



MARIAM CLINIC NEWSLETTER

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THE MARIAM CLINIC IS AN INTERFAITH ORGANIZATION WORKING TO BUILD A HEALTHIER SOCIETY BY PROVIDING ACCESSIBLE SERVICES AND BY EDUCATING CULTURAL SENSITIVITY.



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Clinic Hours Sundays 1-5pm

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CLINIC UPDATES

As the weather starts to warm up and the trees are getting leaves again, Mariam Clinic is also growing.

Mariam Clinic is starting to get more media exposure to the wider community. The clinic was featured in the Raleigh News & Observer on March 14. We greatly appreciate Yonat Shimron's interest in writing an article about the Clinic. She did a wonderful job in capturing our mission to make a healthier society and expressing our needs for survival and growth. Check out mariamclinic.org to find a link to the article!

In March, we held a volunteer appreciation luncheon to celebrate the great job that all our volunteers do at Mariam Clinic. Thank you to all who came—we missed those who were not able to make it. Thanks also to Zahed Khan at Unaabi Grill for providing delicious Afghani food. We had a great time relaxing and eating together. Jerry Mikell, chairman of the Mariam Clinic Board, and Shalini Rehan, clinic director handed out awards to long term volunteers and physicians. Check out photographs from the lunch at the end of the newsletter!

Three new members were voted to join the Mariam Clinic Board on March 27th. We issue a warm welcome to Fiaz Fareed, Sophia Ali, and Amira Naji. Three new healthcare providers also joined the volunteer physician staff this spring.

We have several events and projects to look forward to as we move forward into the spring. On April 16th the clinic will be a vendor at the annual Triangle Health Fair in Raleigh. The clinic will be holding a fundraising event in early May of this year. This event will be very important to gather much needed resources for the clinic. If you are interested in helping out with either of these events, please contact Shalini Rehan at clinic@mariamclinic.org.

WHAT MAKES MARIAM CLINIC UNIQUE?

There are a number of health clinics in Wake County, and even a few other free health clinics. So what makes Mariam Clinic different from them all?

Volunteers, patients, and physicians at Mariam Clinic come from all walks of life. We pride ourselves in being able to understand multiple cultures. Most of our staff members are fluent in at least two languages, and come from various religious and ethnic backgrounds. Because of this cultural competency, we are able to connect with our patients in a way that makes them feel at ease and allow us to provide better medical care as a whole. At Mariam Clinic, we strive to build

bridges and relationships in an effort to positively impact the community around us.

As the only free health clinic in Wake and Durham counties that is open on Sundays, Mariam Clinic is particularly accessible for working adults and students. Not only do we treat patients, we promote awareness of the importance of living a healthy lifestyle and provide educational resources that tailor to our patients' health needs.

Patients are not the only population who benefit from the clinic: our volunteers gain valuable professional experience and skills in medical services, nonprofit administration, and strategic communications. Our volunteers are also plugged into a supportive network of professionals and students from a diverse array of backgrounds.



DONATE TO MARIAM CLINIC

We are continually in need of private donations to keep our doors open. The Mariam Clinic is a 501c3 organization, so all donations are tax deductible. Donate online at mariam-clinic.org by clicking the DONATE link, or send a check made payable to Mariam Clinic at **Mariam Clinic; P.O. Box 4187; Cary, NC27519.**



Volunteer Focus: Questions and Answers with Jules Onorato

Q. How did you hear about the clinic?

A. I first heard about the Mariam Clinic through a friend I go to school with at Wake Technical Community College.

Q. How long have you been volunteering at the clinic?

A. I first started volunteering with the Mariam Clinic this past February.

Q. What do you like most about the clinic?

A. I love serving our community. The Mariam Clinic has allowed me to reach out to others and become part of something that is bigger than myself. As a Certified Medical Assistant, CMA, and a nursing student, I feel it is my duty to use my skill set for the greater good of our society. The Mariam Clinic allows me to do just that. I also love how culturally diverse our patient population is. Every week I learn something new about someone else's culture. Volunteering at the Mariam Clinic allows me to get to know the community on a more intimate and personal level. Someday when I am working in a hospital I will be able to be that much more sensitive to a patient's needs because I will know about the little nuances of their culture. I also love being part of the Mariam Clinic family. I moved down to North Carolina three years ago from Chicago, IL not knowing a single soul. Now I am part of a loving and dedicated family.

Q. What keeps you coming back to the clinic to volunteer?

The one thing that keeps me coming back to volunteer is the patients. I love our patients. I too am one of the many uninsured people in the Triangle Area. I know what it is like to be sick and worried about where I will go to receive the care that I need without breaking my bank account. I feel that if there is any way that I can help someone in that same position, I have a duty to do so.

PHOTOS FROM OUR VOLUNTEER

APPRECIATION LUNCHEON

