



Maximizing community resources to reduce poverty



Our Very Smallest Client

Our very smallest client, broken wing and all, appeared at our windowsill during the cold weather. He said it was hard to open the door with a hurt wing! We think he is perhaps a perfect mascot for our mission here at CCMC. Reminds us of the lyrics to an '80's song by Mr. Mister: *"Take these broken wings and learn to fly again and learn to live so free. . . ."*

Meet our Getting Ahead Coordinator

Dian Glover is our new Getting Ahead Coordinator. She has lived in Hot Springs for 35 years. She is married to Thomas Glover and they have two sons, a daughter-in-law, and two granddaughters, who live in Fayetteville.



Dian and her husband owned and managed Glover Bible for 17 years before selling to Family Christian Store. Other career experiences include teaching 2nd and 3rd grades at Cutter Morning Star Elementary School as well as working as Children's Coordinator at Lake Valley Community Church and in Community Relations at Quapaw Wellness & Recovery House.

She began her involvement with Getting Ahead approximately three years ago as a co-facilitator for Getting Ahead While Getting Out at the Garland County Detention Center. Dian said her heart was changed as she heard past and current stories of those participating in the program.

Dian says she is excited to have this opportunity to work with Getting Ahead as Program Coordinator - to be connected in all areas of the program as well as to continue her participation in GAWGO as a co-facilitator.

We are very happy to have Dian join the CCMC staff, and look forward to working with her as Getting Ahead grows into the future.



Two Classes Graduated GAWGO in March!

We had two classes of Getting Ahead While Getting Out graduate on March 14 at the Garland County Detention Center. The room was filled with graduates, GCDC staff, CCMC staff, county officials, GA mentors, and other well-wishers. The speakers expressed what GAWGO meant to them and the changes they have planned for their lives.

GAWGO is very similar to the Getting Ahead While Getting out curriculum, but one additional piece is a 72-hour plan for their release. It is a written plan of what their first three days of release to the outside world will look like. Included as part of this plan is a meeting with a CCMC case manager to address needs and concerns.

Change for any of us is not easy, but eight weeks of self-discovery, new knowledge of the eleven resources, and continued support through mentors and CCMC staff impact them positively as they strive to create a new beginning to their stories.



Volunteers Always Needed...and Appreciated at CCMC

There are always many volunteer opportunities available at non-profit organizations...and that is certainly true at CCMC. A volunteer recently stepped forward to repair and repaint our side front door. He even supplied the paint. This door has seen better days (*sorry we forgot to take a "before" picture*) and clearly needed some attention. So, thank you to **David Wilson** for your time, talent, and willingness to help. This is a prime example of a somewhat small thing making a big difference.

The Wright Brothers - Dustin and Dalton Wright, nephews of Linda Black, CCMC Certified Pharmacy Tech, helped us with storage organization for the new year...and we want to say thanks! These young men came to volunteer during their school break and provided the muscle needed for this task. Thanks, Linda, for arranging for this much needed help, and, thank you, Dustin and Dalton, for your time and cheerful service!

Also, recently we have had a volunteer, **Sandy Griffith**, agree to do CCMC's monthly newsletter. This is her first edition, and we are so happy to have her! Her computer skills, graphic design expertise, and personality make her the perfect person to publish the happenings at CCMC. So, Sandy, thank you for your time and talent, as well. We look forward to working with you into the future.

We are always needing "this and that" done to the facility and in many other areas of service. It could be a one-time offer to help or it could be an ongoing commitment. All are appreciated.

To the many committed volunteers who have helped and continue to help CCMC do so much through the years...we salute you also. Without you, the services provided by the Cooperative Christian Ministries and Clinic would not be possible.

If you are interested in sharing your time and your talents with CCMC, please contact **Lynn Blankenship** at [501.318.1153, ext. 103](tel:501.318.1153) or email her at lynn@ccmchs.com.



Our Spotlight on CCMC Volunteer

Our spotlight for the month of March is on a volunteer:

Jamaal Hollinshed

Born: Hot Springs, AR

Lived in Hot Springs: 34 years

Family: My family is very close and important to me. They offer unwavering support of my goals and ambitions.

What do you do at CCMC: I have been extremely fortunate to shadow all of the physicians and nurses at CCMC in order to learn as much as I can about the medical field.

Favorite thing about CCMC: The genuine love and compassion for patients that is shown each and every day through both words and actions

Hobbies: Golf, camping, hunting, fishing, and video games

Staying Ahead in March

The March Staying Ahead meeting was held on March 8, with Ms. Marilyn preparing a delicious Mexican feast. Recent Getting Ahead graduate, **Katie Lewis**, brought the educational piece by sharing her recent experience with business "predators" in the community. She reminded everyone to be careful with the 'fine print' and not to be afraid to stand up for yourself when you feel you are being taken advantage of. She opened the floor for discussion of other predator situations, and, unfortunately, several people shared stories of companies and/or individuals who are trying to take advantage of them financially. We were cautioned to be aware of current phone scams - a serious reminder that we all needed to hear.



