This has been a very challenging year for our volunteers. While many of them may have been unsure of how the Medicaid expansion was going to affect them as well as Cabrini Clinic, they continued to serve as needed.

**CONGRATULATIONS**
Aleskandra (Lexi) Vukovic for obtaining her R.N. license.

**CONGRATULATIONS** also to Julie Sweeney, who obtained her Master’s Degree and Adult Nurse Practitioner certification.

**BRAVO** to two of our pharmacy volunteers Anish Bhavsar and Carmon Kelly as they were recently acknowledged at the Philanthropy Awards Dinner which was well deserved.

**GOOD NEWS REPORT:** Cabrini Clinic has dispensed 6548 prescriptions so far in 2014. We have seen more than 1400 people for care. The care has included medical care, mental health services, pediatrics, dermatology, social services, food pantry, enrollment assistance, health coverage literacy training, nutrition counseling, transportation assistance and much more. So while the medical care has decreased due to more people getting health insurance, other services have increased as we continue to work to support access to care and usage of new health insurance. Cabrini Clinic is looking forward to 2015! Board members are meeting in January to finalize priorities around wellness, relationships and improving care in the community.

**Greetings Cabrini Family**

As I reflect on this past year at Cabrini Clinic, I am forever grateful and counting my blessings for the many accomplishments that we have garnered thus far and the exciting transitions that have taken place.

After 19 years of dedicated service, Sister Mary Ellen announced her retirement as Cabrini’s executive director. Soon after, we welcomed Kelly who is embracing the legacy and has been instrumental in the continued success of Cabrini clinic. With the support of the Cabrini family, I completed my post-graduate program in May and earned my doctorate of nursing practice. Three months later, I celebrated one year as Cabrini’s clinical nurse manager.

One of our most major accomplishments of which I am proud to have been a part of has been transitioning some of our patients into the Affordable Care Act health insurance program. For many of them, this was a brand new experience and thus a challenging one. It has been a rewarding experience to watch our patients navigate through the healthcare system, having been educated and empowered through our amazing staff of enthusiastic volunteers. I have had an opportunity to bond with many of the seasoned volunteers as well as those who have recently come aboard. The volunteers at Cabrini are dedicated to providing a much-needed service to the community and I am so delighted to be able to work with them each week.

Cabrini is not only serving the patients in our community but offering a valuable educational experience to many of the students from the surrounding colleges and universities. Medical doctors, nurse practitioners, nursing students, and pharmacists are all rotating through the clinic while learning about medical practice and the importance of compassionate service towards a vulnerable population.

I invite everyone to take time for personal reflection as we approach the end of another successful year at Cabrini and look forward to what 2015 will bring.

Be Blessed with Safe and Happy Holidays,

**Alisa Smith**
Alisa Smith, DNP, FNP-BC
Clinical Nurse Manager, St. Frances Cabrini Clinic
**A Gathering of Friends**

Thank you to our sponsors, contributing artists and friends for joining us for our annual dinner and celebration. 186 people supported our event at the Historic Garden Theater on Woodward Ave. in Detroit. The Motor City Troubadours opened the evening and silent auction with a variety of world music. As we finished the meal, we heard about the impact of expanded Medicaid on the clinic. The bottom line, “We are a free clinic and still very much needed.” People continue to rely on Cabrini Clinic for medical care, prescriptions and understanding their new coverage – among many other needs. Oliver Ragdale Jr., President of the Carr Center in Detroit gave an inspiring message. He shared the “House Rules” and challenged people to remember them as we collaborate for the betterment of Detroit’s poorest residents. Thank you for being there as friends and supporters. The mission continues as we respond to emerging needs!

**Cabrini Clinic House Rules:**
1. You’ll Always get the best of care.
2. We hope you don’t need to come back, but if you do … come on.
3. If you have a friend in need, you can bring them too.

Rich Samartino gave the Opening Prayers for the evening which reflected the themes of the evening: Detroit Made, Giving, and Thankfulness.

**DETOIT MADE**

I pray that the spirit described by Shea Howell in her article, “New Culture Emerging” may be fulfilled...

“There is a new force for life emerging in Detroit…many Detroiters are moving toward new visions of a future based on care, compassion and love for one another and the earth… We need ways of living that heal us and our earth, that promote the growth of people, the health of communities, and the restoration of our land and waters…across Detroit, there is a ferocious intensity to wage love.”

**GIVING**

Next, a prayer that we may give in the following way, as described in the Bhagavad Gita:

“Giving with the feeling that it is one’s duty to give, without expectation of anything in return, and offering it at the right place and at the right time to a worthy person, who cannot make any favor in return, is of the nature of heavenly goodness.”

**THANKFULNESS**

Finally, I pray that we may be thankful in order to fully understand the meaning of this verse from the Book of Tao: “The truly rich person is the one who knows they have enough!”

Amen.

**Year-End Dates:**
December 17th.
5:30 pm Volunteer Christmas Party at the Rectory.

There is no clinic from December 23rd to January 1st. Staff will be available limited hours during that time. The first clinic session of 2015 is January 6th.

**MAY RETIREMENT EVENT FOR SR. MARY ELLEN HOWARD**

Thank you to everyone that made it possible to establish the Sr. Mary Ellen Howard Endowment fund to support the future sustainability of St. Frances Cabrini Clinic. Through your generosity, the fund was established with $42,000.00. In 2013, when asked about her retirement, Sr. Mary Ellen said this to say, “Over the long term, I would like to continue to help the mission of the Cabrini Clinic in whatever way I can.” Cabrini Clinic appreciates her contribution prior to retirement and her encouragement and support after. Thank you Sr. Mary Ellen for challenging, loving and being an example for us all!

