

MAY 2020

WORD OF HEALING AND HOPE

"THE LORD HIMSELF GOES BEFORE YOU AND WILL BE WITH YOU; HE WILL NEVER LEAVE YOU NOR FORSAKE YOU. DO NOT BE AFRAID; DO NOT BE DISCOURAGED." - DEUTORONOMY 31:8



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A MESSAGE FROM CRYSTAL

While this global pandemic crisis has the majority of the world confined at home, we at CCCHC are still here for you. Our clinic is closed for face to face appointments, however, we remain dedicated by continuing to provide healthcare services to the uninsured and underinsured patients within our community. Our volunteers are standing by to assist patients with their healthcare needs by being available to answer questions and provide health screenings via audio or video.

CCCHC is continuing to expand and are now offering telehealth services for our patients. We just recently added three new medical providers who are excited about joining the CCCHC team to help with these services. We want to ensure that we are meeting the needs of more patients in our community by offering a variety of services.

During this time of crisis, please continue to stay healthy, pray, seek God for guidance, help those in need, live, laugh, love, give and serve your neighbors. CCCHC will continue to serve our patients in whatever capacity to be that light upon the hill during these dark times.

Matthew 5: 16 says, ..."Let your light shine before others, so that they may see your good works and glorify your Father who is in heaven."

Stay safe!

Crystal



STAY HOME, SAVE LIVES

BY DEEPA SHANKAR

Hello CCCHC Community,

As I write this to you, I am at my house, practicing social distancing measures, after helping my parents disinfect the groceries from our latest supply run. I'm sure many of you are in the same boat. COVID-19 has overwhelmed our world, cruelly snatching so much away from all of us. In these terrible times, the CCCHC team would simply like to say, **we are with you**. We see you, we hear you, and we are here to support you. Your good health and well being are forever in our prayers.

As such, this special COVID-19 edition of Word of Healing and Hope will include information about what we are doing to help our patients, information about COVID-19 and how to protect yourself, and other important news regarding the pandemic. We'll also have the regular stuff with clinic updates and faith based testimonials, but unprecedented times call for unprecedented actions. Stay safe and healthy, and we will see each other in person again before we know it.

CCCHC NOW OFFERING TELE-HEALTH SERVICES

BY CRYSTAL HOGUE



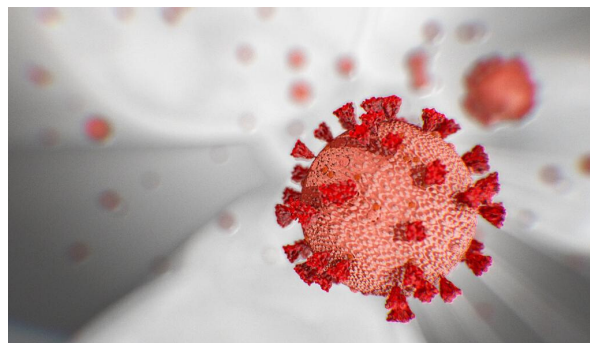
GREAT news! CCCHC is now available to offer Telehealth appointments for free. We are closed for face to face appointments due to the COVID-19 pandemic, but our providers are available by video and audio.

- Services we offer include:
- Doctors
- Nurses
- Dietitian
- Dentist
- Psychologist
- Mental Health Support Group
- Spiritual Care

If you have an immediate need, please call us at 1-217-402-5683 to schedule an appointment.

WHAT IF I HAVE COVID-19 SYMPTOMS?

BY DEEPA SHANKAR



We realize that this is a period of unprecedented anxiety and stress right now, especially if you are experiencing symptoms similar to COVID-19.

If you are experiencing symptoms such as fever, a dry cough, or difficulty breathing, please call the Carle Foundation Hospital's COVID-19 Hotline at 207-902-6100, or visit their online assessment tool at <https://carle.org/home/covid-19-screening>.

