



**Community Reach**  
*of Montgomery County*

## November 2024 Newsletter

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### In This Issue:

**Thank you to MKHC Quinceañera Supporters**  
**Over 300 Meal Baskets Distributed for Thanksgiving**  
**This Month at MKHC**  
**Support Reach for Giving Tuesday**  
**Senior Reach Launches Tech Assistance Workshops**  
**Mark Your Calendar \* Volunteer Opportunities**

## Thank You to MKHC Quinceañera Supporters



MKHC's Quinceañera celebrating 15 years of healthcare for the medically underserved took place on October 26th. Guests watched a video history of the clinic, heard from a medical interpreter volunteer about the impact of MKHC's services, and helped us raise money to support essential services. In keeping with quinceañera traditions, we also sang the happy birthday song in Spanish, raised a toast to MKHC's future, and watched a traditional Latin dance performance.

Thank you to everyone who helped make this event a success!

[Check out more photos](#) from the event taken by Rudolf Carson, or [watch MKHC's video history](#) made by Zora Goldstein.

## Over 450 Meal Baskets Distributed for Thanksgiving



A dedicated team of volunteers pitched in to help us pick up and distribute over 450 meal baskets to local families and organizations this past weekend as part of the Holiday Giving Project, more than in any previous year. We received generous meal basket donations from many local partners, including Stein Sperling, Landon School, Holton-Arms School, Unitarian Universalist Church of Rockville, St. Elizabeth's Catholic Church, Potomac United Methodist Church, and more. We are also extremely grateful to Rockville United Church for lending us space to store and distribute the meal baskets.

Our efforts now shift to the December holidays, where we will distribute additional meal baskets as well as gift cards and toys for over 300 teens and children. If you are looking for a way to give back, we specifically request toys and gift cards for teens, as our supplies are running low. You can [buy toys directly from our Amazon Wishlist](#) and have them sent to our office or drop them off on December 12th and 13th.

Volunteers are needed to help distribute meals and toys! December distribution will take place on Thursday the 19th at Reach's office or Saturday the 21st at St. Francis Episcopal Church in Potomac. Email [development@cmrocks.org](mailto:development@cmrocks.org) if you're interested in helping out for a 2-3 hour shift.



## This Month at MKHC

MKHC has kicked off the holiday season by giving thanks to the amazing volunteers and staff who make our work possible. We threw a volunteer appreciation event to celebrate all our volunteers and brought in cupcakes for Nurse Practitioner Week to honor specifically their contributions! MKHC wouldn't exist without the dedication and commitment of our volunteers.



November is Diabetes Month! Did you know that around 50% of the patients at MKHC are diabetic or pre-diabetic?



For Diabetes Month and throughout the year, we work to provide the resources, education, and support our community needs to live healthier lives.

MKHC hosted a Diabetes Wellness Day this month to offer free comprehensive diabetes exams including lab tests, foot exams and eye exams; guidance on avoiding complications related to diabetes; and educational resources, including nutrition advice, to help manage the condition. Twelve patients received care as part of this event.

MKHC's medical assistants and other staff also took part in an educational seminar on the treatment of diabetic wounds offered by a medical student at Uniformed Services University.

Showing off the new clinic space hasn't gotten old yet - we welcome different groups to tour the office and get a first-hand look at our operations. Recently, we welcomed a group of supporters who attended an MKHC fundraiser and are interested in volunteer work. We also toured representatives from the Latino Health Initiative (right) as we explore ways to strengthen our partnership.



## Support Reach for Giving Tuesday

Help us help the community.



Giving Tuesday takes place each year on the Tuesday after Thanksgiving as a day to encourage altruism and support for charitable causes. This year, it will be on December 3rd, but donations are accepted at any time.

Reach's Giving Tuesday appeal supports the Holiday Giving program, which just finished providing Thanksgiving meals to those in need. Consider supporting Reach and our Holiday Giving program to help continue this tradition as we begin preparing to distribute meals and

toys to families for the December holidays.

Donate to Reach for Giving Tuesday

We also welcome anyone to share our Giving Tuesday appeal on their social media ( [host a Facebook fundraiser for Reach!](#)) or promote it to friends and family looking for a way to give back this year.

## Senior Reach Launches Tech Assistance Workshops

Senior Reach hosted weekly tech assistance workshop for seniors at Victory Court. During a 2-hour window, volunteers were available to assist seniors with any questions about using their computers, phones, tablets and other devices.

One of the great benefits of these workshops is the ability to bring together different generations! For one workshop, Senior Reach partnered with Link Generations, an organization that connects youth and older adults, to provide volunteers for the latest weekly workshop. Over 40 seniors attended the events to get help using their phones and other electronic devices. We are hoping to expand these events to other locations, based on the current demand.



If you are interested in helping with future workshops or working with individuals in our Senior Reach or Housing programs to assist one-on-one, please contact [andreakwink@cmrocks.org](mailto:andreakwink@cmrocks.org).

## Mark Your Calendars!

### Giving Tuesday

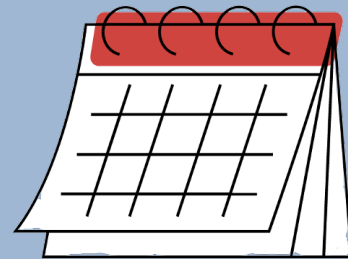
December 3rd  
[Donate now](#)

### Holiday Giving - December Distribution

Thursday, December 19th at Reach Office  
1010 Grandin Ave, Rockville MD, 20851

### Saturday, December 21st at St. Francis Episcopal Church

10033 River Rd, Potomac, MD 20854



## Volunteer Opportunities

### Program Evaluators

Evaluate our programs, including providing an objective opinion on what is working well and what improvements can be made.

The work requires interviews with program leads and others, at least one in-person visit, and the submission of a final written report. Volunteers should have an understanding of evaluations, the ability to do research to determine best practices, and good writing skills. Some experience in the area that is being evaluated is helpful but not necessary.

### **Committee Members**

Serve on one or more of our standing committees (Development, Finance, Faith Advisory, or Governance) or ad hoc event committees (Annual Gala or Clinic Event). Most standing committees meet monthly, and event committees meet as needed. Most meetings are held online during weekday evenings. Contribute your skills (event planning, promotion, customer service, fundraising, etc.) to help us continue to build a strong organization.



Contact [andreakwink@cmrocks.org](mailto:andreakwink@cmrocks.org) if you're able to help with these requests.

**See More Opportunities**

## **Donation Requests**

### **New or gently used furniture for the Housing Program:**

#### *Jefferson House*

- a tall dresser/cabinet for a bedroom
- a small desk and desk chair

#### *Rockland House*

- set of 4 metal folding chairs with 500-pound weight limit
- outdoor chairs, umbrella and stand for the deck
- a full-size headboard for a bedroom
- two air purifiers
- a new area rug for the living room

### **For Kaseman Health Clinic & Housing Program:**

C-Fold Paper Towels, Paper Towel Rolls, Antibacterial Hand Soap, Trash Bags, Disinfecting Wipes, Scouring Powder, Window Cleaner, Facial Tissue, Bleach, Disinfectant Spray, Dishwashing Liquid

**For more information on current needs or to donate, please contact us at [development@cmrocks.org](mailto:development@cmrocks.org).**

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## DONATE TO HELP OUR COMMUNITY



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