

Rooted in the Past...



His Hands Free Clinic 2023 Impact Report



New Executive Director Brings Fresh Vision to the Clinic

Alex Trunnell joined His Hands Free Clinic in November of 2023. His role supports the clinic staff and volunteers.

Alex's corporate and personal experience, combined with time on the Board of Directors for Foundation 2 Crisis Services, provides him with a unique perspective. He looks forward to using his experience and God-given talents to further the mission of His Hands.

"It is a blessing to work alongside a group of people dedicated to serving and loving others just as Christ loves us. It's truly selflessness exemplified."



Doctor on Staff Provides Enhanced Level of Care

Dr. Ann Safo joined the clinic as its first staff doctor in March of 2023. Dr. Safo has made it possible to nearly double the amount of medical patients His Hands Free Clinic can see each week.

Dr. Safo is board certified in both Family Medicine and Integrative Holistic Medicine. She also provides Osteopathic Manipulative Medicine to patients who need it.

Dr. Safo chose to offer her skills at His Hands because, "I feel privileged to be in a position to serve the community in a way that is very tangible and is truly loving our neighbors."



Development Director Focuses on Growing the Clinic's Support

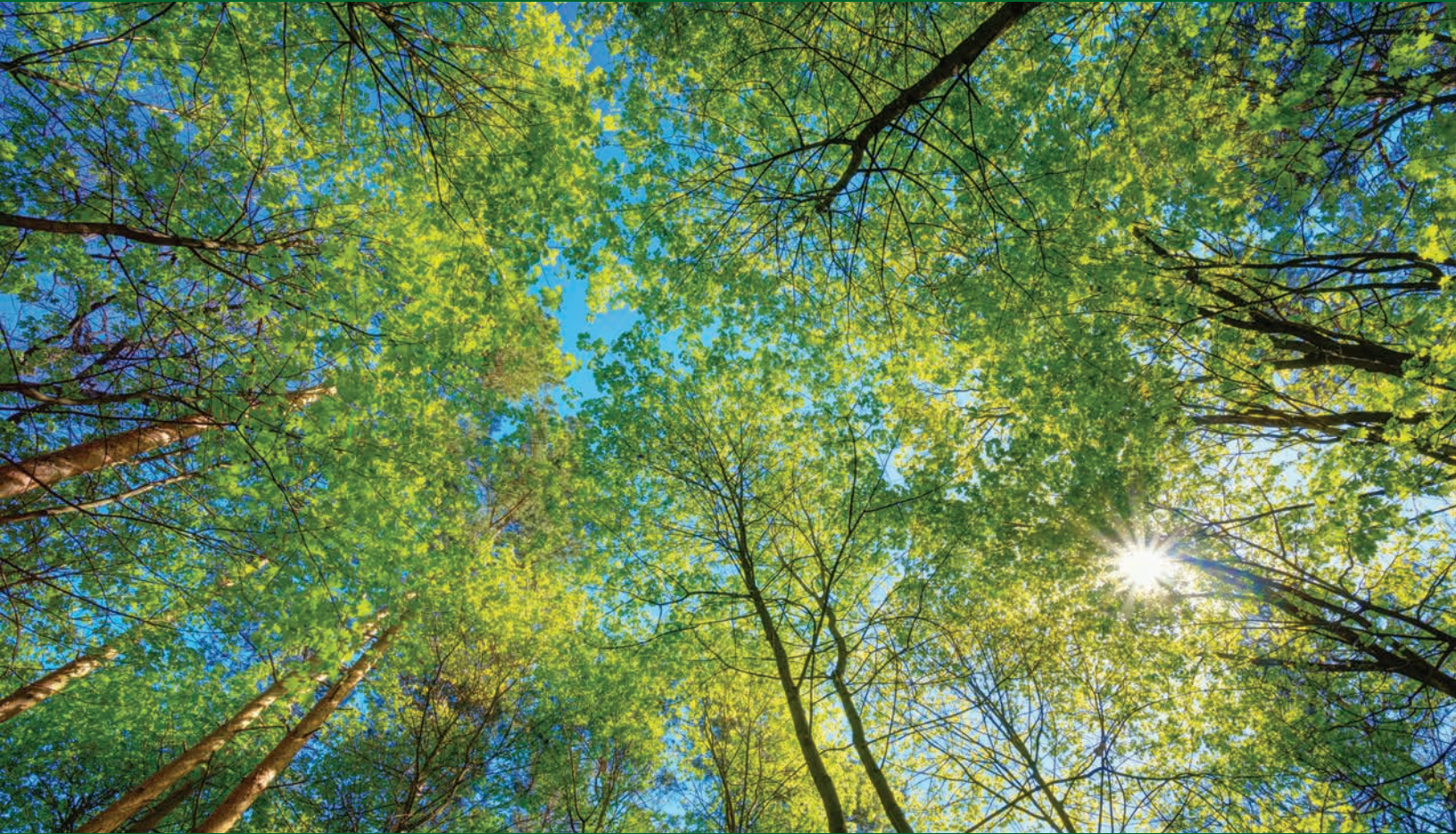
Dawn Brouwers has been with His Hands for 9 years as the Executive Director. She's now focusing her talents on fundraising as the Development Director. She's continuing her work of promoting the clinic and helping fund its services.

