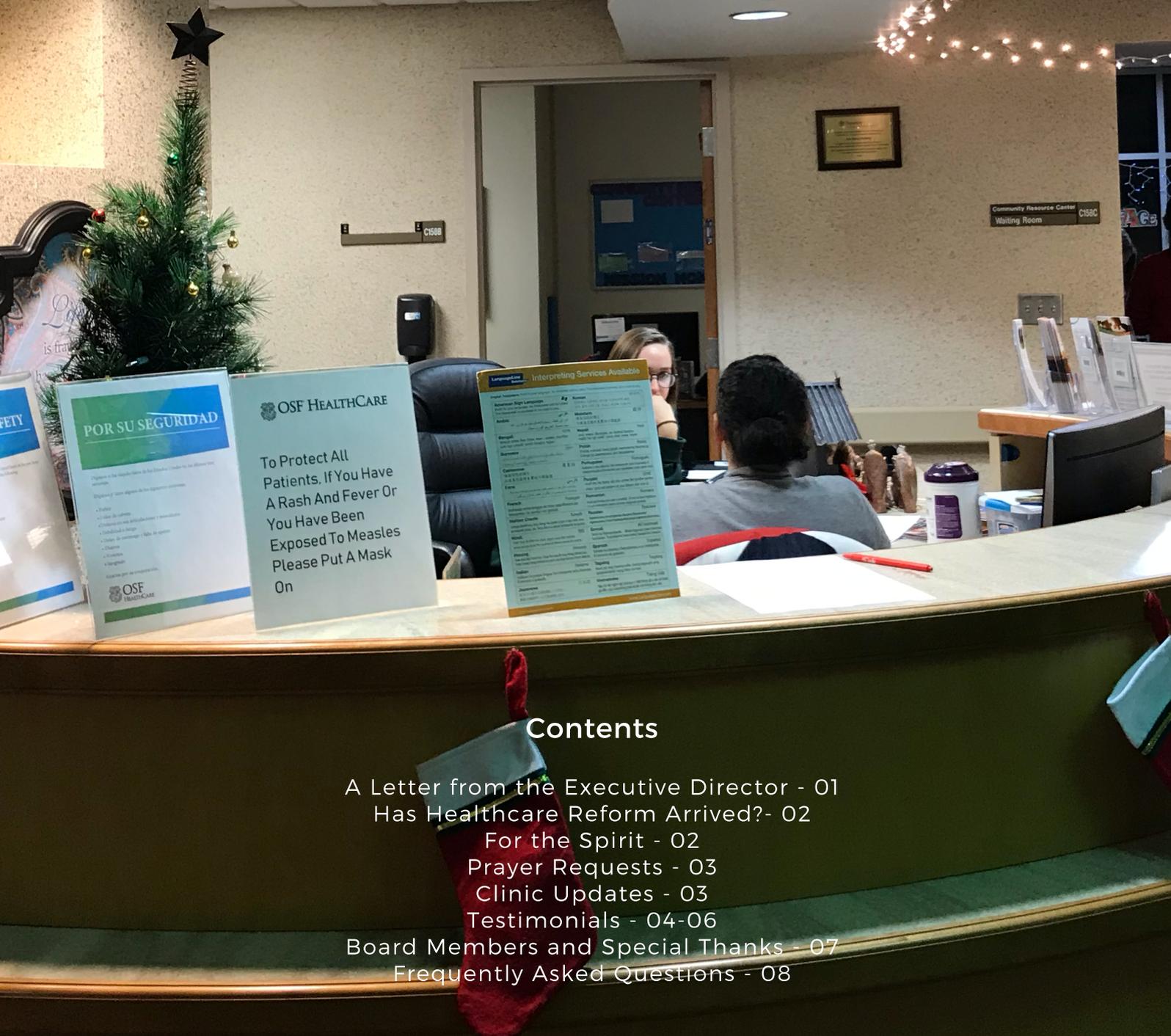


CHAMPAIGN COUNTY  
CHRISTIAN HEALTH CENTER

# Word of Healing and Hope

DECEMBER 2019 ISSUE



## Contents

- A Letter from the Executive Director - 01
- Has Healthcare Reform Arrived?- 02
- For the Spirit - 02
- Prayer Requests - 03
- Clinic Updates - 03
- Testimonials - 04-06
- Board Members and Special Thanks - 07
- Frequently Asked Questions - 08