Several graduates shared their current successes, which ranged from being clean and sober for one year to getting a drivers license again. One graduate is part of a paid internship and another was chosen to work in a professor's office at National Park College.

Our graduates are making great progress, and their integrity is being noticed by others.



Getting Ahead Graduate Update

The GA graduate update for March is **Terry Robinson**.

Terry's family includes his wife, Jennifer, and their two sons - Aaron, who is 13, and Braxton, who is 7. He also considers their dog, Eva, as a real part of the family!

Serving the Lord is Terry's favorite thing to do. And, we personally know that he often lends his musical talents to his home church services!

Terry says the most valuable thing he learned in the Getting Ahead class was the Hidden

Rules. (Hidden rules, as defined in Getting Ahead, are the social expectations of different economic classes.)

His future goals are working on improving his physical resources by continuing to develop a walking program. He says that Eva, his walking buddy, is helping him by providing her own unique brand of enthusiasm.

Community Discussions Continue in 2018

The Community Discussion meetings held at the Hot Springs Chamber of Commerce on the third Wednesday of each month, 8:00-9:00 a.m., continue in 2018.

These meetings provide an opportunity to share information about Bridge to Hope and how this initiative can help individuals, businesses, students, and communities build resources for a more successful, sustainable future. Everyone in the community is invited and encouraged to attend.

The next meeting will be held on **April 18**.

Due to limited seating, an RSVP is requested to awilson@ccmchs.com or 501.318.1153, ext. 303.

Interested in Being a Mentor for a Getting Ahead Graduate?

If you are interested in getting more information about mentoring a Getting Ahead graduate, please contact:

Michelle Ratcliff
501.318.1153, ext. 102
mratcliff@ccmchs.com

We are always looking for volunteers to fill this vital role...to walk alongside a GA graduate as they continue to work to improve and stabilize their lives and their families lives!

Gratitude for Donations

In March, CCMC received a grant from Blue & You that will be used to purchase a new AED defibrillator. Thank you, Blue & You, for your generosity in providing the clinic with this very important medical device!

Monthly Information Meetings for Prospective Getting Ahead Participants

Please remember that we hold monthly information meetings for prospective participants for Getting Ahead on the second Thursday of each month, from 10:00-11:00 a.m. Dian Glover, Getting Ahead Coordinator, reviews the process and answers questions that attendees might have about the program.

The GA process is a sixteen-week self discovery process for participants...to learn about themselves, the eleven resources the material outlines, and the journey from poverty to

sustainability.

If you know anyone who would be interested in learning more about Getting Ahead, please encourage them to attend one of these important meetings.

Upcoming information meeting dates are:

- **April 12, 2018**
- **May 10, 2018**
- **June 14, 2018**

Important Meeting Times in April

Information Meeting for Prospective Getting Ahead Participants

Thursday, April 12 10:00-11:00 a.m.
CCMC
133 Arbor St.

Staying Ahead Monthly Meeting (Graduates/Mentors)

Thursday, April 12 6:00-7:00 p.m.
YMCA
130 Werner St.

CCMC Community Discussion

Wednesday, April 18 8:00-9:00 a.m.
Chamber of Commerce
659 Ouachita Ave.

CCMC Speakers Always Ready to Share the Bridge to Hope and Getting Ahead Stories

Lynn Blankenship, Executive Director for CCMC, has been busy in 2018 speaking to organizations and churches. Opportunities to share the Bridge to Hope message are always welcomed.

Lynn and Michelle Ratcliff, Getting Ahead Mentor Coordinator for CCMC, spoke to Epsilon Sigma Alpha-Zeta Chi Chapter recently. Also in March, Lynn made presentations to the United Methodist Women, the Ladies of Sacred Heart Church in Hot Springs Village, and to St. Luke Episcopal Church.

The Getting Ahead story is about building resources, removing barriers, and supporting the journey from poverty to sustainability for those in our community who want to benefit from this process. The results: a better workforce, a new group of people to contribute to the community...and stronger families.

If you would like to have a CCMC representative come to your business or organization to talk about Bridge to Hope in Hot Springs and the Getting Ahead stories, please contact Lynn Blankenship at lynn@ccmchs.com or call 501.318.1153, ext. 103.

New and Ongoing Needs at CCMC

CCMC also has ongoing needs. In addition to volunteer help, which is always needed and appreciated, other needs are:

- Prayer support
- Financial support for overhead costs (utilities, medication, etc.)
- Office supplies (paper, pens, notepads, etc.)
- Paper towels, napkins
- Paper plates, cups
- Disinfectant wipes

Costs involved with Getting Ahead include:

- Classroom supplies for an entire class (16 participants) - \$200
- Workbooks for a full class - \$300
- Food for a 16-member class session - \$150
- Price per class participant - \$600

Cooperative Christian Ministries & Clinic
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