As the organization grows, the need for funding grows with it. She is dedicated to making sure there is enough money to provide great care for those in need in our community.

"I absolutely love sharing the story of the clinic and meeting the donors. I especially enjoy seeing donors' faces light up when they understand what God is doing here."

His Hands Free Clinic took root in Cedar Rapids in 1992. We have grown from a temporary location at the YMCA to a state-of-the-art clinic in the MedQuarter.

Growing Toward the Future



We've helped our community survive the flood, derecho, and Covid-19 pandemic. The need for no-cost healthcare remains great. We will continue to grow and adapt to the needs of the uninsured and under insured in our community.



“I felt like I was on my last leg.”

I've been through a lot. I really, really have; and they put me at ease. My A1C is down, so no more medication. I'm really happy that I found His Hands. This was a blessing for me.”

Joyce



“I probably would have given up.”

“If I didn't have the doctor or the nurses, I'd be miserable. I probably would have given up. I probably would be back on the street, or back in jail, or back in prison again if it weren't for them. They go above and beyond the call.”

Alan



“His Hands helped me with many things.”

“When you don't have insurance, even though my physical treatment was easy, it caused a lot of problems because I could not see a doctor. His Hands helped me with many things.

Sharon

“I was feeling down on myself for not being able to afford healthcare, so it was a humbling experience for me to have to say, as a middle-aged adult woman, that I needed help. I was met with offers of prayer and no judgment. I'm thankful that His Hands exists!”

Anonymous

Impacting Lives



*“Very professional care...
very professional.”*

*“There’s no difference whether
you pay or don’t pay, you’re
treated well. I really appreciate it.
That was almost \$3000 worth of
dental work that I had done here
that I could not have done. And
you were awesome.”*

Michael



**“They always receive me with open arms
and they always help me with prayers.
They’ve supported me with all the illnesses that I’ve gone through,
and every time that I come out I feel much better.”**

Blanca

His Hands Free Clinic 2023 Financial Summary

Income

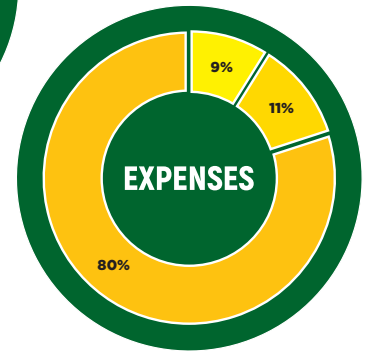
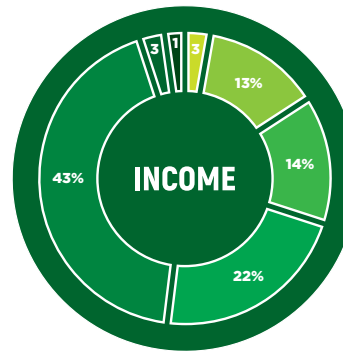
● Churches	\$ 48,995
● Grants	\$ 195,257
● Individuals	\$ 201,527
● Fundraising	\$ 324,976
● In-Kind Support & Donations	\$ 632,548
Professional Services*	\$272,133
X-rays & Labs	\$227,837
Bulk Medications	\$62,334
Patient Supplies	\$31,817
Fundraising Supplies	\$22,000
Medical Supplies	\$4,330
Building Supplies	\$6,945
Bibles	\$2,211
Office Supplies	\$1,804
Volunteer Supplies	\$1,138
● Businesses	\$ 43,617
● Other	\$ 16,191
Community Organizations	\$10,664
Patient Donations	\$4,899
Miscellaneous Other	\$628

Total Income **\$1,463,111**

*Donated professional services include: Doctors, Dentists, Chiropractors, Physical Therapists, Nurses, Dental Assistants, Dental Hygienists, Accounting, Marketing and Graphic Design.