CORONAVIRUS AND YOU

BY ELENA WILSON

If you've been paying attention, you've been hearing a lot about the Covid-19. Covid-19 is caused by the novel coronavirus which means that it is a new virus that our bodies do not have immunity to. Some of the signs and symptoms are a fever, cough, shortness of breath. Some newer symptoms associated with infection are loss of taste or smell, headache, sore throat, chills, repeated shaking with chills, and muscle pain.

The biggest things you can do to protect yourself are to wash your hands and to social distance as much as possible. This means minimizing non essential activities and remaining away from other individuals aside from roommates or immediate family.

In Illinois, in areas where you are not able to stay at least 6 feet from individuals, it is now mandatory to use a face covering or mask.

This may sound daunting or you may wonder why it's so bad. The challenging part of a pandemic is how quickly individuals are infected and the illness spreads. Some of the challenges with Covid-19 are that people can be asymptomatic carriers of the virus, infecting others while not knowing they themselves are sick, the need for further development of treatments or a vaccine, and the high number of individuals needing hospital care in a short period of time, making it challenging for resources to be maintained.

This can sound scary but together we are making waves in the right direction. Social distancing is working, we know because the original projected numbers of cases compared to current numbers are higher. But, above all, find new ways to connect. Many services are operating in a no contact way or providing virtual services. There are many resources for support during this time if you're feeling alone or struggling including NAMI. There is so much hope amongst this season and I know the Lord is waking through this with us, feeling our pain, anxiety, joy, and celebrations. I pray each of you find new positives and opportunities to connect with the world and people around you. Although physically far, our hearts remain close.

FAITH IN TIMES OF CRISIS

BY NUMEROUS VOLUNTEERS

Faith in a Time like This BY CLAIRE CHALKEY

"How can I have faith in a time like this?"

This question plagues the mind of many as we face these trying times with so much uncertainty. However, we must not forget that the Lord is our rock and refuge. He offers peace for our troubled minds and freedom from our fears. We must find peace by trusting in His plans because God only brings us to situations that He will also bring us through. While we temporarily can not serve in His name like we are used to, we can find other ways to let his light shine through us. By letting others see Christ in us, they will be reminded to give glory to our Father in heaven.

The Importance of Prayer

BY CRYSTAL HOGUE

According to James 5:15, it says, "...the prayer offered in faith will make the sick person well; the Lord will raise them up..." Let's all pray with a prayer of faith for our loved ones, our community, our volunteers, our clinic as a whole and most importantly, our patients. God is always there. Watching from Heaven and waiting for us to come to him.



FAITH IN TIMES OF CRISIS

What Sets Us Apart

BY DR. KEVIN KIM

We all have faith, but what sets the Christians apart from other faiths is the object of our faith which is based on our Lord Jesus Christ who not only lived and died on our behalf for our redemption, but now lives forever, enthroned high in heaven, interceding for us at all times, even now.

As we are living through this unprecedented time in our history, we are all experiencing different challenges along with fear and anxiety, but my prayer for all of us is that we place our hope in his faithfulness and his word that never fails.

Our Lord Jesus Christ is searching and seeking for the broken and wounded, marginalized and downcast to mend, heal, lift and make it whole for his glory, and it is our privilege to serve Him as we serve others as extension of his hands and feet here at CCCHC.

Isaiah 6:8 And I heard the voice of the Lord saying, "Whom shall I send, and who will go for us?" Then I said, "Here I am! Send me."

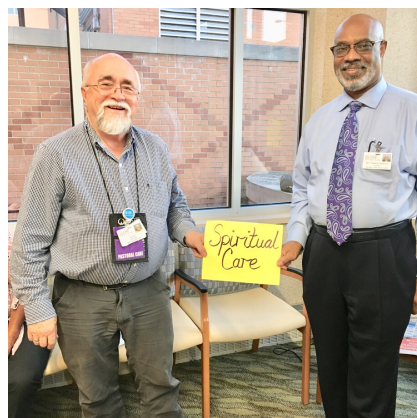
Ways to Keep the Faith

BY REV CHARLES NASH

We are a religious organization. Because of this, we are praying for the welfare of everyone in our clinic! We are also trying to educate ourselves via the news, listening to experts, and keeping track of the numbers of cases in our area.

