

February 2020  
Your generosity, God's grace

*We are celebrating our 5 year  
Anniversary with an Open House Wednesday,  
March 25, 2020  
4-7 p.m.  
Please come see how we have grown!*



It is with great joy we welcome Leesha Helm, MD, to serve with us in providing free medical care to our patients. She is a family practice Doctor with Penn State Family Medicine.

Dr. Helm has spear headed the Food as Medicine Program we host with the Medical Residents and Students from Penn State College of Medicine. She is a compassionate and kind soul who will bring comfort to those in her care.

In fact, during her first night, she was helping direct our volunteer team in providing emergency medical care to a patient in crisis. A life saved because Beacon Clinic was an available resource, because of faithful donors like YOU!

*2019 was a year of celebration. Aetna recognized Beacon Clinic as one of the top five nonprofits in Central Pennsylvania among others who have been serving the area for decades. What an honor!*

*Aetna Better Health also surprised us with a Buena Salud Award for addressing health disparities for Latino American families.*



Beacon Clinic has been hosting a variety of education programs for our patients and the community. We have hosted a CPR Class, Self Breast Exam Class and program for teens on the dangers of vaping and gambling. Our education program is expanding to include menopause education with a program called "Sags, Bags, Rags & Riches", taught by Lorraine Bock, CRNP.

Last spring we began a collaborative effort with Penn State College of Medicine, offering a Food as Medicine program for our chronically ill patients during the months of October through April. This program has recently expanded to include an introduction to Yoga. All patients receive one-on-one nutrition counseling, culturally based recipes and free produce and healthy whole grains to take home. Medical Residents and Medical Students administer this program under the supervision of Dr. Leesha Helm.



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Through your kindness and generosity, we were able to provide everything the man resting his amputated leg on a bucket, needed to manage his diabetes—a glucometer, blood strips, alcohol preps, syringes and insulin. We are thankful we could be there to support him in this time of need.. He was so filled with gratitude that he wanted to give back by helping weed and plant flowers in our garden last spring.

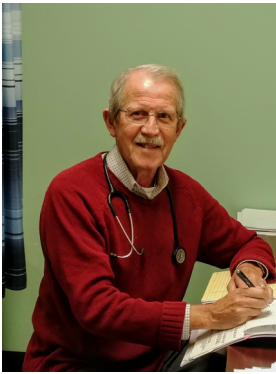
Generosity has a ripple effect. As you give, it touches another life and they give. More than one of our patients have chosen to serve others because of the impact made through our caring team.

We are abundantly grateful for your prayers, time and financial gifts throughout the year!

In our efforts to be faithful stewards of your gifts, we invested in developing the necessary infrastructure to open an in-house formulary medication dispensary at the end of 2019. The partnership with Dispensary of Hope will provide us the opportunity to expand the number of patients we serve, while creating a strategy for the light of Beacon Clinic to shine for those in need for years to come. The future continues to get brighter as we show the love of God in action.

In 2019, nearly 2,300 hours of time were donated by our wonderful and caring volunteers. *May each of you be blessed for investing your time to inspire hope, health and wellbeing by providing high quality, culturally competent, free, faith based primary healthcare to uninsured and underserved adults in the Greater Harrisburg Community. THANK YOU!*

# Our Volunteers



**P.S. Save the Date!**

**Beacon Clinic Annual Fundraising Banquet  
Friday, November 6, 2020  
West Shore Country Club**

For more information about us visit [www.beaconclinicpa.org](http://www.beaconclinicpa.org)