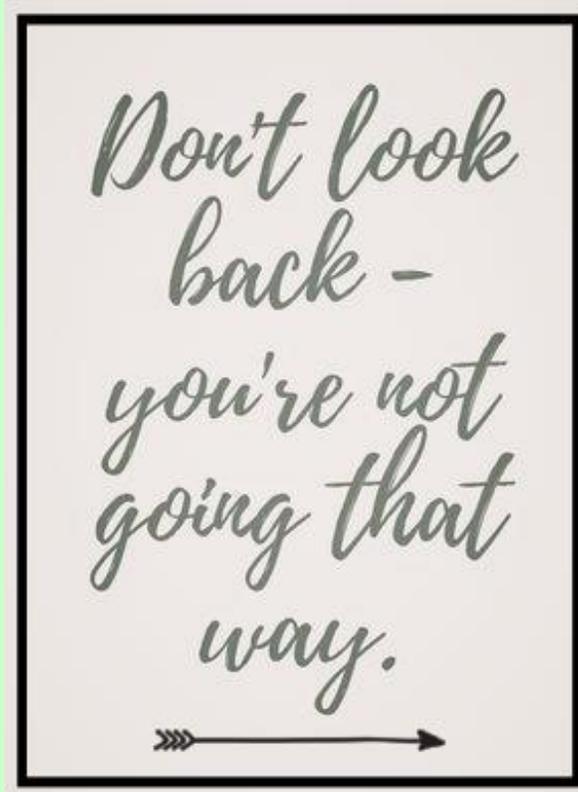




**Cooperative Christian  
Ministries + Clinic**

Celebrating 20 years of Helping and Healing

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## **New Getting Ahead Classes in Process**

Looking forward into the future is a key point in the Getting Ahead message. We should all learn lessons from our past...but, put our time and energies into living in

the present and planning into the future.

Four Getting Ahead classes are in process at this time. One at First Baptist Church, one at First United Methodist Church, and two at the Garland County Detention Center.

A big thank you to all the sponsors, hosts, facilitators, co-facilitators, and all the other volunteers who do so much to make Getting Ahead possible...and a success.

There will be many weeks...and months ahead...of work, thought, communication, bonding, laughter, and...yes...tears between the beginning of class and graduation. Please keep everyone involved in your prayers for a successful process and the best possible outcomes.

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## **Mentor Training! Mentor Training!**

Mentor training is scheduled for Saturday, **September 30, from 9:00 a.m. to 3:00 p.m. at First United Methodist Church.** We would like to invite everyone who is interested in this ministry to come to this training to learn more about Getting Ahead and what being a mentor to a GA graduate involves...as well as what it does not involve.

We would also like to invite those who are on the mentor list, but aren't active at this time, to come to this training and get involved again...

as well as those who are currently active, but may want additional training.

Deadline for registration is September 28.

To register or for more details, please contact:

Michelle Ratcliff, Getting Ahead Mentor Coordinator  
501.318.1153, ext. 102  
[mratcliff@ccmchs.com](mailto:mratcliff@ccmchs.com)

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## **CCMC Golf Classic 2017 Just Around the Corner!**

# GOLF CLASSIC 2017

October 9, 2017 • Hot Springs Golf & Country Club

## SPONSORSHIP OPPORTUNITIES



**Platinum Sponsor** [\$10,000]

- Four complimentary teams of four
- Signage recognition at event
- Use of tournament logo in company advertising
- Company logo on all event materials and mailings
- Company recognition in all related media releases
- Opportunity for company representative to address tournament participants

**Gold Sponsor** [\$5,000]

- Two complimentary teams of four
- Signage recognition at event
- Use of tournament logo in company advertising
- Company recognition in all related media releases

**Luncheon Sponsor** [\$2,500 exclusive]

- One complimentary team of four
- Company will host the luncheon at the tournament and display company banner
- Identification in print advertising
- Use of tournament logo in company advertising
- Opportunity to have company representative at luncheon

**Awards Sponsor** [\$2,500 exclusive]

- One complimentary team of four
- Identification in print advertising
- Use of tournament logo in company advertising
- Opportunity to have company representative at the Awards presentation.

