



ST. PETERSBURG FREE CLINIC

More Than Medical, Changing Lives with Help & Hope



Free Clinic
Beacon House



Free Clinic
Food Bank



Free Clinic
Health Center



Free Clinic
We Help Services



Free Clinic
Women's Residence

FREE CLINIC NEWS • November 2008

Health Center Impacts Lives Daily

Dear Reader,

Happy Holidays to you! Thank you for your interest in the St. Petersburg Free Clinic and your concern for those in need.

We are hearing much more frequently about job loss. For some people losing a job also means losing health insurance. When health insurance is lost, the cost of medications has to come out of a decreased income. This in turn leaves fewer dollars for food and other necessities. Situations can become bleak very quickly.

We are seeing an increased request for help with food from those who have lost jobs or have had their working hours cut. Our own contributions of food have stayed steady and slightly increased, but the demand by so many is stretching our supply too thin.

Besides providing access to health care, food, and shelter to patients, clients, and residents, the Free Clinic provides hope. Knowing that there are places (like the Free Clinic) to help and that there are people who care (our staff, volunteers, and donors), can give hope and lift the spirits for an individual or family.

Your interest, support, contributions, volunteer time, as well as the donation of food and other gifts-in-kind help to provide both the very real needed assistance and the very real feeling of hope. It's when we care about each other that positive changes happen.

Please take a moment to look over our Holiday Needs on the back page and consider an additional gift of food to the Free Clinic. Thank you

Jane Egbert

There is no doubt that St. Petersburg Free Clinic Health Center fulfills a need in the community. The sad truth is that health care is not readily available to everyone in our society and the well-being of uninsured individuals would possibly be neglected if it weren't for clinics such as ours. The following snapshots are everyday occurrences at the Health Center. Think what would happen to each individual if a clinic such as ours were not available.

- A 19 year old came in to have an infected finger treated. The ARNP routinely listens to the heart and lungs. This time she discovered an irregular heart beat which was very pronounced. She questioned the patient, finding that there was no apparent cause for this (e.g., no

over-exertion or over-heating) and no family history. Since the clinic had been blessed earlier with a gift of a state-of-the-art, 12-lead ECG machine, an ECG was run & it supported what the ARNP had suspected, revealing significantly abnormal findings. The patient, who did not suspect that anything was wrong, was referred to a specialist for further evaluation. Undetected, this could have been life-threatening.

- A man in his early fifties thanked us for having the clinic available to the public. He said we ordered a PSA Lab and referred him to a specialist, who diagnosed prostate cancer. He was treated and is doing well now. He feels that we saved his life.

see Health Center page 3

Women Sew Bags For Holiday Food

Sharna Epstein, Volunteer

Gwen Tuthill volunteers at We Help Services, stocking shelves and packing food for clients. "I've helped out in the food pantry for eleven years, and my husband, Clayton, worked with me until his death last year."



Evelyn Forbes and Gwenn Tuthill display holiday turkey bags

Gwen found another important way to help this year after speaking with St. Petersburg Free Clinic Executive Director Jane Egbert about a need for cloth bags for the Thanksgiving dinners given out each holiday season. Gwen spoke with her friend Evelyn Forbes, and they engaged the ladies of the *Create to Share* group at First Presbyterian Church in the project. The group made more than 100 bags. "The people doing it get a lot out of it," says Gwen.

The *Create to Share* group meets one Monday each month at the church. About 25 ladies attend and craft various projects. Another 20 members participate by working at home. The more than 2,000 articles of their handiwork, all of which they donate to charities and missions here and abroad, include T-shirts and shorts for children, lap blankets for a nursing home in Africa, bed sox, walker bags, baby hats, toys

see Women on backpage



More than Medical,
Changing Lives with Help & Hope

St. Petersburg Free Clinic

863 Third Avenue North
St. Petersburg FL 33701
(727) 821-1200
FAX (727) 821-9263

www.stpetersburgfreeclinic.org
stpetersburgfreeclinic@yahoo.com

The Free Clinic provides temporary assistance for families and individuals in need of the basics of food, shelter, health care, limited financial assistance, and referral information.

Contact Us

Administration	821-1200
Health Center	327-0333
Food Bank	821-6574
Women's Residence	821-3894
Beacon House	823-5780
We Help Services	823-3471
Volunteers	821-1200

Jane Egbert, Executive Director

Board of Directors 2008-2009

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Beth Houghton, Vice Chair
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Soup's On Raises Over \$26,000

For twenty-nine years St. Petersburg Free Clinic has hosted a community event to raise awareness of the problem of hunger in our community. It is a problem that doesn't seem likely as we look at how full the grocery store is of tempting choices. Hunger, however, is a problem in Pinellas County. Over 8% of households in Pinellas County are determined by the United States Department of Agriculture to be food insecure, meaning those households do not know with any certainty where their next meal will come from.

Last year, our We Help Services program interviewed over 11,000 individuals and families. Three-quarters of those interviewed were in need of food. As jobs are lost, working hours cut, prices of electricity and gas increase, the dollars in a household all too often do not stretch far enough to include food, a most basic need.

This hunger awareness raising event was called *The Hunger Banquet* for many years and for the last few years has been called *Soup's On*. The event has been held at different sites with a variety of speakers.