# A Letter from the Executive Director

CONTRIBUTED BY CRYSTAL HOGUE, MBA

Since I have worked at Champaign County Christian Health Center, I have been amazed at the variety of volunteers who believe in our mission. They are excited about sharing their education, skills, and talents to serve our patients as well as gain experience for future careers. Some have regular full-time jobs, are retirees, and full-time students. Yet, after working all day, completing homework assignments and studying for exams, or just enjoying retirement, they instead find enjoyment in volunteering their time providing service in our clinic. Nurses and nurse assistants, physicians and physician assistants, dentists and dentist assistants, triage, hospitality, phlebotomists, psychologist, social workers, dietitians, mental health support groups, student groups, and a reverend, God uses all their unique abilities to meet our patient's needs. With the great camaraderie and collaboration amongst our teams, we all work together in unity to fulfill the mission of our clinic, to show and share the love of Jesus Christ to our neighbors of Champaign County by providing holistic, free, and quality health care services. Holistic means that we consider the whole person regarding treatment - mental, emotional, spiritual, as well as physical well-being.

Over the years, we have had over 13,000 patient visits to our clinic. So, when I hear a story from a patient expressing thanks because our healthcare center was able to meet their physical, spiritual and mental health needs during just one visit, well, that makes me smile. And there are many more stories like this. This proves that we are indeed filling the gap and meeting the healthcare needs of the uninsured and underinsured patients within our community. It is such a rewarding experience!

In the years to come, we will continue to identify the individual healthcare needs of each patient and work aggressively towards meeting those needs by expanding our services.

To you, our donors, patients, and supporters, we can't do what we do without you so thank you for believing in our mission, allowing us to serve you, for giving, for caring, and for praying. Your support is so greatly appreciated!

I am grateful for the opportunity to lead such a great organization and am looking forward to our expansion in 2020 and the years to come. May God Bless you!

Merry Christmas and Happy New Year to all of you!

Grace, Peace, and Love,

*Crystal*



Jeff Trask (left), Crystal Hogue (center), and Faith Tan (right)

# Has Healthcare Reform Arrived?

CONTRIBUTED BY JEFF TRASK, Ph.D  
FOUNDER AND BOARD MEMBER OF  
CCCHC

Once upon a time, no one worried about receiving health care they could not afford. Health care one hundred years ago tended to make one's health worse before better, where "cures" such as bloodletting and using leeches, were the commonly accepted cure for multiple ailments. Then one day, science surpassed superstition and health care became a life saving, life improving field.

As this transition occurred, a fateful decision was health care in the United States will be a market-driven industry, thus making health care a privilege, available for those able to afford it. While other industrialized nations designed health care systems to provide for all its citizens, the U.S. figured good, old-fashioned hard work would take care of anyone's health care expenses.

Unfortunately, it did not take long for health care costs to surpass the budget of the average American.

Therefore, in the 1930s, the U.S. devised a scheme that would allow us to bide our time and temporarily stem the increasingly burdensome costs of health care - the third party payer. This scheme, drastically expanded during and right after World War II, allowing the average consumer to not "feel" the real costs of health care. The ensuing problem resembles human bodies which nerves do not function and therefore cannot feel pain. That may work out well during an exercise routine, but not when you are touching a hot pan or something else that can cause serious injury if you do not react quickly.

The U.S. has been touching a hot pan and has been even smelling our skin cook for decades and yet has not removed our hand due to stymied political processes, corporate interest in maximizing profits, and a voiceless group representing 15% of the population (the part of the body in direct contact with what is burning it). The recent passing of health care reform acknowledges that if the burning does not stop soon, the entire body will ultimately suffer.