**Silver Sponsor** [\$1,250]

- One complimentary team of four
- Signage recognition at event
- Use of tournament logo in company advertising

**Registration Sponsor** [\$1,250 exclusive]

- One complimentary team of four
- Company signage positioned at registration table
- Company may supply banner for registration area
- Use of tournament logo in company advertising

**Scoreboard Sponsor** [\$1,250 exclusive]

- One complimentary team of four
- Company logo printed on scoreboards
- Signage recognition at registration and awards area
- Use of tournament logo in company advertising
- Company may provide banner for display

**Driving Range** [\$500 exclusive]

- Company will host contest
- Use of tournament logo in company advertising
- Company banner displayed at driving range

**Closest to Pin** [\$500]

- Company will host contest
- Company may provide banner to display at event
- Use of tournament logo in company advertising

**Longest/Straightest Drive Contest** [\$500]

- Company will host contest
- Company may provide banner to display at event
- Use of tournament logo in company advertising

**Bronze** [\$500]

- One sign recognizing all Fair Sponsors displayed at the registration table and awards reception
- Use of tournament logo in company advertising
- Company logo or name prominently displayed at tee box

### SCHEDULE

Four person scramble

• All flights begin at 1 p.m. with a shotgun start

• Awards presentation following play

• Luncheon: 11:30 a.m. - 1:00 p.m.

• Prizes awarded to top 3 teams

[For more information, contact: Lynn Blankenship, Executive Director, CCMC](#)

## A CCMC Patient Success Story

Martha Hernandez is a success story and a real testament to her health care team! She became a patient at CCMC in June, 2016 and presented with several health issues...hypertension, asthma, a weight of 290 lbs., and extreme fatigue.

On August 18, 2016, she came to CCMC for a routine doctor's appointment. She was struggling to breath and stay awake and was described by Dr. Koehn as lethargic. After assessment by the physician, she was referred to CHI-St.



Vincent's emergency room where she was immediately admitted to the hospital and kept for one week. The diagnosis was respiratory failure and Martha was released from the hospital with oxygen and a CPAP machine. She was told that she would probably have to use the oxygen machine for the rest of her life.

She came back to CCMC for her follow-up care. Her health has continually improved since hospitalization and, as a result, her medications have been reduced from five prescriptions to only two...and one of these two



have been reduced from a daily dose to just twice a week. In addition, she has lost 80 lbs. and no longer requires the assistance of an oxygen machine to breath.

Martha credits her success...her improvement in health and a new lifestyle...to the dedication of her medical team at CCMC. She has changed her diet, her life, and her attitude.

When we look at Martha now, we can see excitement in her face as she continues to improve. She told us that she feels love and help from everyone at CCMC...and of her gratitude to CCMC, especially, to Dr. Koehn, Sharon Morel, Rita Monsen, and Sonya Marhenke.

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## Our Spotlight on CCMC Staff and Volunteers

The spotlight this month shines on a CCMC volunteer -



### Sue Allen

**Born:** Cassville, Missouri

**Been in the Hot Springs area:** 21 years

**Family:** Sue has a daughter, Sandy Alford, who lives with her husband, Curt, in Broken Arrow, Oklahoma. Her son Brad Allen, lives in St. Louis with his wife, Julie, and their children; Heather, Rachel, and Jacob. Sue and her husband, Joe, live in Hot Springs Village.

**Her role at CCMC:** Sue volunteers at the clinic filing AP copies, writing donor reply letters, entering stats from patient clinic visits into the computer, and helping with data entry for Getting Ahead.



**Her favorite thing about CCMC:** She said her favorite thing about CCMC is the friendliness and caring of all the staff and fellow volunteers.

**Hobbies:** Sewing, knitting, and reading are activities Sue likes to do when she has time.

*Sue...thank you so much for continuing to be an important part of CCMC. We*

## **A Getting Ahead Graduate Update**

Our graduate update this month is on Jodie Hammonds, who graduated Getting Ahead this past May. Jodie is from Mesquite, Texas and has 19-year-old twin daughters, Megan and Morgan.