**Our Sponsors:**
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St. Joseph Mercy Health System, Ann Arbor
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Maureen Ann Smythe
Southwest Counseling Solutions
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Archbishop Allen Vigneron

**SOMEONE LOVES ME — TONY’S STORY**

In 2011, Tony was employed, living with family members, however he was uninsured. That same year, Tony started at Cabrini Clinic for treatment of diabetes. Tony was serious about controlling his Type II diabetes, and came to clinic on a regular basis. Life seems to be going along smoothly: a place to sleep, food to eat, money in his pocket, transportation (car) and now medicine for the body and soul from Cabrini Clinic.

In 2013, Tony lost his job, however his housing continued to be stable as he was living with family. The money in his pocket and his car were no more, but he still had a place to sleep, food to eat, and medicine for the body and soul from Cabrini Clinic. Life was a little more complicated, but still good.

In August of 2014, due to circumstances beyond his control, Tony lost his housing, and found himself sleeping on the streets, or in abandoned houses on the eastside of Detroit. Without a refrigerator or stove, healthy food became scarce even though he did have a Bridge card. Tony was discouraged, but not defeated; he continued to come to Cabrini Clinic for his diabetic medicines and nourishment for his soul. The Cabrini Clinic social worker helped Tony start the process of getting State of Michigan identification, but first he needed a birth certificate and social security card. The social worker coordinated temporary shelter with COTS, which would hopefully, lead to permanent housing.

By September 2014, getting a State of Michigan ID proved more difficult than ever imagined. Without a social security card, Tony could not get a birth certificate; without a birth certificate, Tony could not get a State ID. Without a State ID Tony could not get a social security card, birth certificate or into permanent housing. The agencies trying to coordinate permanent housing dropped Tony’s case, possibly because of “non-compliance”: no State ID.

On October 3, 2014, Tony came to Cabrini Clinic to “check in” and give the social worker an update on his work. He had finally received his birth record from Lansing, had his social security card, and was so happy that he now could apply for State ID…finally. Tony told the social worker that he would absolutely go to Crossroads on Monday, October 6th, to apply for his ID.

Tony reported that he was hospitalized over the weekend because of his diabetes, but he was feeling okay. The social worker gave him a hot bowl of soup to eat, and packed him some non-perishables to eat later in the evening. With a backpack filled with food, a full stomach, and a bus card all provided by Cabrini Clinic, Tony set off with hope in his heart, promising to return the following Wednesday for clinic. As Tony left Cabrini Clinic, he said, “Somebody loves me.”

Tony did not return to Cabrini Clinic the following Wednesday, nor for the next few weeks. The social worker made exhaustive shelter and street searches, but to no avail. On November 6, 2014, Tony’s daughter called to report that the Detroit Police found Tony in an abandoned house on Detroit’s eastside. Tony had apparently died in his sleep four weeks prior.

Yes, indeed Tony is loved and missed.

**It’s that Time of Year**

Friday, December 19th, Assembling Christmas baskets (same as last year) contact Rich at rsamartino@cabrinclinic.org

**CHE TRINITY HEALTH**

**Tao:** ‘The truly rich person is the one who knows they have enough!’

**Bhagavad Gita:**

‘It is one’s duty to give, without expectation of anything in return, and offering it at the right place and at the right time to a worthy person, who cannot make any favor in return, is of the nature of heavenly goodness.’
...We serve those
who fall through the
medical and social safety net and
help them connect with basic resources...

Please contact us if you wish to be removed from the mailing list.

Chicken ‘n Milk

Christmas 2012 was an extremely busy time of the year for Cabrini Clinic. The donations poured in from all areas of Metropolitan Detroit including the nurses on 4 South ICCU at Oakwood Hospital Dearborn.

Anne Marie Bradley, RN, one of the Oakwood Nurse Angels on 4 South ICCU, volunteers at Cabrini Clinic. She and her nurse co-workers from 4 south ICCU donated Meijer gift cards in 2012 that were given to needy patients throughout 2013. What a blessing it was to still have gift cards (donated in December 2012) in October 2013.

In 2013, the Oakwood nurse angels donated again, in the same manner: Meijer Gift Cards. Throughout 2014, the Cabrini Clinic social worker was able to help many, many families with these gift cards. The families needed food, shoes, boots for work, toiletries not covered by a Bridge Card, school supplies, gas to get to work or the doctor, among other things.

Thank you, nurse angels on 4 South ICCU at Oakwood Hospital-Dearborn for donating gifts that last all year long. Your generosity is appreciated.

“The blessing came when Mary (not her real name) came to Cabrini for the first time. Mary had very little food at home, so the Cabrini Clinic social worker gave Mary $25.00 of Oakwood Nurse Angels donated Meijer gift cards. Mary started to cry, and said, “I’m going to buy some chicken and milk with this money.”

In 2013, the Oakwood nurse angels donated again, in the same manner: Meijer Gift Cards. Throughout 2014, the Cabrini Clinic social worker was able to help many, many families with these gift cards. The families needed food, shoes, boots for work, toiletries not covered by a Bridge Card, school supplies, gas to get to work or the doctor, among other things.

Thank you, nurse angels on 4 South ICCU at Oakwood Hospital-Dearborn for donating gifts that last all year long. Your generosity is appreciated.

“Not everything that is faced can be changed. But nothing can be changed until it is faced.”

—James Baldwin