It is not a perfect start, but a start nonetheless. This start, we all should hope, not only will stop the burning, but begin to bandage the damaged and burned parts of the body.



(Top) Mrs. Norma Sprague, and (bottom) Mr. Albert Carrington, satisfied CCCHC patients who gave their testimonials for the newsletter.

## For the Spirit

CONTRIBUTED BY  
CRYSTAL HOGUE

As we reflect on the spirit of the human being and dig a bit deeper, we realize that having a time of reflection, meditation and prayer can uplift and refresh the spirit. Are we too busy to pray? If prayer is the key and faith unlocks the door, why don't we pray more? Prayer and Faith goes hand in hand together on the road to opening the door to healing.

Prayer gives you access to God, the Supreme Being who is to be worshipped, the Creator of the Universe and everything in it. The One who is the healer of the mind, body and soul. And faith, well, it connects you to God when you believe. Pray to Him to heal the sick. Not just for those in need of healing in their physical body, but in their soul, spirit and mind.

According to James 5:15, it says, "...the prayer offered in faith will make the sick person well; the Lord will raise them up..." Let's all pray with a prayer of faith for our loved ones, our community, our volunteers, our clinic as a whole and most importantly, our patients. God is always there. Watching from Heaven and waiting for us to come to Him. He waits patiently to hear the voice of His creation. That's you. Will you help us pray?

# Prayer Requests

THE PRAYER OFFERED IN FAITH WILL RESTORE THE ONE WHO IS SICK, AND THE LORD WILL RAISE HIM UP, AND IF HE HAS COMMITTED SINS, THEY WILL BE FORGIVEN HIM.- JAMES 5:15

- That God will send resources, supporters and more volunteers as we expand our services
- That God will continue to lead us and guide us to make wise decisions
- That our clinic will continue to be a light in the community for our patients
- That our clinic will continue to grow, and more awareness will rise of our existence
- That we will continue to meet our patient's healthcare needs
- Prayer for the sick for healing
- For our community as a whole
- For all our volunteers
- For you, our reader



Festivities: Our nativity scene (top), Xmas tree (bottom left), Xmas skit (bottom middle), and an assortment of goods for our patients and volunteers (bottom right)

# Clinic Updates

CONTRIBUTED BY DEEPA SHANKAR

Hello readers!

It is that time of year again where our streets are lined with twinkly yellow lights, where mistletoe is hung up on our doorways, and where millions of Americans prepare for a season of giving and of love.

Our clinic has also fully integrated itself into the holiday spirit. Last Tuesday was our annual holiday party, where the entire clinic was bedecked with lights, tinsel, and mistletoe. A table was set up in the waiting room with food for our guests, and actors from CHM Bible Theatre Productions, presented a Christmas skit. Christmas carols were playing and volunteers showed up in red and green sweaters (you had to see Crystal's—her sweater had a flamingo on it wearing sunglasses and a Santa hat—it was amazing). There were plates of chocolates and candies, Christmas cookies for the taking, and a whole nativity scene to remind clinic goers of the true meaning of the holiday. To say the least, you could most definitely tell it was Christmastime. The atmosphere was one of happiness and cheer.

Our ability to make all of this happen, to see guests laughing with volunteers and each other over food, to have our volunteers greet everyone with bright smiles, and to have almost each and every one of our patients leave happily—not only from being physically healed, but also spiritually and emotionally, is what sets us apart as a clinic. I felt a true sense of community that day, and it is this sense of community that brings people back over and over again to see our providers.

It has been a fruitful year for us at CCCHC. We have had successful fundraisers, fun skits, and our presence at local health fairs, where we've advertised our services. We've had prescriptions written, blood pressures taken, and bad teeth extracted. We've counseled, prayed, and connected with those that needed it the most. And thanks to you, the reader, the donor, and the supporter, we hope to continue in our mission to "show and share the love of Jesus Christ to our neighbors of Champaign County by providing holistic, free, and quality health care services". So thank you for all you do.

