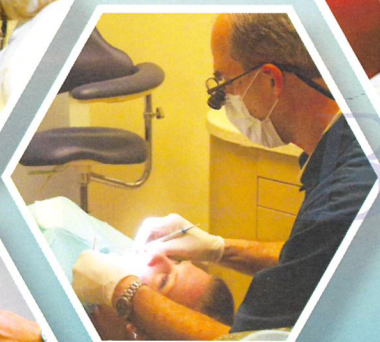


*Mind*

# Your Hands. His Heart.

Annual Impact Report  
2018



*Restore the body. Refresh the spirit.*



**Our mission** is to bring glory to God by meeting the physical, emotional and spiritual needs of those without adequate resources. We strive to treat patients with the dignity and respect that they deserve as children of God.

## Staff

**Dawn Brouwers, LMSW**  
Executive Director

**Dr. James Bell**  
Board Member Emeritus

### MEDICAL PROGRAM

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Volunteer Medical Director

**Mallory Hughes, RN/BSN**  
Clinic Coordinator

**Margie Leonard, RN/BSN**  
Assistant Clinic Coordinator

**Polly Draker, RN/BSN**  
Clinic Supervisor

**Jennifer Lopez, RN/BSN**  
Diabetes Nurse Educator

**Tawnya Gardner RPh**  
Volunteer Medication Room  
Director

### DENTAL PROGRAM

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Volunteer Dental Director

**Shelli Marin, RDH**  
Dental Coordinator

**Stacey Simon,**  
EFDA, COA, CDA, RDA, BA  
Certified Dental Assistant

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Executive Assistant

**Amy Delay**  
Patient Advocate

**Kimberly Junge, LPN**  
Spiritual Care Coordinator/  
Volunteer Coordinator

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Business Analyst, United Fire Group

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Chiropractic Clinic of Iowa

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Quaker Oats

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Pregnancy Support Center

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**Phil Hershner**  
Trust Officer, US Bank

**Thomas Moore**  
Retired Executive Director,  
African American Museum of Iowa



## Serving.

2018 was a year of remarkable growth for the His Hands Free Clinic. This past year, we added 200 new patients to our roster, renovated our clinical space, hired new staff to handle increased patient demand, and started a Sustainers Society (individuals putting His Hands in their will and estate plan). It feels wonderful to be able to say with confidence that we are providing for members of our community both in body and spirit.

And there's more good news: Our pilot diabetes education program enrolled 75 people in 2018. By the end of the program, participants said they felt healthier and more energetic. Their medical charts backed up this sentiment. "My health has improved and I owe it all to His Hands," wrote one patient. "Thank you!"

Your generosity made these successes possible and we praise God for providing for our clinic through you. Your kindness provided care for 1,355 patients and helped cover the costs of 4,000 medical visits in 2018. You also provided spiritual care and guidance to many of those who sought medical care at His Hands.



Our God provides in many different ways. One of those ways is through our volunteers. We are so thankful for the many volunteers who work at the clinic. Without the aid of these faithful friends, His Hands would not exist.

We are excited to see what God has in store for His Hands in 2019. As many of you know, the clinic is busier than ever and quite literally bursting at the seams with patients and providers. Our board is reviewing growth options and welcomes your prayers for wisdom and insight.

In the meantime, be healthy and to God be the glory!

Dawn Brouwers, LMSW  
Executive Director  
His Hands Free Clinic

**P.S.** Interested in joining our volunteer team?  
Check out our website [www.hishandsclinic.org/how-can-i-help/volunteer](http://www.hishandsclinic.org/how-can-i-help/volunteer)

## 2018: A year of growth and healing at His Hands

When we reach the tipping point in our health and are ready to seek medical help, we need somewhere to turn. The ever increasing insurance premiums and medication costs often make seeking medical attention a very difficult choice. His Hands is there to provide that place for those in need of healthcare who don't have adequate resources to pay for it.

Meet Beth. Beth is the type of person who cares deeply for those she holds dear. She once told us that she thought it was selfish to pray for yourself (don't worry, we helped her realize it wasn't). She loves her family and beams with pride when talking about her infant granddaughter. Beth would do anything to ensure her family stays healthy, meanwhile ignoring her own health because she could not afford a physician.



