



Remember Your Sunscreen!

So it's August...you may be thinking that you've got your "base tan" and don't need to worry about wearing sunscreen anymore. But there is no such thing as a "safe tan." All UV exposure from the sun is, over time, damaging your skin. That's why it is important to continue to use sunscreen.

Here are some important reminders for sunscreen use:

- Look for a sunscreen that blocks UVA and UVB light. If the label says "broad spectrum sunscreen," it will provide protection against both.
- The American Academy of Dermatology recommends a Sun Protection Factor (SPF) of at least 30. This is actually a measurement of the protection against UVB light.
- Every sunscreen product will state how long it is effective after being applied to your skin.
- Choose a sunscreen that is water resistant.
- Apply 1 oz (or 2 tablespoons) of sunscreen 30 minutes before you go out into the sun, and reapply as directed on the label.

Even if you wear sunscreen, here are a few more tips for avoiding sun damage:

- Babies should always avoid sun exposure. After the age of 6 months, they should always have sunscreen applied when they will be taken outside.
- Avoid the mid-day sun between the hours of 10 am and 4 pm when possible.

- Avoid tanning beds! They now have the negative distinction of being designated as a carcinogenic (known cancer causing tool).
- Wear sun protective clothing and wide brimmed hats whenever possible.
- Even on a cloudy day, the UVB rays come through the clouds, so wearing sunscreen daily is best.

If you're worried about Vitamin D deficiency because you're blocking your skin from the sun, take a Vitamin D supplement, or eat foods rich in vitamin D such as certain types of fish like salmon or tuna, fortified milk or orange juice, certain cereals, and mushrooms.

It's never too late to start protecting yourself. Sun damage is cumulative, so even if you have had 30 years of sun exposure, if you start protecting yourself today, in 30 more years your skin will be in better shape than if you had never protected it at all.

By Jenny Hinegardner, APN/NP-C
Christie Clinic Dermatology in Decatur



We would like to welcome our newest employee, **Kaci Kruse**. Kaci works as a Nurse Tech four days a week. Kaci graduated from Heyworth High School in May 2014 and now lives in Atlanta, IL. During her senior year of high school, she attended the Certified Nursing Assistance program. Kaci's goal is to become a Neonatal nurse.

Job Posting: Provider (Physician or Nurse Practitioner)

Immanuel Health Center is seeking qualified candidates for a part-time Provider (Physician or Nurse Practitioner). The position will require two 8-hour days a week, with some flexibility. The provider will need to have a current and in good standing State of Illinois Professional License, and have well developed writing, interpersonal, and communication skills, and will need to be able to use Electronic Medical Records for all charting. The position would report to the Medical Director.

Duties and responsibilities will include providing direct patient care, which includes physicals, wellness visits, acute illness, and chronic health care. It will also include covering provider vacation time and some after hours on-call. The position will also require the provider to be willing to affirm Immanuel Health Center's Mission, Vision, Values and Statement of Faith. This information and a detailed job description are available upon request or at time of interview.

Please contact April Brucker, Practice Manager, at (309) 808-2778 or abrucker@immanuelhealth.org for more details and/or to submit your cover letter and resume.

Praise God for...

- Intercessors who speak other languages to help us serve patients.
- People who represented Immanuel Health Center at the First Christian Church Annual Block Party.

- Snacks and supplies provided by Midwest Food Bank.
- People who faithfully pray for IHC.
- Those who are able to donate to IHC.
- The clear diagnosis of our nurse's back injury.
- Those who donate personal hygiene items such as tooth paste, toothbrushes, dental floss, deodorants, hand creams & soaps (bar or liquid) to hand out to patients.
- More than \$2000 raised for IHC through the Big Daddy Weave concert! Many thanks to Fan the Flame and all who bought tickets!

Please pray for...

- Volunteer nurses to help on a regular basis **(CRITICAL NEED)**. **One of our volunteer nurses has been gone since June, so this is truly critical.**
- The hiring of a doctor or nurse practitioner **(urgent need)**--see the job description above.
- Quick healing of our nurse's back pain.
- A patient who is going to adopt a child with several health issues from another country sometime next year.
- The family of a patient who recently passed away.
- Dr. Scott's father and the rest of her family.

Practice Manager's Report

April Brucker

I continue to be in awe of God's work at IHC. As a not-for-profit and Christ-centered healthcare clinic, we will continue to trust in our heavenly Father to supply

our needs, whether they are financial, staffing, volunteer, or other needs.

IHC struggles with a high number of No Show appointments. As you can imagine, a no show can wreak havoc on a practice's schedule and finances. Our team continues to work on finding the best answer to help our patients understand the importance of coming to their appointments. It is not only burdensome to the clinic; it is key to the patient's continuance of care.