This information translates into action, as we know to stay in, social distance, and keep each other safe.

I have been encouraging my congregation to attend Sunday Service via Facebook Live, and take things one day at a time. Things that will help us keep the faith are doing our daily devotionals, reading scripture, and taking everything day by day. What will come next week, will come next week. We can only focus on today.



PRAYER REQUESTS

- **That God will end this COVID-19 pandemic**
- **That God will continue to lead us and guide us to make wise decisions**
- **That our clinic will continue to be a light in the community for our patients**
- **That we will continue to meet our patient's healthcare needs**
- **Prayer for the sick for healing, especially those affected by COVID-19**
- **For our community as a whole**
- **For our country**
- **For all our volunteers**
- **For you, our reader**

CCCHC BY THE NUMBERS

CCCHC was able to provide 778 patients with healthcare in 2019, free of cost! We are so thankful to everyone that helped to make this happen.

FAITH IN TIMES OF CRISIS

God is Unchanging in His Goodness

BY ANGELA LEE

I think we are all familiar with the various responses that the COVID-19 pandemic has elicited from us. For some, the constant fear of contracting the disease has significantly interfered with our daily lives. There are others who've lost jobs and are worrying about how to pay the next month's rent. Some of us are mourning. Some of us feel largely unaffected. For some, this has been a period where we've been re-evaluating our lives – our priorities, our values. So on so forth. Likewise, there have been many things on my mind as well.

But here are some truths I'm holding onto: "Jesus Christ is the same, yesterday, today, and forever" (Hebrews 13:8). "But God showed his love for us in that while we were still sinners, Christ died for us" (Romans 5:8). "If you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God (Colossians 3:1)

Yea, there are so many questions and unknowns. "Why does this suffering persist?" "Do you really love me? Love this world?" These are just some of the questions that have come to my mind.

This is how those truths listed above keep me grounded. I know that God is unchanging in His goodness, His love, mercy, compassion, kindness, holiness. While this situation might make it seem like His love has changed, I know that is not the case. I know His heart aches when ours does. I am sure of His love because He chose to die for us (even if we don't believe this or care about this – our opinions don't change the truth). And I remember that there is more than just this life I'm living here on earth. More than just living for temporary satisfaction here. More than simply working day after day for a better paying job. More than worrying about securing stability in the future. He made me so that I can get to know Him more, to trust in Him, and in that relationship with Him, find perfect joy, peace that surpasses understanding, and unconditional love. He beckons me to come to him during the times when everything is going right. And He invites me to take shelter in His loving embrace during the days I'm battered and broken by the trials of life.

But these promises are not just for me. They are for you, too. And there are so many more promises and truths to be found in the Bible. So I hope that you, too, will cling to these words or at least think on them. Because in the midst of this, as predictable and perhaps silly as this sounds, God wants you to know that He loves you far more than you could imagine.

Faith in Times of Uncertainty

BY DR. ROBIN VARGHESE

We are living in such uncertain times. When the news of a novel coronavirus outbreak in Wuhan, China started in late November of last year, few of us could have foreseen how that would change our world as we know it. In the last few months since the unfolding of the pandemic, we see more than a million getting infected in our nation, and as I write this at least seventy thousand have lost their lives. The ripple effect of the virus has caused millions to lose their jobs, shut down the whole country for months, and widespread panic. This trial that we are all in has tried to shake our foundation, so to speak – and I would like to share my two cents on what has helped me through this trial so far.

I don't think anyone can answer with absolute certainty why such a disaster has taken place. But I do believe that through all this, God is in control. A story in the Bible comes to mind. In the holy bible, Mathew Chapter 8 vs 23-27 depicts the story of disciples crossing a lake, with Jesus in the boat. Suddenly a storm with strong waves arises that threatens to sink the boat. The disciples are afraid for their lives, but Jesus is sound asleep. The disciples wake up Jesus and said, "Lord, save us! We are going to drown". Jesus gets up and rebukes the wind and the waves, and it was completely calm – Jesus then proceeds to ask the disciples, "Where is your faith?".

