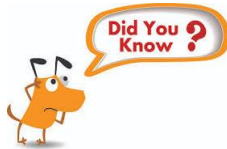


Volunteer Newsletter – April 2020

Jean B Purvis Community Health Center

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April 19 - 25, 2020 is National Volunteer Week

You know how people say “you don’t know what you have until it’s gone”.... I’d have to say they’re right!

During this unprecedented time in our community and really in the world, we’re finding that - WE MISS YOU! We miss our Volunteers!!

Our doors are still open and we’re working with a limited staff for limited hours and offering limited services, but we, as always, are focused on our mission: To provide primary integrated healthcare services for neighbors in Butler County and surrounding communities”.

For the most part, we are not seeing patients in the office, but we’re finding that our patients still need us. Chris and Linda R. are working over and above providing care to our patients - checking in on them and making sure they have the medicines that they need.

We’ve received a number of calls from people that think they need to be tested for COVID-19, often uninsured, but more importantly undoctored. Did you know - without a doctor’s referral, you can’t get tested?? While this might make sense, it’s not always practical for those in need. Chris is filling this need as appropriate.

It is a little quieter in the office, but not necessarily in a good way. I think I can safely speak for the staff that is working - we miss the smiles, we miss the laughter, we miss the comradery, we miss the helping hands - we miss our Volunteers.

I hope that you know in this month of celebrating volunteers, even if we forget to show it or forget to say it - YOU ARE APPRECIATED! We miss you and we can’t wait until our family is all back together again! Be well!

Linda T.



Upcoming Events

June 26

NEW DATE!

4th Annual Jean B. Purvis
Community Cornerstone
Award Dinner

Friday, June 26, 2020

at the Butler Country Club

6:00 pm - hors d'oeuvres

7:00 pm dinner

Entertainment provided by
The Trinity Music Group

\$125 per person

Tickets available at
www.butlerhealthclinic.org/donation

**We are proud to honor
Mike Robb with the
2020 Jean B. Purvis Community
Cornerstone Award**



Mike strives to make a positive difference in everyday lives by connecting people to a network of supports and services essential for actively learning, working, and living in the community.

Please join us for this celebration of Mike's service and compassion on June 26, 2020 @ 6:00 pm.

Some April Fools Funnies.....

- * What did the drummer call his twin daughters? Anna one, Anna two!
- * Did you hear about the chameleon who couldn't change color? He had a reptile dysfunction.
- * I wanted to go on a diet, but I feel like I have way too much on my plate right now.
- * What's Forrest Gump's password? Iforrest1
- * What sound does a witch's car make? Broom Broom
- * What do you call a bear without any teeth? A gummy bear!
- * What do you call a fish with two knees? A two-knee fish!
- * 5/4 of people admit that they're bad with fractions.

Smile!



Special thank you during this time to our interns - Shiann & Nathan. This is not the way your senior year and your internship is supposed to be. We value our interns and always look forward to our time together. Our hearts go out to you. Thank you for all your continued work - even if it is from a distance!

Thank you!

Special thank you to one of our former students - Rachael Wittmer. Rachael organized a fundraiser on behalf of the clinic. Here is her story: In 2018 I ran the Pittsburgh Marathon and achieved my dream of qualifying for the Boston Marathon.

I missed the cut-off by 90 seconds that year.

In 2019 I ran the Pittsburgh marathon to re-qualify for the Boston Marathon and made the cut to run Boston in 2020.

Due to COVID-19, Boston 2020 won't be held on April 20, 2020.

As someone who studies immunology and infectious diseases, I have come to realize that there's more to COVID-19 than just the symptoms and mortality rate. COVID-19 has incited fear and uncertainty for people across the globe, not just for the demographics that are most affected medically. The economic repercussions will impact those who are paid hourly and those without the benefit of sick leave.

So, I've decided to make my own "Not-Boston Marathon" and run 26.2 miles on April 20, 2020. I want this to mean something more than just a race.

I'm running to raise money for the Jean B. Purvis Community Health Clinic which is a free medical clinic that provides services for people who fall below the poverty line/are uninsured or underinsured in my hometown. This clinic is almost fully operated on a volunteer basis along with community donations. With many people unable to work due to COVID-19, individuals who rely on this clinic may feel the strain more than most.

I can't change the course of a global pandemic, but I can control my reaction to it. In times like this, the silver lining is important.

If you're still reading this, thank you. Any donations or words of encouragement are appreciated.

If you'd like to support Rachael and the clinic, please visit:

<https://www.gofundme.com/f/outrunning-covid19>

★ Call if you need us - if we can be of assistance to you - call!



National Walking Day!

National walking day is April 1st! Let's go over some benefits of walking and what it can do for your health and body!

First benefits of a regular brisk walk.

- Maintain a healthy weight
- Prevent or manage various conditions, including heart disease, high blood pressure and type 2 diabetes
- Strengthen your bones and muscles
- Improve your mood
- Improve your balance and coordination

(The faster, farther and more frequently you walk, the greater the benefits.)

Consider your technique

- Your head is up. You're looking forward, not at the ground
- Your neck, shoulders and back are relaxed, not stiff, upright
- You're swinging your arms freely with a slight bend in your elbows. A little pumping with your arms is OK.
- Your stomach muscles are slightly tightened, and your back is straight, not arched forward or backward
- You're walking smoothly, rolling your foot from heel to toe

Set realistic goals

As a general goal, aim for at least 30 minutes of physical activity a day. If you can't set aside that much time, try several short sessions of activity throughout the day. Any amount of activity is better than none. Even small amounts of physical activity are helpful, and accumulated activity throughout the day adds up to provide health benefits.

Stay Motivated

- Start with simple goals for success
- Make the walk enjoyable
- Vary your routine like changing scenery
- If you miss a day, just think how you felt better when you walked compared to when you didn't.