A couple of years ago, Beth found herself at her tipping point.

She knew that her blood pressure was increasing and her thyroid was not working properly. Since she did not have the funds for insurance to pay a doctor, she turned to His Hands for help. At His Hands she was welcomed with open arms. Beth's blood pressure was elevated and thyroid sluggish — but most concerning was her body's path towards diabetes.

Beth received the life-changing official diagnosis she had type 2 diabetes. She wept as our nurse held her hand and

prayed with her. Those who lack the funds for insurance often don't discover what has been causing them to feel sick until they develop the disease. When people find out they have diabetes, most react in one of two ways — they are either angry and blame themselves, resigned to a life of medication to control the illness or they are like Beth. Beth was upset and saddened at the realization of her diagnosis, but she was also determined to get up and do something about it. She knew that she could not help her loved ones if she herself was not healthy. Besides, she had a little granddaughter who she wanted to be there for and to watch her grow. Beth wanted to make her own health a priority, but she was unsure where to begin.

The partnerships that His Hands has in our community are nothing short of God's love at work. Thanks to these partnerships, His Hands was able to help Beth enroll in a weight loss and exercise program at the local YMCA. She pays a small fee to participate, with the majority of the cost covered through a scholarship. Beth shares, "His Hands is a Godsend... it has relieved a huge (financial) burden and given me lots of support."

Beth has her goal set on improving her health to the point where she no longer will need medication to control her

*"His Hands  
is a Godsend...  
it has relieved  
a huge (financial)  
burden and given  
me lots of  
support."*



diabetes. But more than that, and true to who she is at her core, Beth wants to use her newfound health and energy to help others. She is not quite sure what that looks like yet, but Beth is a helper.

She wants to help. That's the work that happens here at the clinic, extending a hand to those in need watching His grace multiply tenfold.



Watch Beth's Story at: [hishandsclinic.org/about/your-hands-his-heart](https://hishandsclinic.org/about/your-hands-his-heart)



## Be a blessing: a volunteer's dedication to community service

When he was a young college student, Thomas Moore was standing at the bus stop pondering how to pay for his next meal. While he was waiting, his cousin pulled up alongside the curb and handed him twenty dollars. As it was 50 years ago, that twenty dollars was tremendous and meant that he would have a full belly for many days to come.

No stranger to service, the former executive director of the African American Museum of Iowa (AAMI) has known and

*“Every day  
when I wake up  
I ask the Lord to  
allow me to be  
a blessing  
to someone.”*

understood from a young age the importance of being a blessing to others as his cousin and others have been to him over the years. “If you are a blessing to someone else, you will be equally blessed,” he shares.

The day we sat down to talk with Tom, the retiree had just come from helping a young man, who likely looked much like he did 50 years ago at the bus stop. On that day, the polar vortex forced windchill temperatures to well below freezing. Due to the cold, the young man's car would not start. Tom helped him get the vehicle to a car repair shop and nervously checked in on him a couple times during our meeting.

When asked why Tom, who has done so much to serve his adopted hometown over the years, chooses His Hands to give of his time and talent, he says, “After I retired, I was praying about where the Lord wanted

me to go next. I've driven by the clinic numerous times and didn't have a need for care myself since I have insurance. But, I felt like serving here was what He was calling to me do.”

Tom appreciates the holistic approach at His Hands. As a prayer support volunteer and board member, he is able to provide the added service of prayer to contribute to the overall mental, physical, and spiritual health of our patients while they are visiting for medical, dental or chiropractic care. Each day he comes to volunteer, he notices how the staff and his fellow volunteers value each patient that walks through the doors and manage to have an enjoyable time, in spite of the difficult stories that are often unraveled inside the clinic.

Tom says, “Every day when I wake up I ask the Lord to allow me to be a blessing to someone. A word of encouragement or hello doesn't cost anything, but it can make all the difference to the person receiving it.”

Wonderful words of advice, Tom. Thank you for being an inspiration to us all.





*Volunteers are always needed at His Hands Free Clinic. In fact, everything we do relies on the support and efforts of our volunteers! We welcome volunteers of all skills and backgrounds. To learn more or to sign up, visit [HisHandsClinic.org/how-can-i-help/volunteer](http://HisHandsClinic.org/how-can-i-help/volunteer).*





*"At His Hands,  
in addition to the  
medical services, you  
also get the spiritual  
support."*





## Instruments of love: donors step up to help strangers in need

Kevin and Rebecca McCarville could have chosen any number of local organizations to contribute to financially. A serious health issue for Kevin last year made the couple pause and recognize their fortune in being able to access care and medications without worry.