The storm we are in is not so different. It seems like the storm is rising, and the waves are overwhelming us. However, if we have Jesus Christ as Lord and Savior in our lives, we know that the one who controls the wind and storms is with us – and we need not be afraid. This hope is available to all who put trust in him as Lord and Savior. The Bible tells us that all mankind has sinned and fallen short in the eyes of God. If we look around, we can see that most of the problems in society, arises from our fallen human nature – sin. The Bible also states that the wages of sin is death. We are separated from the true living God, because of sin. But God loves this world so much, that he made the only way to be reconciled to him – through Jesus Christ, the savior of the world. My hope in these uncertain times is Christ alone. Through Christ, I have the never-ending grace and love of God, that reassures me and strengthens me every morning. I pray that many more will come to know this hope in this uncertain time.



RESOURCES FOR THE NEEDY DURING COVID-19

• FOOD

- **UniPlace Christian Church**
 - 403 S. Wright St, Champaign, IL 61820
 - Provides a free to go meal every Wednesday and Thursday from 6-7PM
- **Jubilee Cafe**
 - 805 S. 6th St, Champaign, IL 61820
 - Provides a free to go meal every Monday from 5-6:30PM
- **Daily Bread Soup Kitchen**
 - 116 N First Street, Champaign IL 61820
 - Hot meals and sack lunches to go, 7 days a week, 10:30AM-12:30PM
- **Wesley Food Pantry**
 - 1203 W Green St, Urbana, IL 61801
 - Grocery distribution from Thursdays at 5-7PM (Pre picked, drive through)
- **St. Vincent de Paul Food Pantry**
 - 708 W. Main Street, Urbana, IL 61801
 - Drive through food pantry on Mondays and Thursdays, from 4-5 PM
- **Salvation Army Pantry**
 - 2122 North Market Street, Champaign, IL 61824
 - Drive through food pantry from 9AM-1PM daily
- **Champaign Church of the Brethren**
 - 1210 N Neil St, Champaign, IL 61820
 - Food pantry on MWF from 1-3 PM, call 1-217-356-3852 for an appointment

• SHELTER

- **Austin's Place**
 - First United Methodist Church (210 W Church, Champaign)
 - Women's shelter—please go to the shelter between 7:30 and 8PM for intake. Someone will be waiting in the glass vestibule on Church St. for anyone that needs shelter.
- **CU at Home**
 - 512 E. Grove St, Champaign, IL
 - Overnight shelter for men, Mon-Sun, 8:30 PM-7:30AM

• UNEMPLOYMENT RELIEF

- **Champaign County Regional Planning Commission**
- **COVID relief funds may be provided to those who call 1-877-548-4205. Individuals will be connected with Champaign Township or Cunningham Township for a one time assistance payment**
- **Starting from 3/27/2020, 10AM-6PM, Mon-Fri**

• COUNSELING

- **Crisis Text Line**
 - Text HELLO to 741741. A trained counselor will respond and help you
 - Available 24/7

BOARD OF DIRECTORS, STAFF & CONTACT INFO

Board of Directors

- Dr. Patricia McNussen
- Barbara Pritchard
- Lloyd Esry
- Dr. Tom Koehler
- Pam Bigler
- Dr. Jeff Trask
- Rev. Terrance Thomas
- Dr. Clif Burdette

Staff

- Crystal Hogue, Executive Director
- Kari Allen, VISTA
- Crina Cotoc, Pharmacology Operations Director

Contact Us:

We are located at the
Community Resource Center.
OSF HealthCare Heart of Mary
Medical Center, PARKING LOT
#3 at 1400 W. Park St. Urbana,
IL 61801

Phone Number: Appointment
Line: 217-402-5683
Office Line: 217-398-2914

Thank you for your
support!