Expenses

● Administration	\$ 121,662
● Fundraising & Communications	\$ 148,922
● Direct Patient Care	\$1,098,334
Total Expenses	\$1,368,918



In an effort to hold down printing costs,
the full list of donors to His Hands Free Clinic only
appears in the online version of our 2023 Impact Report at
HisHandsFreeclinic.org/about

His Hands Free Clinic 2023 Care Summary

Patient Visits by Clinic

Medical.....	2,461
Patient Advocate.....	619
Dental.....	243
Chiropractic.....	143
Physical Therapy.....	114
Chronic Disease Education.....	67
Total.....	3,647

Top Reasons for Medical Care

Mental Health	Diabetes
Hypertension	Ear/Nose/Throat
Musculoskeletal	Neurological
Endocrine	Cardiovascular
Gastrointestinal	Dermatology

Services Provided

Total Number of Patient Visits.....	3,647
Patients Offered & Recieved Prayer.....	1,129
Total Number of Unique Patients.....	1,361
Percent of Patients Employed.....	60%
Counties served including Linn.....	22
Unique Languages Spoken.....	29
Countries of Origin.....	69

Volunteer Contributions of Time & Talent

Total Number of Volunteers.....	151
Total Donated Service Hours.....	8,037
Total Value of Volunteer Service.....	\$355,393

“When your hand just got crushed and all you can feel is pain,
and worry that you may not be able to work, it’s scary.
You definitely saved me and put me in the right direction.
I can’t thank you enough.”

Scott

Volunteers Provided 8,037 Hours Valued at \$355,393

Staff

Medical Clinic

Dr. James Bell - Physician
Volunteer Medical Director

Dr. Ann Safo
Staff Physician

Margie Leonard - RN/BSN
Medical Coordinator

Polly Draker - RN/BSN
Clinic Supervisor

Christine Marcotte - BA
Patient Advocate

Mallory Hughes - RN/BSN
Clinic Nurse

Wilford Botts - RN/BSN
Clinic Nurse

Kathy Reed - RN/BSN
Clinic Nurse

Lon Butikofer - RN, BSN,
MSN, PhD - Clinic Nurse

Kellie Gourley - CPT
Medication Room

Dental Clinic

Dr. Jeff Akey - Dentist
Volunteer Dental Director

Stacey Simon - BA, RDA, CDA, COA,
EFDA, FADAA - Dental Coordinator

Operations

Alex Trunnell
Executive Director

Dawn Brouwers - LMSW, CFRE
Development Director

Cathy Piper
Office Coordinator

Sheryl Becker - BA
Administrative Coordinator

Kim Greiner - BA
Finance Coordinator

Jody Slife - BA
Volunteer & Spiritual
Care Coordinator

Angelica Schultz - BA
Development Associate

Judy Smith
Administrative Assistant

Board of Directors

Officers

Dr. Donald Paynter - President
Retired Physician, UnityPoint Clinic

Phil Hershner - Vice President
Trust Officer - US Bank

Kimberly Ivester - Secretary
Sr. Director, Clinical Operations TD3

Beth Disselkoen - Treasurer
Financial Assistant,
Bridgehaven Pregnancy Support Center

Board Members

Andrea Cooley
UnityPoint/St. Luke's/Human Resources
Assistant

Gina Kleman
MHSAP Supervising Teacher/Math
Enrichment/High School Musical
Director

Dr. Mary Lehner
Retired School Principal
and Education Consultant

Di Richardson
Community Volunteer

Tim Wesselink
TransAmerica, Director Internal Audit

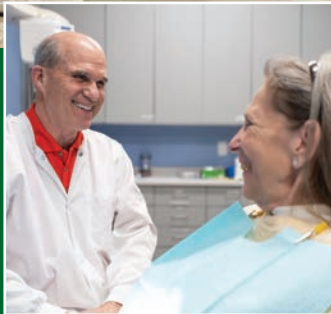
Dr. Jim Bell - Board Member Emeritus
UnityPoint, St. Luke's Palliative
Care Director

“God is really using this place to help people.
It would be great if others help to fund this place
so it can stay for us as long as possible.”

Brenda

Restoring Health

 **His
Hands**
FREE CLINIC
CELEBRATING
30 Years
1992-2022



Memorials & Honorariums

2023 In Memory Of:

Robert L. Berry

Helga Berry

Clarence Caraway

Ned & Mary Detert

Grant Carpenter

Anonymous
Kimberly Butler
Burl & Pauline Cherryholmes
Charles & Patricia Daugherty
Ronald & Marilyn Davenport
Mike Dvorak
Patricia Gosnell
Loretta Higham
Ivan & Lyn McBride
Margie Mitchell
Darrell & Cathy Piper
Howard & Diane Rattner
Keith & Nancy Sutherland
David & Durene Tabor
Keith & Pat Williams

Larry H. Collins

Joanne L. Herzog Collins

Mark & Helen Cross

Rita Porter

Dennis Decker

Marcia Decker

Eryn Didier

Karl & Mary Clapp

Joe Drahos

Pat Drahos

Dr. Alvina Drischoll

James & Nancy Vavricka

Leland Harris

Randal Harris

Holly Hapgood

Nancy Hapgood

Barbara Hughes

Glenn Vosatka

Pastor Daniel Q. Johnson

Gary & Becky Hamer

Richard Kramer

Sharon Barrett
John & Tracie Maurice

Dr. C.B. Lake

Curt Johnson

Coralie "Corky" Little

James & Teresa Meis

Gary Lovik

Mavis Lovik

Gladys McShane

Carole Hoskins

Chris Meier

Robert & Victoria Bauman

Phillis J. Melchart

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Marcia Decker

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Sandra Stepanek

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Anonymus

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James & Sue Snyder
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Ann Wharton