On the next few pages, you will see a series of testimonials written by patients, providers, and volunteers that are a testament to showing how far your support goes to helping those in need. Please feel free to take a look—it is physical evidence of the manifestation of the goals we set out to achieve when this clinic first started. In short, we're doing it, and we hope to keep doing it for decades to come!

We at CCCHC wish you a Merry Christmas, a Happy New Year, and a very happy, safe, and restful holiday season. Thank you.

# Testimonials

## CONTRIBUTED BY THE PATIENTS AND VOLUNTEERS OF THE CLINIC

"I started working now nearly 4 years ago at CCCHC. **I volunteer because it is something that needs to be done, it is the right thing to do, and it makes me realize that the goal is to help patients with or without resources.** To help is sacred and good for the soul, and I become a better person this way. This work is worth doing as it builds character and hope, and if we all do our part to help one another the world becomes a better place. I am honored to be part of CCCHC. It has helped me be a better clinician."

Dr. Alina Paul, MD

"I'm a patient here for about three to four years now. I have a low income and medical insurance but it's not enough for my needs. **My needs have been completely met here, and the care is excellent.** I tell a lot of my friends about you, and I love that you have a pastor here. I only wish you guys were open more days of the week. The care with the dental crew is excellent as well!"

-Albert Carrington, long time CCCHC patient

"I love giving back to the community. Volunteering gives me a way to express my skill set, and it gives me a way to improve myself and allowed me to apply my faith and it gives me conviction. I really love the feeling of community and teamwork. I like progressively improving people's situations and improving the quality of care. **It's invigorating to be a part of the patient journey.**"

-Anonymous Lab Technician

Persons coming to our center in need of medical care or information, bring with them spiritual considerations or needs. Their physical condition always has some sort of meaning. What if "this" will not get better or what "it" will get worse? **Our faith based ministry also helps with the "why's". We help people with faith reminders and companionship.**

—Reverend Peter Dyck

"I can't even remember why I came in...but I immediately noticed how beautiful and serene this place was. Everyone was so nice. **I've referred so many people here. I've told everyone "if you need it, you've got to go"**

-Norma Sprague, CCCHC patient



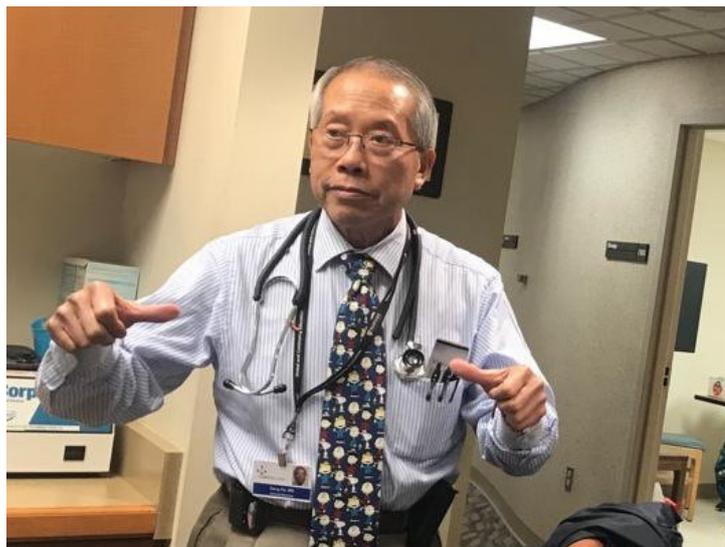
Two of our lovely volunteers, Karina Brizuela (left), and Samantha Murphy (right)

# Testimonials

## CONTRIBUTED BY THE PATIENTS AND VOLUNTEERS OF THE CLINIC

**"I feel like the clinic is a really good community resource.** We're living here temporarily so its a good way we can fill this healthcare gap, takes the stress away from having to look for other doctors. Everyone's been super friendly, very understanding, fun. **I've never had trouble getting an appointment or getting help.** The doctor that plays the banjo—so unusual and fun, he's great."  
-Anonymous patient