Becky recalls, "What would have happened to us if we couldn't afford the doctor's visits and medicine that Kevin needed?"

Fortunately, that is a question they do not need to answer. But the experience brought to their attention that a number of individuals and families—many of whom are served at His Hands—face that very question each day as healthcare costs go up and families are squeezed tighter and tighter. For these individuals and families it is not a matter of 'What if?'—it is their reality. Some go without care for years, while others split medications in half or go without entirely. But all struggle.

That is why we exist at His Hands. To lift these burdens through His love and

the generous gifts of individuals like the McCarvilles. Because of these gifts, prescriptions are filled and important healthcare visits are received—but, it's bigger than that at His Hands. There is also an added faith dimension to the holistic care at the clinic that truly makes a difference. For this reason, the McCarvilles felt drawn to give to His Hands. They firmly believe that everyone deserves to have quality access to care and medication and that spiritual health is imperative to overcoming health struggles. They themselves are quick to credit their faith in helping them through Kevin's struggles last year.

"At His Hands, in addition to the medical services, you also get the spiritual support," Kevin says. "Once your spirit is renewed, the physical side comes a little more easily. When you put that together like His Hands does, you have a pretty powerful combination."

We are thankful to the McCarvilles, you, and all those who choose to give of their time, talent and treasure to support our mission at His Hands. Through Him all things are possible. Thank you for being instruments of His love.

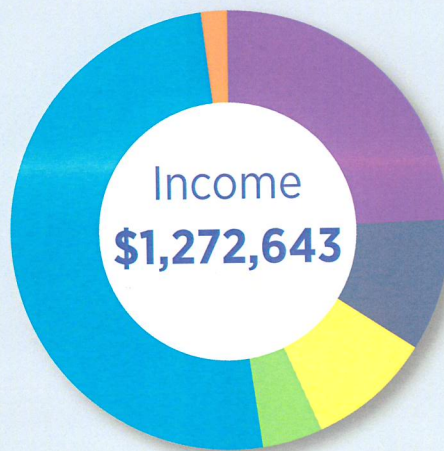
To learn more about giving opportunities or to make a donation, visit [HisHandsClinic.org/how-can-i-help/donate](http://HisHandsClinic.org/how-can-i-help/donate).





## Budget breakdown

We are so thankful for your faithful giving. You gave and God multiplied your gifts. We have 49 monthly donors who ensure that we can count on \$2,870 a month to provide healthcare services. In 2019 we started our Sustainer's Society (individuals who have put His Hands in their will and estate plans). Right now there are 5 members who are leaving His Hands as their legacy in their wills or estate plans. For more information about monthly giving or being a part of our Sustainers Society call or email Dawn Brouwers at 319-862-2636 or dawn@hishandsclinic.org.



Churches	\$40,424
Individuals	\$156,906
Special Events	\$151,479
<ul style="list-style-type: none"> <li>Praise on the River</li> <li>Laughter is the Best Medicine</li> </ul>	
Grants	\$71,427
In-Kind Gifts	\$823,160
Other	\$29,247
<ul style="list-style-type: none"> <li>Businesses \$21,202</li> <li>Community Organizations \$4,363</li> <li>Patient Donations \$2,212</li> <li>Reimbursable Services \$1,470</li> </ul>	



Administration	\$66,193
Fundraising & Communications	\$93,389
Program	\$1,001,184
<ul style="list-style-type: none"> <li>Includes \$776,300 of in-kind donations of medical and professional services, medications, supplies, prayer support and other volunteer time.</li> </ul>	



## Services provided

<b>Total patient visits</b>	4,048
Total number of patients	1,355
51% of patients were employed	

### Patients by Clinic

1,936	Medical
571	Chiropractic
554	Medication Refills
453	Social Work
169	Dental
101	Prescription Assistance
101	Physical Therapy
50	Diabetes
34	Mental Health
10	Vision

