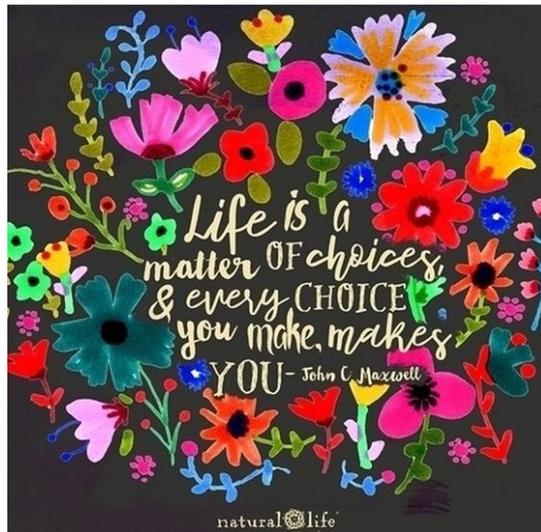




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*Maximizing community resources to reduce poverty*

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## New Class Begins at GCDC

Another Getting Ahead While Getting Out group started at the Garland County Detention Center on June 20. This is CCMC's 34th Getting Ahead group. The participants are in the Arkansas Department of Corrections 309 Group Work Release Program. Sixteen women have been transferred from the Arkansas Prison System and will be housed at the Garland County Detention Center as they finish their sentences. There are eight women in the sessions that just started, and the remaining eight, of the sixteen, will start the program after the first group graduates. Deby Prince is facilitating these first sessions.

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## Another Getting Ahead While Getting Out is Happening at a New Venue

Getting Ahead While Getting Out sessions are being held at the Ouachita River Unit, an Arkansas Department of Corrections facility located in Malvern, Arkansas. These classes are being facilitated by Angela Echols, with the assistance of Johnny Cupples and Brian Graham.

This is a new venue for CCMC and is a partnership with the ADC's *Think Legacy* re-entry program. The participants in this group are a special unit of men who have been identified as inmates who are soon to be released. This curriculum will increase the odds for their success upon release.

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## Volunteer Need

CCMC is looking for a **volunteer** who can come in one day a week to take care of maintenance needs at the clinic. If you know someone who would be interested, please ask them to call **Lynn at 501.318.1153, ext. 103**, and set up a time to come in and talk about it.

Some of the tasks would include:

- Lawn maintenance
- General building repairs and maintenance (minor carpentry, electrical, mechanical, HVAC maintenance, and plumbing repairs)

This person should be someone who will be able to take the initiative and help anticipate problems before they occur.

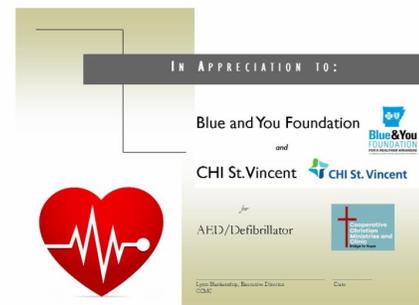
CCMC would not be able to provide services and care without the many wonderful volunteers who do so much. We appreciate everyone who volunteers and can't say thank you enough!

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## New Equipment at CCMC

### More New Equipment at CCMC...A Life Saver!

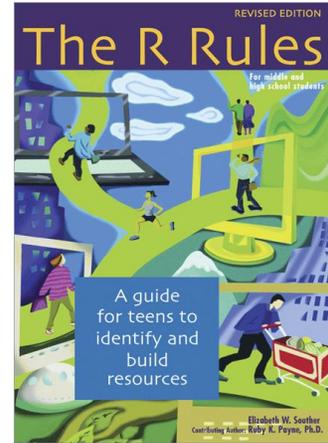
We have just had a new automated external defibrillator (AED), funded by a grant from Blue and You, installed on the wall in the clinic! It replaces an older unit that needed to be updated. CCMC worked with another community partner, CHI-St. Vincent in Hot Springs, to make the purchase using their discount. This was very helpful, as the reduced purchase price almost matched the grant award and saved CCMC from having to make up the difference for the model recommended to us. We would like to express our appreciation to Blue and You and to CHI-St. Vincent for helping to make this life-saving equipment available for our clients, volunteers, staff, and visitors.



**Pictured left to right:** Sharon Morel and Lynn Blankenship, CCMC; Crystal Bohannon and Tony Houston, CHI St. Vincent; Christi Whatley, CCMC Board member; and Lori Tibbit-Ashford and Bart Vance, Blue Cross Blue Shield

## The R Rules

A Getting Ahead for Youth: The R Rules seminar for school administrators and teachers will be held on August 7, at National Park College from 8:00 a.m.-5:00 p.m. The author of the curriculum, Elizabeth W. Souther, will facilitate this event. The curriculum is taken from Ruby Payne's work, "Bridges Out of Poverty", and is designed for teenage students to promote success in school, to develop resources for college, and for career readiness.