"I have been working at the clinic for a while now. I love it here, it's a wonderful way to serve my community. I love working here because I'm allowed to pay it forward. I love playing the banjo for my patients, it calms them down and allows me to build a rapport. **This clinic would also not be here without the great work of the nurses, Zoe, and Carmen, who have helped to keep everything running, so I'm extremely thankful to them as well"**  
-Dr. Thomas Koehler, MD



(Above) Dr. Ho, one of our wonderful providers

"Volunteering at the CCCHC has been a rewarding experience because of who we serve. **It has given me a new perspective on giving back,** one that is more open to receiving everyone I meet with more openness and care. I am grateful to be a part of a group so dedicated to a wonderful cause. CCCHC provides so much for the community and I cannot wait to watch it grow because it does so much good."  
-Karina Brizuela, Hospitality Volunteer

"Volunteering at CCCHC has allowed me to be a part of the Champaign community outside of the university setting. These relationships I am able to form with both the volunteers and patients have been incredibly rewarding. **I am grateful for the opportunity to provide holistic care with likeminded and faith-based individuals.** I love being able to serve the community and provide patient care all at the same time."  
-Claire Chalkey, Dental Assistant

"Every time I volunteer at CCCHC, I'm impressed with how the Champaign-Urbana community comes together to ensure quality healthcare for each patient that walks through the clinic doors. **All healthcare providers, hospitality, and triage volunteers truly care about those in need in our community, and I am lucky to volunteer with them.** It is this sense of community, meeting and seeing patients, and working with other volunteers that has greatly fortified my desire to work in healthcare in the future. I am grateful that the CCCHC has been a part of my college career, and I know that the work being done at the CCCHC will continue to expand in order to benefit every patient in need."  
-Luke Lucio, Triage Volunteer

# Testimonials

## CONTRIBUTED BY THE PATIENTS AND VOLUNTEERS OF THE CLINIC

**Thank you to donors, volunteers, and patients!** Our clinic exists because you give us your money and time, and allow us to serve you as we work together to improve your health!"  
-Zoe Warner, RN

**My wife was a little apprehensive to actually go to a doctor. But here, she's felt so reassured about seeing medical professionals and getting the care she needs.** Everyone here really reflects the image of our Lord and Savior. People take time from their busy schedules to provide wonderful and compassionate care."  
-Vince Kistner, husband of Gloria Kistner, patient of CCCHC

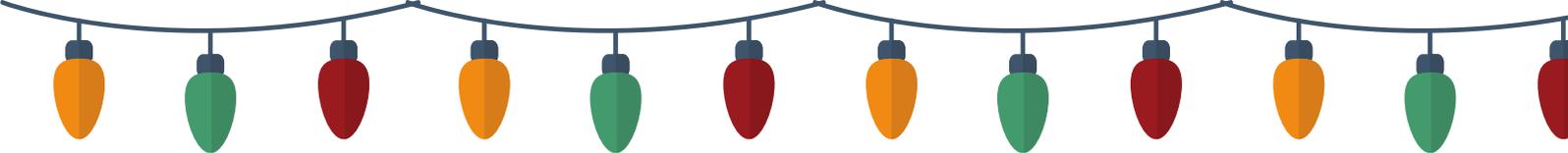
"We address our patient's spiritual needs. According to scripture, there are things we need to address spiritually. One of the things I like is that they start with prayer. There is a scripture in Jeremiah—33:3—"Call on me, and I will answer to you and show you great and mighty things, which you know not." By addressing spiritual needs, we invoke God to come and work through us as we address the needs of the people—both spiritual and physical. I think **this healthcare center is a ministry, and we should commend the volunteers for volunteering their time, providing for our patients spiritual and physical needs.** Holistic ministry is very involved. Every person is controlled by one spirit. When people have someone to talk to and to pray with, it solves many of their problems."  
-Reverend Charles Nash