### Top RX Diagnoses

- 1 Hyper-tension
- 2 Musculoskeletal
- 3 Mental Health Issues
- 4 Gastrointestinal
- 5 Dermatology
- 6 Ear nose throat
- 7 Respiratory
- 8 Diabetes
- 9 Physical—work or school
- 10 Infections

For every  
dollar donated  
His Hands provides:

**\$3.65**  
in services.

**92**  
Zip Codes Served  
**24**  
Counties

**1,412**  
People received  
**Prayer**  
**272**  
**Bibles**  
given out

**233**  
Volunteers gave  
**9,549**  
hours, equalling  
**\$352,141**  
worth to the  
organization!



## Donors make all the difference

Your contributions in 2018 helped 1,355 people like Beth regain their health so that they could be parents, grandparents, employees and workers in our community. Your gifts touched the families of these patients making your gift impact more than 5,400 people in Eastern Iowa. Every gift, no matter what the size, helps His Hands serve our community.

Tim Adams  
David Ades  
Ray and Linda Agrimson  
Alisa Ajango  
Billy and Karen Alday  
Brad Aldrich  
Wendell and Mary Aldrich  
Theresa Alt  
Jim and Patty Anderson  
June Anderson  
Lori Anderson  
Larry and Sylvia Anspach  
John Anstrom  
Mark and Sue Anton  
Erin Appleby  
Jim and Terri Archibald  
Craig Arians  
Ed and Leona Arkema  
Jamison Ash  
Sandy Ashley  
Brian and Laura Azelborn  
Robert and Kathy Baker  
Tom and Cindy Banowetz  
Dale and Julie Bappe  
Linda Barnett  
Janice Basemann  
Tony and Shirley Bata  
John and Eryn Bauer  
Lois Baumert  
Craig and Sharon Beam  
Joshua and Fedia Bean  
Judith Bean  
Bob and Jane Beck  
Jim and Shellie Bell  
Timothy and Mary Bennington  
Alan and Sheryl Bensema  
Eric and Lori Berger  
Paul and Christy Berkenbosch  
Steve and Rhonda Bernhardt  
Scott and Lori Bery  
Ruth Bielski  
Carl and Carla Bilter  
Daniel Boardman  
Steve and Cathy Boardman  
Jim and Sandy Bodin  
Marolyn Bogert  
Scott and Joannn Bogguss  
Stacia Boots

Judy Bottomley  
Chris Bowers  
Frank and Rosemary Bowers  
Robert Bradley  
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Wayne and Kris Breckon  
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Luz Brewster  
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Lauren Bushlack  
Donald Buss  
Jerald and Julie Butterworth  
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Mary Jean Carlstedt  
Mary Carman  
Constance Carter  
Mark and Terri Carter  
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Austin and Jenny Chadima  
Debra Charlier  
Mohit and Charu Chawla  
Jared and Andrea Christensen  
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Coya Clayton  
Thomas and Kris Cleveland  
Kenneth and Diane Cogan  
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Linda and Phil Conn  
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Andre and Lisa Gallet  
Stewart and Darlene Galloway  
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Tawnya Gardener  
Liz Gardner  
Sue Gardner  
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Diane Gent  
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Kevin and Deborah Gertsen  
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Grandgeorge  
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Beth Haider  
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 Suzanne Smith  
 Timothy and Donna Smith  
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 Jan Solem  
 Roger and Lori Soppe  
 Randall and Pat Spaak  
 Dennis and Debbie Spencer  
 Morgan and Amy Spoelstra  
 Jacob and Kirsten Stallsworth  
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 Bob and Karen Stewart  
 Clay and Jen Stoffer  
 Sallie Streib  
 Frances Struck  
 Tom and Clory Strumpel  
 John and Angela Strutz  
 Tina Stuart  
 Kathleen Stuelke  
 M'Rald Sturges  
 Michael and Deb Sullivan  
 Michael and Lynn Sundall  
 J Alan and Mary Swegle  
 Glenda Switzer  
 Chuck and Carol Swore  
 Vimmi Tandon  
 Mary Tarbox  
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 James and Jane Thatcher  
 Christopher Thomas  
 Daniel and Marisa Thompson  
 Mark and Loraine Thompson  
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 Joni Tibbits  
 Helen Tielebein  
 Frederick and Beverly Timko  
 Kreg and Karla Tjelmeland  
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Sharilyn Van Hyfte  
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 Beth Vandygriff  
 John and Marie Vanourny  
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 Elizabeth Vollenweider-Leos  
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 Bill and Paula Watkins  
 Paul and Deane Watters  
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 Paul and Moira Weitz  
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 Jeff and Tomorra Wessel  
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 Bob and Lessa Westfall  
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 Bernard and Phyllis White  
 Marlyn and Luana White  
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 Lloyd Whiting  
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 Steve and Ella Wielage  
 Craig and Allison Wilhelm  
 Paulette Willey  
 Mark Willis  
 Deborah Witter  
 Tina Wood  
 Bart and Jennifer Woods  
 Carol Woodson  
 Daniel Wright  
 Michael and Vicki Wright  
 Donna Young  
 Steve and Mary Young  
 Ron and Cathy Zachariasen  
 Phyllis Zalenski  
 Bob and Cheryl Zapf  
 Carl and Beth Zauche  
 Fred and Joann Zehr  
 David and Cynthia Zenk  
 Thomas and Janet Zuber  
 Lisa Zwanziger