Three rules are the foundation for The R Rules.

1. "Rules without relationships breed rebellion." - Grant East
2. To get resources, results, and respect, understand the rules, rigor, and relationships.
3. More Resources = More Choices

During the class, the students will create and use education and career plans to turn their goals and dreams into realities. Working with peers, facilitators, and community members, they will complete projects; develop management, organization, and leadership skills; and contribute and make a difference.

Working with CCMC on this project are Ouachita Children's Center (funded by a grant from The City of Hot Springs HUD Community Development Block Grant program) and Suicide Prevention Allies.



**Our Community,**  
*Our Children*



**Suicide Prevention Allies**

## Getting Ahead Employee Update

### Laura Bright

Laura is a case manager at CCMC and also registers Hispanic patients and interprets for the clinic when needed. She was born in New Jersey and moved to Hot Springs twelve years ago after she and her husband fulfilled their service obligations with the Navy.

In talking about her family, she said they are an adventurous, life-loving little gang. She also said it is always just the right mix of organized chaos and love. Laura added that she and her husband are trying to raise their children to be kind



members of the human race by giving them strong roots and even stronger wings for their future. And...this family unit is also known as "The Bright Traveling Circus"! We've enjoyed seeing them on Facebook and have to agree with that "also known as"!

Laura's favorite thing about CCMC is that we make a difference every day.

Her hobbies include hiking, reading, cooking, and being out on Lake Ouachita.

Pets, as you would imagine, abound in such a family and theirs include Chula, a rescue service dog; Jersey, a crazy cocker spaniel; Pepper Jack, a cat; and...last, but not least, Jujubee, a guinea pig.



## Volunteer Spotlight

### Glenda Hennessee

Our volunteer spotlight for June is on Glenda Hennessee, who is with us in the pharmacy most Wednesdays for clinic day. She is a life-long resident of Hot Springs and has worked in pharmacy for 42 years. She was a mentor to our own Nikki Grisham, CPhT,

CCMC Pharmacy Coordinator, and they have worked together off and on since around 1980.

Glenda is married to Jack Hennessee and has two sons, Shannon and Paul; one granddaughter, Brittany; and a great-granddaughter, Charleigh.

She fills prescriptions for patients as her regular duty...but says she does whatever needs to be done. Her favorite thing about CCMC is the wonderful people who work and volunteer here.

In her free time, Glenda likes riding a motorcycle with her husband. And, although she doesn't have any pets, she does claim one "grand dog".

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## Getting Ahead in the Workplace Recently Began at Local Company

Our first Getting Ahead in the Workplace sessions began at Startek on June 21, Dorelle Hogan is facilitating this class, with Jill Johnson and Dane Nielsen co-facilitating. Getting Ahead in the Workplace is very similar to Getting Ahead in a Just-Gettin'-By World, but it is directed toward building stability and resources for a better life at work... and at home and is held in the employee's workplace.

For the employee - those who struggle to get by every day, actually getting ahead hasn't been part of their story. Life is unstable and unpredictable. Getting and keeping a good job seems nearly impossible, yet doing so is the key to turning life around. If employees were able to take control of their future, how would their stories change?\*

For employers - the instability of a company's workforce - especially among low-wage or part-time employees - is more than inconvenient...it's expensive. What if policies and practices helped employees establish control and stability in their lives? How would that affect engagement and turnover...and your bottom line?\*

*\*(paraphrased from Getting Ahead in the Workplace workbook)*

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## Getting Ahead in a Just-Gettin'-By World

## **will be Starting Late Summer... Please Let People Know**

**If you know someone who may be interested in participating in one of the fall groups, please encourage them to attend our information meeting here at the clinic, 133 Arbor St., at 10:00 a.m. on July 12.** It is a very informal group meeting that lasts about 45 minutes. It gives the attendees an opportunity to learn about the program and ask any questions they may have.

Those who are interested in being a part of a Getting Ahead group will get an application to complete here or they may take it with them and return it to us. The selection process will begin sometime in August.

**Getting Ahead can truly change lives...why wait!**

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## **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:

**Starla Bleifus, Staying Ahead Coordinator**  
**501.318.1153, ext. 102**  
**[sbleifus@ccmchs.com](mailto:sbleifus@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!

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## **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:

- **July 12, 2018**
  - **August 9, 2018**
  - **September 13, 2018**
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## **Important Meeting Times in July**

**Information Meeting for Prospective Getting Ahead Participants**

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

### **Staying Ahead Monthly Meeting (Graduates/Mentors)**

Thursday, July 12 6:00-7:00 p.m.  
The Garage Church  
122 Sanford St.

### **CCMC Community Discussion**

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

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## **CCMC Speakers are 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.

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](mailto:lynn@ccmchs.com) or call 501.318.1153, ext. 103.**

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## **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

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Cooperative Christian Ministries & Clinic  
133 Arbor St.  
Hot Springs, AR 71901

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See what's happening on Facebook:

