less than \$2.50 a day.
- At least 80% of humanity lives on less than \$10 a day.
- The GDP (Gross Domestic Product) of the 41 Heavily Indebted Poor Countries (567 million people) is less than the wealth of the world's 7 richest people combined.
- Nearly a billion people entered the 21st century unable to read a book or sign their names.
- Less than one percent of what the world spent every year on weapons was needed to put every child into school by the year 2000 and it didn't happen.
- 1 billion children live in poverty (1 in 2 children in the world). 640 million live without adequate shelter, 400 million have no access to safe water, 270 million have no access to health services.
- Over 10 million children die every year around the world, many before they reach the age of 5. That is equivalent to 1 child dying every 3 seconds.
- The poorest 40 percent of the world's population accounts for 5 percent of global income. The richest 20 percent accounts for three-quarters of world income.
- Infectious diseases continue to blight the lives of the poor across the world. An estimated 40 million people are living with HIV/AIDS, with 3 million deaths each year. Every year there are 350-500 million cases of malaria, with 1 million fatalities; Africa accounts for 90 percent of malarial deaths and African children account for over 80 percent of malaria victims worldwide.
- Water problems affect half of humanity.
  - ◆ Some 1.1 billion people in developing countries have inadequate access to water, and 2.6 billion lack basic sanitation.
  - ◆ Access to piped water into the household averages about 85% for the wealthiest 20% of the population, compared with 25% for the poorest 20%.
  - ◆ 1.8 billion people who have access to a water source within 1 kilometer, but not in their house or yard, consume around 20 liters per day. In the United Kingdom, the average person uses more than 50 liters of water a day flushing toilets (where average daily water usage is about 150 liters a day). The highest average water use in the world is in the US, at 600 liters a day.
  - ◆ Some 1.8 million child deaths each year as a result of diarrhea.
- More than 660 million people without sanitation live on less than \$2 a day, and more than 385 million on less than \$1 a day.
- 2.2 million children die each year because they are not immunized.
- Indoor air pollution resulting from the use of solid fuels (by poorer segments of society) is a major killer. It claims the lives of 1.5 million people each year, more than half of them below the age of five: that is 4,000 deaths a day.
- In 2005, the wealthiest 20% of the world accounted for 76.6% of total private consumption. The poorest fifth just 1.5%.

- Statistical data from [www.globalissues.org](http://www.globalissues.org)

## Let's Talk Turkey!

- As far back as 1000 A.D., Native American Indians raised turkeys for food. Aztec Indians in Mexico were raising them as early as 2000 B.C.
- Turkeys originally existed in the eastern US and Mexico.
- The turkey industry grosses over \$1 billion a year.
- The Average American consumes over 15 pounds of Turkey per year.
- Americans consume over 675 million pounds of turkey on Thanksgiving Day.
- Turkey, like poultry, is lower in cholesterol than beef and many other meats. The dark meat (thigh, legs,) contains more fat and cholesterol than white meat. (So, that's why dark meat tastes so good!)
- Male Turkeys are called "Toms", female turkeys are called "Hens" and baby turkeys are called "poults".
- Turkey eggs are tan in color and speckled with brown. They are about twice as large as chicken eggs.
- In 1947, the first Presidential pardon was ceremoniously given to a turkey.
- That long, loose skin that hangs down from a turkey's neck is called a "wattle".
- Sleepy after the big meal? Turkey contains an amino acid called "Tryptophan". Tryptophan sets off a chemical chain reaction that calms you down and makes you sleepy.
- The wishbone is a tradition of Thanksgiving. Allow the wishbone to dry. Then, two people grasp each end of the wishbone. After making a silent wish, they pull it away. Whoever gets the joint portion, gets their wish.
- Benjamin Franklin argued that the Turkey should be our National Bird. He stated that it was more respectable and a native of North America. - [www.holidayinsights.com](http://www.holidayinsights.com)

## Holiday Hours

The Free Clinic will be closed on the following days:

Thursday, December 24

Friday, December 25

Friday, January 1



## Thank You to The Design Group

A special thank you to Deb Mitchell, owner of The Design Group, LLC, for the beautiful holiday decorations throughout the Clinic! What a wonderful way to put us all in the holiday spirit!

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