

2020 NEWSLETTER

We believe everyone deserves access to quality care!



THE MANY LAYERS OF PROTECTIVE GEAR

Alli our dental hygienist, suites up for each and every patient!



THANK YOU

FOR PROTECTING OUR HEALTHCARE HEROS!

Thanks to our generous supporters we have been stocking up on gloves, hand sanitizer, n95 masks, face shields and medical grade cleaning supplies.

HOW TO DONATE

TAX-DEDUCTIBLE DONATIONS CAN BE MADE OUT TO:

Knox County Health Clinic
22 White Street, Rockland ME 04841

OR ONLINE AT:

www.KnoxClinic.org

Our Tax ID number is 010528885

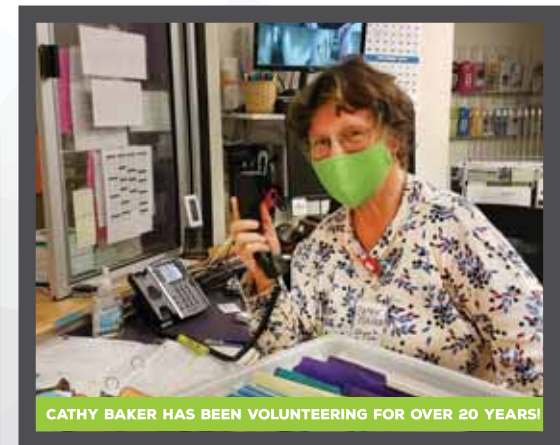
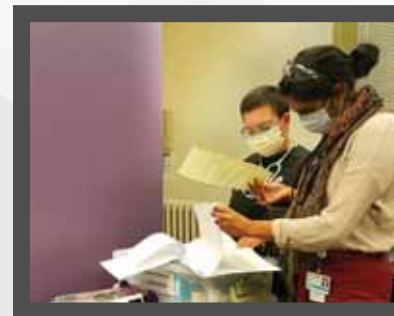
FOR STOCK TRANSFER INFORMATION

please contact Meredith Batley at:
207-301-6996 or
meredith@knoxclinic.org

TO OUR FAMILY OF VOLUNTEERS, STAFF, AND SUPPORTERS,

We care deeply about you. Please take care of yourselves and your loved ones. In these times of isolation, don't hesitate to reach out to Meredith at 301-6991 or Meredith@knoxclinic.org and check in. Be well, and stay in touch.

SOME THINGS EVEN A PANDEMIC CAN'T CHANGE



CATHY BAKER HAS BEEN VOLUNTEERING FOR OVER 20 YEARS!

DONATE ONLINE AT:

WWW.KNOXCLINIC.ORG

"I haven't had insurance for 10 years now, even though I've been working the whole time. In my sobriety I've learned to ask for help when I needed it. You guys have led me down the right path. Thank you!" Jessi

MENTAL HEALTH AND WELLNESS PREPARING FOR A LONG WINTER



Folks already struggling with mental health issues are now more isolated, and can't access the relationships that supported them before Covid. While telehealth is helpful, it has limitations. We are social creatures. There is a natural and therapeutic benefit from sitting in the same room and supporting someone in pain. We are doing all we can to provide safe, caring support."
Chuck Nguyen, LCSW - Mental Health and Wellness Coordinator

FREE FOOD AND SUPPLIES



We're coordinating weekly drop offs of fresh free vegetables for the Medical Clinic from the Knox County Gleaners, a group of volunteers that pick or 'glean' from local farms after the farmers have completed their harvest.

The team is also handing out soaps, shampoo, deodorant, masks, and other free necessities from Direct Relief donations.

It's Not Easy Asking for Help. We've added screening for substance use, food insecurity, homelessness, and domestic abuse to all visits so patients get the help they need.



DENTAL CLINIC GETS A COVID READY OVERHAUL

Your generous support helped us: Buy a portable air exchange and cooling unit, HoCl fogger for sanitation, a washer/dryer to launder contaminated scrubs and gowns, and the installation of brand new easy to clean vinyl flooring (a bigger project than you might think!)



Last year we saved our community
over \$1,850,000
in medical, dental, mental health care and prescription costs!

Jeanne Klainer
Knox Clinic

Included is our most recent newsletter, pictures say 1,000 words.