Gene E. Wolter

Val Wolter

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Dr. James Bell

Amy Johnson

Jeanette Buenzow

Her Daughters
Rogers & Linda Smith

Dr. William Galbraith

Keith & Pat Williams

Martha Hanley

Mary Hanley

Mike & Cecilia Simpson

John Venteicher

Legacy Giving

There are two ways to participate in legacy giving. The first is to become a member of our Sustainers Society by placing His Hands in your will.

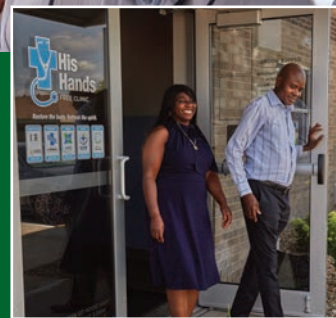
The second is to contribute to our endowment fund and maximize your Iowa tax credits.

Please contact
Dawn Brouwers at
dawn@hishandsclinic.org
or 319-200-5073.

“My late husband was first called to give.
I am continuing this call to be a part of something
bigger for those who need care and can't afford it.
I want to help give people a second chance.”

Angela

Invest in Great Care



Churches

Alburnett Christian Church
Antioch Christian Church
Bethany Lutheran Church
Cedar Valley Bible Church
Faith Bible Church
Faith Presbyterian Church
First Lutheran Church
Grace Christian Fellowship
Heart of Mary Cluster
Hillside Wesleyan Church
Home Missionary Society of
Trinity Lutheran Church
Living Hope Wesleyan Church
Marion Christian Church
Mt Zion Missionary Baptist Church
New Covenant Bible Church
Noelridge Christian Church
Our Savior's Lutheran Congregation
Peace Church
Prairie Bible Church
Prairie Chapel UMW
Radiant Church
St. Matthew's Catholic Parish
St. Joseph Catholic Church
St. Jude Church
St. Mark's Lutheran Church
Stonebridge Church
United Methodist Women
Westminster Presbyterian Church
Zion Lutheran Church

We have done our best to make this accurate, but if there are errors, please let us know via email:
sheryl@hishandsclinic.org
Thank you!

2023 Donors – Individuals

Anonymous x 22	Ronald & Mary Capps	Judy & Stephen Fuemmeler	Linda Howes
Randy & Karen Adams	David Hahn & Lisa Cararra	Robert & Wendy Gael	Logan & Stephanie Hoxie
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 Donna Young
 Audrey Young
 Ron & Cj Zachariasen
 Garry & Sandra Zalesky
 Fred & Joann Zehr
 Josh & Jenny Ziegler
 Ron & Cyndi Ziegler
 Thomas & Janet Zuber

Businesses & Foundations

Alliant Energy Foundation
 Barnhart Crane & Rigging
 Bronson Brokerage, Inc.
 Cedar Rapids Bank & Trust Co
 Cargill
 Climate Engineers
 ES&D Services, Inc.
 Fairfax State Savings Bank
 Farmers State Bank
 First Federal Credit Union
 Frank and Margaret Race Foundation
 Free Clinics Of Iowa
 Frontier Co-Op
 Greater Cedar Rapids
 Community Foundation
 GreenState Credit Union
 Hames Homes, LLC
 Harmony Hawks Chorus
 Hills Bank and Trust Company
 Kintzle Farms, Inc.
 LLM Sales Company, Inc
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 1 Peter 4:10 Charitable Fund
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 New Leader Manufacturing
 One Foundation, Inc.
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 Schumacher Carpets, Inc
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 Simmons Perrine Moyer Bergman, PLC
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HisHandsClinic.org

Growing Community Engagement

Laughter is the Best Medicine

Our comedy extravaganza is back! This fall, our first comedy special since COVID will bring the laughs and the love through donations to the clinic.

Save the date for
Monday, September 23 at
DoubleTree by Hilton
in downtown Cedar Rapids.



Tours & Treats

We invite you to come and explore the clinic through our new Tours & Treats program.

We encourage you to bring family, friends, and coworkers to join you. This is NOT a fundraiser.

We host the tours on the 4th Monday of most months at 5:30 pm.

RSVP to Sheryl@hishandsclinic.org or 319-200-5072.



Donate Now

OUR MISSION

To bring glory to God by meeting the physical, emotional, and spiritual needs of those without adequate resources.