## BUSINESSES/CHURCHES

Aegon Transamerica Foundation  
 All Secure  
 Alliant Energy Foundation  
 Anderson-Bogert Engineering  
 Area Ambulance Service  
 Be The Light Yoga and Wellness  
 Believers In Grace Fellowship  
 Bethany Lutheran Women's  
 Guild  
 Bouslog Insurance  
 Bronson Brokerage Inc  
 C4 Operations LLC  
 Calvin Sinclair Presbyterian  
 Church  
 Cargill Inc CR Contribution  
 Committee  
 Cedar Rapids Bank and Trust  
 Cedar Valley Steel Inc  
 Certified Pest & Termite Control  
 Chick-fil-A -- Lindale  
 Chick-fil-A -- Westdale  
 Church Of Grace  
 Clark's Pharmacy  
 Community Savings Bank  
 Cottage Grove Place  
 CR Area Assoc of Realtors  
 Dan's Overhead Doors & More  
 Dave Schmitt Construction Co.  
 Inc  
 Delta Dental Of Iowa Foundation  
 Dental Prosthetic Services  
 Eastern Iowa Oral and  
 Maxillofacial  
 Surgery LLC  
 Echo Hill Presbyterian Church  
 ES & D Services Inc  
 Fairfax State Savings Bank  
 Faith Bible Church  
 Farmer's Daughter's Market  
 Farmers State Bank  
 First Assembly Of God  
 First Lutheran Church  
 First United Methodist Women  
 Fitzgerald Trucking  
 Frank and Margaret Race  
 Foundation  
 Gehring Orthodontics PLC  
 General Mills YourCause  
 Grace Christian Fellowship  
 Great American Leasing  
 Greater Cedar Rapids  
 Community Foundation  
 Greater Kansas City  
 Community Foundation  
 Hall-Perrine Foundation  
 Hames Homes LLC  
 Harding Enterprises LLC