I have had the opportunity to work with multiple health professionals in an interdisciplinary fashion, while also having the opportunity to lead others in serving the surrounding community. As a triage volunteer, I had a patient who had recently lost their job and was very depressed, and came to our clinic for help. I was able to recognize that they had come to our clinic mostly out of her depressive feelings, and was able to connect them with the chaplain, helping her immensely with her mental health. **The connection I feel both with patients and with doctors, and being able to work in a healthcare setting. It's been a fantastic opportunity to serve patients, and has cemented my desire to enter the medical field."**  
-Selena Wang, Nurse Assistant

I've volunteered here for a long time, over many departments: triage and even hospitality, Zoe used to give me recommendations for grad school. I came back after grad school mostly because **I love the community here,** and I missed giving back, as **it refills my soul.** Back when I worked here, we were in the dental building. I remember so many different patients who over the course of time, I got to see them blossom—that was really encouraging."  
-Patty Wolf, RD

(Below) More volunteers at clinic





# Board of Directors and Staff

7

## THANK YOU FOR ALL YOU DO!

## SPECIAL THANKS

- Board of Directors
  - Dr. Patricia McNussen
  - Barbara Pritchard
  - Lloyd Esry
  - Dr. Tom Koehler
  - Pam Bigler
  - Jeff Trask
  - Clif Burdette
- Staff
  - Jeff Trask
  - Crystal Hogue
  - Crina Cotoc

Because of YOU we have had over 13,000 client visits  
Because of YOU we can provide basic medical healthcare for free to the uninsured and underinsured  
Because of YOU we have a serene place where are patients can come and feel comfortable  
Because of YOU we can offer counseling and provide support for patients with mental health issues  
Because of YOU we can provide medical and dental care to all different walks of life  
Because of YOU we can provide nutritional counseling  
Because of YOU we can expand our services to meet more patient needs  
For that we say Thank you. Thank YOU for your continued support!  
May God bless you!

## Frequently Asked Questions

Q: WHEN DOES CCCHC OPERATE?

A: TUESDAYS AT 5:00PM TO 7:30PM (WALK INS 5:00PM-7:00PM ONLY), EVERY SECOND AND FOURTH WEDNESDAY AT 5:30-7:30PM (BY APPOINTMENT ONLY)

Q: WHERE IS THE CLINIC LOCATED?

A: WE ARE LOCATED AT THE COMMUNITY RESOURCE CENTER, OSF HEALTHCARE HEART OF MARY MEDICAL CENTER, PARKING LOT #3 AT 1400 W. PARK ST. URBANA, IL 61801

Q: WHO CAN BE SERVED BY CCCHC?

A: ANYONE WITHOUT HEALTH INSURANCE OR WITH A LACK OF SUFFICIENT HEALTH INSURANCE

Q: WHAT CARE IS OFFERED AT CCCHC?

A: BASIC PRIMARY CARE, DENTAL CARE, HEALTH EDUCATION, SOCIAL WORK, LAB WORK, NUTRITIONAL AND MENTAL HEALTH COUNSELING, ASSISTANCE WITH MEDICATION, INFORMATION ON HEALTH SCREENINGS, HOPE, PRAYER, AND MORE

Q: HOW CAN I VOLUNTEER?

A: PLEASE FILL OUT A VOLUNTEER APPLICATION AT [CCCHC2003.ORG/VOLUNTEER](http://CCCHC2003.ORG/VOLUNTEER) OR EMAIL US AT [VOLUNTEER@CCCHC2003.ORG](mailto:VOLUNTEER@CCCHC2003.ORG)

Q: HOW CAN I CONTRIBUTE TO CCCHC?

A: BECOME A MONTHLY DONOR BY SENDING CHECKS MADE OUT TO CCCHC AT P.O. BOX 5005, CHAMPAIGN, IL 61825. YOU CAN ALSO DONATE ONLINE AT [WWW.CCCHC2003.ORG](http://WWW.CCCHC2003.ORG).

YOUR CONTRIBUTIONS ARE TAX DEDUCTIBLE AND GREATLY APPRECIATED.