



NEWS FROM CCMC!

*Our new logo
highlighting
CCMC's
20th
Anniversary!*



**Cooperative Christian
Ministries + Clinic**

Celebrating 20 years of Helping and Healing

**Getting Ahead in a Just-Gettin'-By World Scheduled for
December 5, 2016**

The current two classes of Getting Ahead in a Just-Gettin'-By World will be graduating on Monday, December 5, 2016. We are excited about this celebration

and the opportunity of sharing with these individuals a very significant time in their lives. Please join us at 6:00 p.m. at First Baptist Church. You'll be glad you did!

The 13th Annual Chocolate Festival Date Announced for February 5, 2017

Plans are moving ahead for the 13th Annual CCMC Chocolate Festival to be held on Sunday, February 5, 2017. This event will again be hosted by Embassy Suites. We are looking forward to seeing everyone there!



GAWGO Graduate Shows Appreciation to GCDC Staff

Carrie Piceynski, a May 2016 Getting Ahead While Getting Out graduate, recently visited the Garland County Detention Center with gifts of appreciation.

GAWGO is a ministry provided by CCMC and is a 16-week program that, like

Getting Ahead in a Just-Gettin'-By World, can change lives. The two programs are very similar, but GAWGO includes material that will help the investigators think about and plan for their re-entry to the outside. They investigate and learn about themselves and their community, the "hidden rules" of class that can help them move forward, how to build resources, and accountability. GCDC's goal, along with CCMC's, is to reduce recidivism and give these individuals the tools to begin again, to make a fresh start...for themselves and for their families.

Carrie brought this "new beginning" to life when visiting the facility staff and bringing gifts and words of thanks!

Two Getting Ahead While Getting Out Classes will be Graduating on December 12, 2016! We congratulate these individuals who have worked hard to complete GAWGO and wish them the best in their future endeavors!

Paper Published Reporting on a Diabetic

Study Done at CCMC

A paper reporting on a study, Diabetics at the Charitable Clinic of Hot Springs, AR, was recently published in the 2016 Medical Research Archives KEI Journals with Rita Black Monsen, PhD, as corresponding author. Contributing authors were Sharon Morel, MSN, John Crenshaw, MD, and Katherine Hurst, MD. This study was based on data collected between 2005 and 2014 and included 570 diabetic patients. A comparison was done of those in the clinic's diabetes class, approximately 300 people, with those who had not been in a class. It should be noted that the 300 who attended the class did better and were healthier than those not in class, while they were the ones who were more ill when they came. All 570 patients were followed and data collected. There were approximately 100 that had five years of data at the end.

Statistical analysis showed that body mass index (BMI) was for all of the patients predictive of their hemoglobin A1c on their third year. A conclusion was that a subject could be predicted, with initial data, as diabetic three years out, based on their BMI.

Another conclusion is that the medicines used during the data collection period were less expensive and less sophisticated than those used in a private doctor's office for patients with private insurance.

This study was done prior to the implementation of the Affordable Care Act and the people involved were below 200% of poverty line and did not qualify for insurance.

Dr. Monsen said she would like to express her appreciation to all the volunteers, the staff, and the patients and their families that made this study a success and this article possible, and added that this was certainly a unique opportunity for a charitable clinic.

CCMC Speakers Always Ready to Share the Bridge to Hope and Getting Ahead Stories

If you would like to have a CCMC representative come to your business or organization to talk about Bridge to Hope in Hot Springs and the Getting Ahead stories, please contact Lynn Blankenship at lynn@ccmchs.com or call her at 501.318.1153, ext. 103.

The Getting Ahead story is about building resources, removing barriers, and supporting the journey from poverty to sustainability for those in our community who want to benefit from this process. The results...a better workforce, a new group of people to contribute to the community, and stronger families.

Ongoing Needs at CCMC

CCMC has many ongoing needs. In addition to volunteer help, which is always needed and appreciated, other needs are:

- Prayer support
- Disinfectant wipes
- Financial support for overhead costs (utilities, medication, etc.)
- Office supplies (paper, pens, notepads, etc.)
- Paper towels, napkins
- Paper plates, cups

Costs involved with Getting Ahead include:

- Classroom supplies for an entire class (16 participants) - \$200
- Workbooks for a full class - \$300
- Food for a 16-member class session - \$150
- Price per class participant - \$900

Monthly Information Meetings for Prospective Getting Ahead Participants

Please remember that we hold monthly information meetings for prospective participants for Getting Ahead. The 2nd Thursday of each month, from 10:00-11:00 a.m., Jill Johnson, Getting Ahead Coordinator, reviews the process and answers questions that attendees might have about the program. The GA process is a 16-week self-discovery for participants...to learn about themselves, the 11 resources the material outlines, and the journey from poverty to sustainability. If you know anyone who would be interested in learning more about Getting Ahead, upcoming information meeting dates are:

- December 8, 2016
- January 12, 2017

Other Important Meeting Times in December

Mentor Orientation

Thursday, December 8 11:00 a.m.-noon
CCMC

Bridge to Hope Breakfast Meeting

Wednesday, December 14 8:00-9:30 a.m.
Hot Springs Chamber of Commerce
Seating limited - RSVP requested to awilson@ccmchs.com

Cooperative Christian Ministries and Clinic
www.ccmchs.org



STAY CONNECTED: