



Good News FROM MOUNTAIN HOPE GOOD SHEPHERD CLINIC

NEWS AND EVENTS FROM MOUNTAIN HOPE GOOD SHEPHERD CLINIC

**DECEMBER 2022-
MARCH 2023:**

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SERVANT SPOTLIGHT

Molly Gray



Molly has served at Mountain Hope Good Shepherd Clinic for several months now. She is an integral part of our nursing staff. She has a strong work ethic and an absolute heart to serve. Molly serves on our primary care team as a Certified Medical Assistant. We could not do it without her and we are so grateful for her presence at the Clinic!

NEW PATIENT SERVICE PROGRAMS

In March, we implemented a new patient registration program called Epion, this allows patients to fill out or verify patient registration documents before they arrive for their appointment. In addition to this program, we have started a patient intake clinic for new patients that provides one-on-one time with new patients to fully educate them about the Clinic and our services.

NUTRITION CLASSES

Once a year, the Sevier County UT Extension Office provides a nutrition program for our patients that choose to participate. It is a one hour class for four weeks. The UT Extension office makes it very convenient for our patients by providing this class at the Clinic where they are already comfortable. During the class the patients receive giveaways such as kitchen utensils and other nutrition items. They are also provided a prepared food item and provided instruction on how to prepare it. They receive useful nutrition education such as how to read nutrition labels and foods specific to certain dietary restrictions.



PATIENT STORY

A Community Health Worker was called into a patient's room at the clinic by her provider. She was a fairly new patient with us, having first seen a medical student and then a provider. She had recently been diagnosed with pre-diabetes and was very open to any help she could get so as to remain off medications and live a healthier life.

With being originally from another area, she was used to eating high-carb foods, in particular rice and beans as they are staples. The CHW gave her a packet on diabetes called Planning Healthy Meals which consists of very basic information such as reading nutrition labels on products, portion sizes and carbs and sugars.

One of the most appreciated pages of this packet is a list of all kinds of foods, starchy and non-starchy, and the serving sizes that are most beneficial to those with diabetes. She was excited for this information. The CHW also found websites for her that were specific to the foods of her origin with recipes that gave alternatives (especially rice) for diabetics.

The patient had struggled some with changing her eating habits but after a month of really focusing on what she needs to do, she lost 5 pounds and was so proud of herself.

The CHW calls her about every 2 weeks to encourage her, to present her with new recipes and hear about her progress with her health goals.

QUARTERLY BIBLE VERSE

"When Jesus spoke again to the people, he said, 'I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life.'"

John 8:12 NIV

The Shepherd's Circle

November 1, 2022 - March 31, 2023

Reese/Riddle Servants Level

\$20,000+

Anonymous

Mountain Movers

\$10,000

Waymakers

\$5,000

Dollywood

Anonymous

Greystone, Inc.

Michael and Janet McCroskey

John McClure

Pigeon Forge Hospitality and Tourism

Association

Linda Shults

James and Jane Sidwell

Pillars of Hope

\$1,200

Gale Anderson

Susan Arnold

James and Suzann Bookstaff

Carlton Brown and Marlys Ray

Christmas & Candles LLC

Connect Church

Fran Delozier

Chris and Carolina Gonzalez

Anonymous

Karen King and Ron Sharp

Lynn McClurg

Jeff and Janell McDonald

Candace Morton

Dr. Steve and Cindy Morton

Thomas and Margaret Noblitt

Ron and Betty M. Ogle

Open Bible Independent Church

Harry and Sara Valentine

Valley Forge Inn

Pastor Arne Walker

Libby and Cary Wolfenbarger

Geoffrey Wolpert

Zoder's Inn and Suites

Hopeful Hearts

\$600

Joe and Linda Acker

Charley Beth and Adam Bailey

Burchfiel Medical Park

Mark Clarke

George Frey

Gatlinburg Brewing Company

Naomi Haynes

Vern and Lisa Hippensteal

Bradley and Elle Houston

Charles and Ola Moore

Edward and Barbara O'Brien

Hopeful Hearts

\$600

James Ogle

Ownby Insurance

Erin Peitso

Randall Crum Properties

Sevierville Noonday Rotary Club

Earl and Margit Worsham

Faithful Friends

Albert Ahlstrom

John Anderson

Nelson and Melinda Andrews

Gina and Ellis Austin

Carol and Ken Bates

Deborah Bennett

Anonymous

Dan and Kathy Brooks

Jares Brown

Carol Pierce-Burr

Cedar Bluff United Methodist

Church

Church in the Valley

Andy and Donna Cicero

Hannah Conerly

Bonnie Cox

Mary Cox

Sam Cox

James Crain

Anonymous

Anonymous

Nancy Erickson

Carl and Julie Falk

First Presbyterian Church

Linda Fowler

Beth Fox

Anonymous

Gatlinburlier Tobacconist

Patricia Gould

Rev. Don and Alice Grady

Eleanor Green

Jottie Hand

Anonymous

Richard and Lucy Henighan

Bryan Hicks

Holy Cross Catholic Church

Council of Catholic Women

Cheryl Houston

Anonymous

Brian Johnson

Faithful Friends

Kathy Krebs

Jodie and Andrew Lamon

Erika and Tommye Latham

Amanda Lucey

James and Carolyn Mackey

Phyllis Martens

Anonymous

Middle Creek United Methodist Women

Lee Morris

Sue Ann Morris

Bradley and Teresa Mullens

Conley and Vicky Murrell

Jeffrey Murrell

Chuck and Sonya Nave

Jay Ogle

Mary Evelyn Reagan

Steve and Robin Reagan

Al and Cheryl Schmutzer

Sensible Concrete Works

Sevierville Lodging Association

Sevierville Sunrise Rotary

Nancy and Jeff Sims

Smartbank

William Smolnycki

Sparky's Glassblowing

John Strom

Ann Stubblefield

Michael Taylor

Tennessee State Bank

Kevin and Lori Tierney

United Methodist Church

Sarah Ussery

Anonymous

Victor Veranth

Bonnie Voit

Anonymous

Catherine Whiteside

Roger Wicklund

William and Carole Yett

If you have name corrections
or would like more
information about The
Shepherd's Circle please
contact Kayla Shubert at
kshubert@mountainhope.org

Mountain Hope Good Shepherd
Clinic is a community clinic
which provides quality
healthcare for the medically
uninsured who live or work in
Sevier County, Tennessee.

Some Clinic programs are supported
in part by funding from the
Tennessee Department of Health
and other entities.