



# ACHC Pulse

**A S H L A N D C H R I S T I A N H E A L T H C E N T E R**  
*Holistic Care in a Christ-Centered Atmosphere*

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## “SANTA’S ATTIC” SALE

 *Benefits the Ashland  
Christian Health Center* 

**Attic Sale Weekdays:  
Mon., Tues., Wed., & Thurs.,  
Through Thurs., Dec. 21  
9:00 am - 3:00 pm**

**380 E. Fourth Street  
Frank Miller Memorial Building  
Parking is available**

**We have collected gently used and treasured Christmas items, which  
have been donated for our sale. Everything and anything for your  
Christmas Season is here!**

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If you are interested in volunteering during our daytime office hours, we are always looking for folks to help us cover the lunch hour, and help with our office duties. Just let us know.



- |                 |                      |
|-----------------|----------------------|
| Angels          | Christmas Lights     |
| Baskets & Tins  | Christmas Linens     |
| Candles         | Christmas Trees      |
| Greenery        | Christmas Tree Décor |
| Home Décor      | Christmas Wrap       |
| Nativity Scenes | Santa Décor          |
| Snowmen         | Stuffed Animals      |
| Teachers' Gifts |                      |

**If you have items to donate, please feel free to drop them off at the Center at the times listed above. While there, stop and browse our selections! Who knows? You just might find a new treasure!**



## C H E R Y L   S H A R E S !



Thanksgiving is right around the corner. This season of thanks is always a great reminder of how God has already been blessing us. And we are so thankful. This year is no different. We have welcomed new volunteers; we have served new patients, all the while, giving thanks. The Ashland Christian Health Center considers it a privilege to welcome folks into our ministry, and that's where you come in. We welcome you at all times and rely on your support. Many folks serve us faithfully at our clinic hours, as our daytime receptionists, as our volunteer maintenance team (you know, changing our furnace filters), and several folks have pledged their financial support as continual monthly donors; that's where we need you. In

the month of October our building required much more than we had anticipated in our budget, so as we close out our year, and begin our GALA 2018 planning, we ask that you might consider the ACHC in your year-end giving. Will you prayerfully consider a one-time donation to underwrite one of these present needs? Perhaps you belong to an organization, small group, or a Sunday School class who might be looking for ways to support our community. We could be that small step.

- \$2,500 for Gutter and Downspout upgrade
- \$400 to Clear outside drains
- \$400+, Furnace Repairs
- \$500 , Basement Tile project
- ~~\$550 New Outdoor lighting~~ PAID IN FULL!
- \$175, Parking lot and side yard maintenance.
- \$50/mo., Quickbooks Online
- \$150 , cleaning system for our surgical instruments
- \$350 for New Router/ computer repair/ increased internet efficiency

We know it is difficult to meet all the needs of our community, but we do realize the benefits when you do take a leap of faith, give as you are able, and listen when God might be speaking to your heart. We are honored to share the love of Jesus with our patients.

**NEWS FLASH!!** Since we have a SMALL collection of Christmas items, and every little bit helps, we will be hosting a SMALL Christmas Sale in the basement. See flyer on front of Newsletter for details and check our FACEBOOK page for updates. **2017 Santa's Attic Sale at ACHC.** So this means we are collecting Christmas items, and we are selling Christmas items. *Continued page 3*

*PS. Remember, the Ashland County Community Foundation holds our agency endowment fund, a fund set up where donated dollars may be added to this fund at any time and in any amount, including estate gifts; all the while ensuring a secure future for the ACHC.*



### ***Cheryl Shares Continued***

a WIN, WIN. Oh, and yes, after Christmas we will be starting our collection all over for our 2018 SALE. 'Tis the season! Count your blessings this Thanksgiving season, seek others, and hold your family close. Our time together, as fleeting as it may be at times, is often our most sought after gift. ***Happy Thanksgiving, Cheryl***

### **H O W S W E E T I T I S !**

Meet Karin Schwan who describes her role at Ashland Christian Health Center as filling in as a “relief provider” during clinic hours and providing diabetes education to anyone in the community who has a need for diabetes self-management education. Karin is retired from UH Samaritan Medical Center after 35 years, having served in a variety of roles during that time: Med/Surg and ICU staff nurse, clinical educator, Director of ICU and Cardiovascular Services, Diabetes Educator, Nurse Practitioner and Chief Nursing Officer. In addition to volunteering at ACHC, she is currently working as a PRN Nurse Practitioner in a cardiology office in Columbus. Karin is also offering a Diabetes Support Group the third Thursday of the month at 6:00 p.m. here at ACHC through May, 2018, resuming again in September. Welcome, Karin!



We at ACHC are grateful beneficiaries of the talents of a ladies' group called Quilting 101, who work on projects in their homes and also gather to sew and quilt together. Sharing their gifts and talents around the world, they spread joy, warmth, and the love of Jesus. Now, some of our patients will benefit, too. Thanks, Quilting 101, for sharing with us!

### **CEU'S FOR VOLUNTEERS**

**Reminder! Free Clinic Volunteers Can Receive CEU Credit**

Under House Bill 290 of the 131st General Assembly, a law was passed and signed requiring every health licensure board to accept volunteer hours in a free clinic for up to 1/3 of required Continuing Education credits (ORC 4745.04) effective as of April 6, 2017.

The Board of Nursing will be holding a public

hearing on Wednesday November 15, 2017

beginning at 1:00 p.m. in the Ohio Board of Nursing Board meeting room (located at 17 South High Street, Suite 400, Columbus, OH, 43215-7410) where the rule will be finalized.

Until that time, a letter written on clinic letterhead with the number of hours and information regarding volunteering on clinic letterhead will suffice.



# ASHLAND CHRISTIAN HEALTH CENTER

380 E. Fourth Street Ashland, OH 44805

**Phone:** (419) 903-0475

**Fax:** (419) 903-0476

**E-mail:** ashlandchc@zoominternet.net

**Miller Building:** Mon.- Thurs.: 9:00 am—4:00 pm

**Walk-In Clinic:** Tues. Evenings: 6:00-8:00 pm

Sat. Mornings: 9:00-11:00 am

### Dates of Interest...

- ◆ ACHC is Closed Thursday, November 23 and Saturday, November 25.
- ◆ ACHC is Closed Saturday, December 23 and Monday, December 25.
- ◆ ACHC is Closed Saturday, December 30 and Monday, January 1, 2018.
- ◆ Ashland Christian Health Center GALA is February 1.



## NURSES' NOTES

Extended services are well on their way here at ACHC and we are blessed! In the previous newsletter we introduced Terry Morr, our volunteer Respiratory Services individual, and working with him now is Heidi Mowry, RT. In addition, we have welcomed Karin Schwann for diabetic education classes.

In August we began incorporating RN preceptor students from North Central State College at ACHC; this will continue through the academic year. During our weekday hours RN students serve our office, and are encouraged to attend Tuesday/Saturday clinic hours.

This is a great opportunity for our nurses to share their vast knowledge of this wonderful new career as well as be inspiring and share the personal ways to be **strong** in the calling of nursing.

On the Horizon is our LINK assessment tool. This tool is a questionnaire resource we are implementing to help serve the whole needs of our patients. We are all very excited about this.

*Romans 15:1: We who are **strong** have an obligation to bear with the failings of the weak, and not to please ourselves.*

*Misty Welch, Nursing Director*



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380 E. Fourth Street Ashland, OH 44805

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