Hills Bank and Trust Company  
Hillside Wesleyan Church  
His Women Inc  
Home Missionary Society Of  
Trinity Lutheran Church  
Hus Memorial Presbyterian  
Church  
Interstate Power and Light Co  
Iowa Screening Programs  
Iowa Western  
Jam Co. LLC  
Jared and Carol Hills  
Foundation  
Jay's Water and Ice  
John P and Lawrence J  
Giacoletto Foundation  
King Of Kings Lutheran Church  
Kingery Manufacturing Service  
LLC  
King's Material  
Kirkwood Community College  
Kona Ice of Cedar Rapids LLC  
Larry Roberts Interiors LTD  
Leora's Designs  
Lil Drug Store Products  
Linn Area Credit Union  
Linn County Medical Society  
Living Hope Wesleyan Church  
Lodge Klas 160  
M&W Manufacturing  
M. Paul and Glenn Brimmer  
Foundation  
Marion Christian Church  
Marion Process Solutions  
Mercy Medical Center  
Mercy Medical Center Staff  
Metal Design SystemsInc  
Meth-Wick Community  
MLY Investments  
National Christian Foundation  
Nesper Sign Advertising Inc  
New Covenant Bible Church  
Noelridge Christian Church  
Our Savior's Lutheran Church  
Park Towne Animal Hospital  
Peace Church  
Personal Solutions for Seniors  
LLC  
Physicians' Clinic of Iowa—  
Vein Center  
Physicians Clinic Of Iowa PC  
Primus Construction Inc  
Revive Family Chiropractic LLC  
Riccolo, Semelroth &  
Henningsen  
Rick and Donna Flynn Fund  
Rockwell Collins, Retired  
Volunteers  
Rotary Club of Cedar Rapids  
Sadler Power Train Inc  
Saint Pius X Parish  
Schneider Electric North  
American Foundation  
Schumacher Carpets Inc  
Shey Systems Inc  
Simmons Perrine Moyer  
Bergman PLC  
Spot Free Mobile Wash  
St. Isidore Parish  
St. Joseph Catholic Church  
St. Jude Church  
St. Luke's Medical Staff  
St. Paul's United Methodist  
Church  
Stonebridge Church  
Stuff Etc.  
Surgery Center of Cedar  
Rapids  
TDT CPAS  
Teahen Funeral Home  
The Accel Group  
The Benevity Community  
Impact Fund  
The Organizing Fund for Local  
125  
Theisen's  
Thrive Marketing and  
Research Inc  
True North  
U of I Community Credit  
Union  
UnityPoint Health  
US Bank  
Vanguard Charitable  
Warehouse Auto Co Inc  
Welcome Club Of Greater  
Cedar Rapids  
YourCause LLC Trustee For  
PepsiCo  
Zion Lutheran Church  
Zion Lutheran Church Prime  
Timers

## MEMORIALS

**Gary Allen Bean**  
Judith Bean

**Irma Bunce**  
Lewis D. Walshire

**Doris Burmeister**  
Robert D. Baker  
Jerald Betterworth  
Cedar Rapids Bank and  
Trust Co.  
Kenneth C. Egli  
Ted D. Ellison  
David Frieberg  
Kevin A. Gertsen  
John E. Goeders  
Evelyn P. Grandgeorge  
Michael D. Grandgeorge  
G.L. Hansch  
Larry and Jan Helling  
Eon B. Helling  
James Hindt  
Rick P. Jud  
James D. Klein  
Douglas M. Hultquist  
John Maurice  
Daniel G. Nace  
Dana L. Nichols  
Rhonda Quade Riordan  
Dortha Roske  
Frederick G. Timko

**JoAnn Detert**  
Ned Detert

**Arlene Pelley**  
Peace Church

**Sharon Rosenberger**  
Ned Detert  
Dale Dugenske  
June Farmer  
Farmers State Bank  
Vance Gregerson  
Frederick Hardiman  
Hillside Wesleyan Church  
Bruce Kimmerle  
RC Kitterman, Jr.  
Karen Langan  
Susan L. Linsley  
Robert Lynch  
Karen Miskimen  
Thomas Monahan  
James O'Brien  
Peter J. Oates  
Mary Roseberry  
Marvin Smith  
Mark Thompson  
Dan Veerhusen  
Craig Wilhelm

## HONORARIUMS

**Dr. Brownell**  
Judith Bean

**Jolynn Glanzer, MD**  
Don Nelson

**Donna and Marvin Hooker**

Beth Ann Haider  
Adam Hooker  
Kevin Nanke  
Kory S. Nanke  
Kristin Nanke

**Doug and Joan Minney**  
Jane Deets

**Dr. Sarah Ongstad**  
UnityPoint Health





*Restore the body. Refresh the spirit.*

400 12th St. SE  
Cedar Rapids, IA 52402

**Save these dates!**

HIS HANDS FREE MEDICAL CLINIC  
**PRAISE**  
ON THE RIVER

**Sunday, June 9, 2019**  
McGrath Ampitheater  
3 p.m. to 6 p.m.



**Monday, October 7, 2019**  
Cedar Rapids Marriott  
Silent Auction 5 p.m.  
Dinner 6:30 p.m.

Our fundraisers provide nearly 40% of His Hands annual budget.  
Help us make them successful by participating. Your attendance is always  
appreciated and there are opportunities for volunteers and sponsors, too.  
Contact [Danyelle@hishandsclinic.org](mailto:Danyelle@hishandsclinic.org) for more information.

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