She enjoys reading, gardening, and doing crossword puzzles in her spare time.

Jodie said that the most valuable thing she learned in Getting Ahead was that poverty is not just financial, there can be emotional poverty as well.

She says that one of her successes since graduation is that she will be able to contribute to a 401k in the near future...for the first time ever!

And...Jodie is currently co-facilitating a Getting Ahead class that began in August.

Congratulations, Jodie, on all that you have accomplished in 2017. We wish you many more successes!



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## **CCMC's Youngest Volunteer**

CCMC recently had a new volunteer come in and do a massive amount of work in one day...and he was also, probably, our youngest volunteer ever. Nathan came "to work" with his mom, Karen, a volunteer pharmacist, on clinic day and spent a

big part of the day shredding files for us...a perfect job for a boy his age!

Nathan is the son of Karen and Ronald Harbut. He is in the 4th grade at Park I.B. Magnet School and loves to help others! He says he can't wait to come back to CCMC and help out again...and we suspect he is waiting for his name plate on his office door! He is an accomplished runner and is on the Y swim team. Nathan wants to be an astrophysicist when he grows up.

Thank you, Nathan...you were a big help!



L to R: Nikki Grisham, Nathan Harbut, and Karen Harbut

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## **CCMC Participants in 3rd Annual Difference Makers' Health Fair**

CCMC participated in the Difference Makers of Hot Springs Health Fair on Saturday, August 12, from 9:00 a.m.-12:00 p.m. at the Webb Community Center.

This health fair is held in conjunction with the Hot Springs Community Coalition and the Webb Center, Inc. It is always a good opportunity to get information out about resources available in our area...and an opportunity for the resource providers to visit and update each other as well.

We always enjoy being out and about in the community! It was a good day!



L to R: Gloria Dupree, CCMC volunteer, and Sharon Morel, CCMC Nurse Director

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## **Reminder!! Ongoing Monthly Community Discussions Continue**

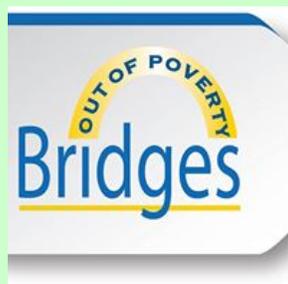
**The next meeting will be on Wednesday,  
September 20th...please mark your calendars!**

CCMC continues these important monthly Bridge to Hope Community Discussion meetings on the 3rd Wednesday each month, 8:00-9:30 a.m., at the Hot Springs Chamber of Commerce. The next discussion will be held September 20.

We hope you will plan to attend one of these sessions to learn more about how we can all help our community...and its citizens...move forward to sustainability. And encourage colleagues, friends, and family to attend. It will be 90 minutes well spent.

Please call 501.318.1153, ext. 303, to reserve your place or contact us at [awilson@ccmchs.com](mailto:awilson@ccmchs.com).

We will save you a seat!



# Need a Speaker at Your Organization's Upcoming Meeting?

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

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 her at 501.318.1153, ext. 103.

Getting Ahead 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.

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## Ongoing Needs at CCMC

CCMC has many 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
- 

## Monthly Information Meetings for Prospective Getting Ahead Participants

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. Starla Bleifus, 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:**

**September 14, 2017**

**October 12, 2017**

**November 9, 2017**

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## **Important Meeting Times in September**

### **Mentor Training**

Saturday, Sept. 30 (*Deadline for registration - Sept. 28th, see article above*)

9:00 a.m.- 3:00 p.m.

First United Methodist Church

### **Information Meeting for Getting Ahead Prospective Participants**

Thursday, Sept. 14

10:00-11:00 a.m.

CCMC

### **Bridge to Hope Community Discussion**

Wednesday, Sept. 20

8:00-9:30 a.m.

Hot Springs Chamber of Commerce

*Seating limited - RSVP requested to [awilson@ccmchs.com](mailto:awilson@ccmchs.com)*



Cooperative Christian Ministries and Clinic  
[www.ccmchs.org](http://www.ccmchs.org)



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