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Apple Corps—Spring 2020

6th Annual Dining With the Chefs—Home Edition

Due to the coronavirus and the uncertainty of Wabash College's Fall schedule, the Mary Ludwig Montgomery County Free Clinic will not be hosting its annual fund-raising event, Dining with the Chefs this year. But have no fear, an online substitute will be held Saturday, August 8th at 6pm. Join chefs, Professor Rick Warner from Wabash College and head chef at "The 308", Lali Hess, proprietor and executive chef of The Juniper Spoon,

Jason Anderson, executive chef at Wabash College for Bon Appetit and Hannah Thompson, owner of Maxine's on Green and executive chef at the Crawfordsville Country Club as they prepare dishes that you can make at home with ingredients from your own pantry. Viewers will get a chance to learn about the Clinic's mission in these unprecedented times as they join our roster of all-star chefs to explore the joys of cooking at home.



Mark your calendars and watch for further details on the **Dr. Mary Ludwig Free Clinic website** (www.mcfreeclinic.org) as well as **Facebook** and **Instagram**.

MCFC Looks to 2020 with Enthusiasm

At the beginning of the year, Kay Nannet, NP-C assumed the duties as executive director and nurse practitioner. Kay replaced outgoing director, Bill Doemel, who helped found the clinic and served as director from 2012 –2019. A celebration honoring Bill's many years of service and continued support will be held at a to-be-determined date in the future. With Bill Doemel and Michelle Thompson (Nurse Manager) retiring many changes have taken place this spring and early summer, some planned and one large unplanned event, the COVID-19 pandemic. This brought many new challenges to the clinic to keep patients, meals-on-wheels

consumers, and dedicated volunteers safe. Kay shares how the Clinic has continued to serve the community during Covid-19 - Initially hours were spent ensuring all the groups we served were educated on how to prepare and protect themselves from the virus. Also helping those who became sick get tested and understand how to protect their families. Financial insecurity is an everyday reality for many of our patients as well. (cont'd on back)



Bill Doemel and Kay Nannet

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Now suddenly, through no fault of their own, they found themselves unemployed, underemployed, ill, and in many cases without a safety net. We also have found ourselves with new enrollees as people lost jobs and their health insurance. So we do what we as a Volunteer in Medicine Clinic are called to do in our CULTURE OF CARING. If our patients can't eat, obtain medications, or have shelter, they certainly cannot maintain their health.

All the staff and volunteers have worked together with multiple social service organizations in the community to provide for those in need. We also established a new fund, *The Patient Emergency Fund*, that will help provide

financial assistance to help cover costs of medications and food for our patients. This is just a few of the ways we are exploring to help our families during these difficult times.

With the Clinic now open and staffed Monday-Friday with our bi-lingual office manager, Gail Merriman, we find ourselves busy caring for those who entrust us with their care, even if we cannot see them in-person.

Our Dental staff has resumed in person visits in a very safe manner, gearing up in PPE, screening every patient, and then sanitizing after every patient. Dental services have expanded to children of Clinic patients even if they have Medicaid, and disabled

veterans who do not have dental insurance. Medical visits are primarily done on Wednesdays and Thursdays but on other days as needed. For the foreseeable future the majority of visits will be done over the phone or by video with our telehealth system. This offers the greatest protection for all.

There are many in our community that still don't know the clinic exists. Please spread the word!!!

Lastly, thank you, thank you, thank you to all the many volunteers that have helped us during this time. If you rearranged, organized, made phone calls, painted, cleaned, redecorated or whatever you did to make the clinic a safe and welcoming environment we so appreciate it.

Thank you to Michele and Welcome Gail

Michele Thompson RN, our nurse manager since the Dr. Mary Ludwig Free Clinic opened and long-time CNS volunteer, retired on March 6th. Michele took over as office manager for Christian Nursing Service following Chris Amidon's departure in 2005. She served as liaison between the Well Baby Clinic and the Montgomery

County Health Department. She was committed to providing immunizations at the Dr. Mary Ludwig Free Clinic. Her dedication to the work of the Clinic will be sorely missed. A wife, mother, and grandmother, Michele is planning on spending more time with her ever growing family. Thank you for your years of service, Michele!

Welcome to Gail Merriman, our new bi-lingual office manager. Gail is a native of Crawfordsville and is excited to be back home. Her major in Spanish, and her mastery of the Spanish language have offered her many wonderful experiences using her knowledge. We are excited to welcome her home and to our Clinic staff!!

Over 100 Years of Service to Meals on Wheels

On June 4, 1969 the first Meals on Wheels were delivered. Katherine Milligan was in charge of the program and there were just 14 clients! Richard Nixon was in the White House. Sesame Street debuted on PBS and two local women were, and still are, delivering meals to the needy community. Susie Hildebrand was a young bride when she began to deliver the meals. Alice and Ben Rogge had befriended the young couple. Susie said, "The Rogges were so helpful to us I would do anything they asked." It was only natural

when Alice asked Susie to help deliver meals that Susie said yes! And Susie continues to say yes more than 50 years later. Her husband Sam accompanies Susie now, but originally it was just Susie and sometimes a child. She took a small break when she was expecting but always returned because it made her feel good to help in the community.

Margie Zimmerman remembers going to a founding meeting of CNS. Besides providing monetary support, she and Carol Larsen organized volunteers from their church, Christ Lutheran Church, to deliver meals.

And Margie was part of those first volunteers. When Margie's children were in school and had a one and a half hour lunch period, they would take turns helping her to deliver. When Margie went back to teaching and had her own class, she was fortunate to have an aide and would take her young students with her. Four students each week, about three times a year eagerly volunteered to go with her. What a great way to instill community service!! Now that Margie is retired, she continues to deliver the meals, more than fifty years after that first meal.

We are the Montgomery County Free Clinic. We run the Dr. Mary Ludwig Free Clinic, providing high-quality medical and dental care. We administer the Meals on Wheels program in Montgomery County. We need your help to continue to provide these services.