Thank you to the Board for recognizing our need to increase our provider coverage and approving the hiring of a part time Nurse Practitioner or Physician to be a part of our team. We will be accepting resumes immediately.

A huge thank you to all of you who have been so willing to pray, volunteer, and donate to Immanuel Health Center. Your generosity is a key to keeping our doors open.



Volunteer Spotlight

Donna Schaad

Donna Schaad (pronounced shade) started volunteering at Immanuel in September 2013. She has been a tremendous blessing to both staff and patients—she always has a smile on her face! Donna is eager to help with whatever we ask of her: at the front desk, on various projects, or even translating for our Spanish-speaking patients.

Donna started learning Spanish about eight years ago after retiring. She volunteers at the Hispanic Outreach of Western Avenue Community Center and has been helping a Spanish family that has become very special to her with various day-to-day needs. Donna also leads two medical mission trips a year, one in Honduras and one in Nicaragua, through her church, Wesley United Methodist in

Bloomington. She has even brought new patients to the center!

We are so blessed this busy lady wants to be a part of Immanuel Health Center, too!

Volunteer Opportunities

- Nurse coverage for staffing time off
- Special projects:
 1. Work on the closet in the basement: light, clean, and set up shelves.
 2. Move furniture
 3. Build wooden shelves

We Care Twin Cities Races

September 26-27, 2014

Calling all runners, walkers, and anyone who knows someone who runs or walks! Immanuel Health Center is a non-profit partner in the We Care Twin Cities race weekend. The options include a Kids' Fun Run and 5K race on Friday night and 10K and Half Marathon races on Saturday morning. You can participate in several ways (even if you don't run!). Here's how:

- Go to the [We Care Twin Cities](#) website, sign up as a runner, and pick Immanuel Health Center as your non-profit partner.
- Set a personal goal for your finish time AND your total support amount to raise.
- Tell your friends, family, co-workers, and fellow runners/walkers about the opportunity to sponsor you--they can do that on the website as well.
- OR, they can sign up to run or walk and get their own sponsors!

- Train, train, train!
- On the day of your race, have fun running/walking with other Twin City athletes who care about our community!

If you cannot participate as a runner/walker, consider helping as a volunteer at one of the races on behalf of Immanuel Health Center. Sign up to do that [here](#).

Thanks for running, walking, helping, and/or donating for IHC!

AmazonSmile

Are you a regular Amazon.com user? If so, consider participating in AmazonSmile and designating Immanuel Health Center as your charitable organization.

What is AmazonSmile?

AmazonSmile is a simple and automatic way for you to support Immanuel Health Center every time you shop, **at no cost to you**. When you shop at smile.amazon.com, you'll find the exact same low prices, vast selection, and convenient shopping experience as Amazon.com, with the added bonus that Amazon will donate a portion of the purchase price to Immanuel Health Center.

How do I shop at AmazonSmile?

To shop at AmazonSmile, simply go to smile.amazon.com, choose "Immanuel Health Center" from the list of charitable organizations, and continue shopping. Be sure to bookmark AmazonSmile to make it even easier to return. Every time you shop using AmazonSmile, IHC will receive a donation from every eligible purchase.

Which products on AmazonSmile are eligible for charitable donations?

Tens of millions of products on AmazonSmile are eligible for donations. You will see eligible products marked “Eligible for AmazonSmile donation” on their product detail pages. Recurring Subscribe-and-Save purchases and subscription renewals are not currently eligible.

Can I use my existing Amazon.com account on AmazonSmile?

Yes, you use the same account on Amazon.com and AmazonSmile. Your shopping cart, Wish List, wedding or baby registry, and other account settings are also the same.

Operations and Support Opportunities

Please contact [April Brucker](#) (309.808.2778 #5) for any questions and/or to avoid duplication of large items.

1. Personal hygiene items such as soap, toothbrushes, toothpaste, dental floss, and deodorant. These items are offered to patients for free.
2. Outdoor chairs or bench for the front door area.
3. A table covering with the Immanuel Health Center logo for booths at events -- \$150-200.
4. Professional marketing display items (banner, table top display boards, apparel).

IHC’S Board of Directors

Sharon Adams
Penny Cermak

*You are invited to pray with and for
Immanuel Health Center!*

Jackie Magee
Trina M. Scott, MD
Larry Stevig
Bishop Larry Taylor
Wendy G. Troxel
Becky Wiese

Practice Manager

April A. Brucker

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We gather for prayer the third
Thursday of each month from 12:15-
12:45 p.m.
in our reception area. Please join us!

Immanuel Health Center is a 501(c)(3)
not-for-profit organization. Charitable
contributions are tax deductible.