The common thread is a simple meal of soup and bread to symbolize the idea of a former soup line and to remind us that our meal is a basic need, not a time for excess and indulgence.

This year Soup's On was warmly emceed for the third consecutive year by Cynthia Smoot, Fox 13 News Anchor. Josh Bidwell, Tampa Bay Buccaneer and author of *When It's Fourth and Long*, spoke of realizing one's potential by overcoming the odds. Executive Director Jane Egbert stated, "Struggling families will do without many things, but as a community we can make certain that food is not something a family does without. Together we can make a difference."



Students from Shorecrest Preparatory School volunteered as servers.

A distinctive Soup Can Award, designed by artist Mark Ruffner to look similar to a soup can, is presented to those who have demonstrated "a margin of excellence" during the past year. Awards were presented to Allendale United Methodist Church, Sweetbay Supermarket, and Shorecrest Preparatory School.



Soup's On "Soup Can" Awards for outstanding service in helping the Free Clinic feed hungry families and individuals in Pinellas County went to (left to right) Vince Varley, Nicole LeBeau, and Tara Pendleton from Sweetbay Supermarket; Suzy Hutto from Allendale United Methodist Church; Elijah Ba, Ana Gabriela Rocha and Mike Murphy from Shorecrest Preparatory School; at right is Mary Wyatt Allen, Soup's On Event Chair.

Over 400 individuals enjoyed the simple lunch and important message. Gifts of \$26,000 were received to help address the issue. Many thanks to donors, attendees and sponsors including Aegon (Presenting Sponsor), Sweetbay Supermarket and Bank of America (Signature Sponsors), and Valpak (Media Sponsor).

Twenty-Nine years ago at the beginning of this Hunger Awareness event, Sister Margaret Freeman was the Executive Director of the St. Petersburg Free Clinic. The last twenty years of her life were devoted to the



Sr. Margaret Freeman

Free Clinic. She cared deeply about those who were poor, sick, hungry, or homeless. Certainly it would be satisfying for all of us if hunger no longer existed this many years later. However, it is one of our ways of honoring the depth of commitment of Sister Margaret Freeman that we continue to hold an event that recognizes the needs of our struggling neighbors.

Health Center

(continued from page 1)

- A long-time Free Clinic volunteer nurse, Pat Wellons, was shopping in Publix when she was approached by a gentleman. He told her that he remembered her being kind to him about six years ago when he was really ill. At that time he didn't know where to turn and he came to the Free Clinic. He told Pat that he never forgot how the Free Clinic helped him get back on his feet and back to work.
- A year ago a male patient saw Dr. Eliason, who referred him to a colleague for review. The diagnosis was cancer. The patient received treatment and is now feeling healthy. He says he owes his life to the Free Clinic; he had no insurance and would not have initially gone to a doctor had the Free Clinic not been here.

We are thankful for our donors, who enable us to offer treatment to the uninsured.

Free Clinic Announces Board Elections, Officers

On September 30, Mary Wyatt Allen, Lounell Britt, Vern Farnsworth, Mike Reilly, John Rowley, and Cathy Swanson retired from the Free Clinic Board of Directors. We appreciate their many contributions and thank them for their faithful service. Newly elected Board Members are Dr. Sandra S. Averitt, Perinatal/Pediatric Nursing Consultant, Adjunct faculty at St. Petersburg College; Marylou Bourdow, retired Vice-President of Network Development for Valpak; Janice Buchanan, retired Executive Director of the St. Petersburg College Foundation and currently Coordinator for Development and Grants, Leepa-Rattner Museum of Art at St. Petersburg College; Dr. John Carnes, Director of Medical Education with Bayfront Health System; Leigha Epler, Business Banker with Synovus Bank; and Armetha Williams, retired Finance and Accounting Director with the Department of Children and Families, Suncoast Region.

Officers for 2008-2009 are: James B. Thompson, Jr., attorney with Thompson Goodis Thompson Groseclose & Richardson, P.A., re-elected President of the Board of Directors; Beth Houghton, a retired hospital executive, re-elected Vice-President of the Board of Directors; Cindy Rose, Administrative Director of Marketing and Community Relations with All Children's Hospital, elected Secretary of the Board of Directors; and Al May, retired bank executive, re-elected Treasurer.



Cathy Swanson



Mary Wyatt Allen

Nursing Support Staff Doubles

Christina Brundage, RN, a longtime volunteer in the Free Clinic Health Center moved out of state last month. Since Christina volunteered 3 mornings a week in the Health Center, her "retirement" was going to leave many volunteer slots to fill. With help from our regular volunteers who encourage their friends to volunteer and Bay News 9 for a story they ran on Christina's retirement and our subsequent need for nurses, we more than doubled our RN and LPN volunteers from 17 to 35! The increase in volunteer nurses enables the Health Center to provide nursing care for all hours that we are open.

To view the Bay News 9 newscast, go to www.stpetersburgfreeclinic.org and click on *Archived News*.

Become A Volunteer

Volunteer orientation is held on the 2nd Tuesday of the month at 10:00 AM and again on the third Tuesday of the month at 3:30 PM.

Call Rebecca Russell-Gootee at (727) 821-1200, ext. 114 for more information or e-mail rrgspsc@yahoo.com

Bi-lingual (any language) volunteers are needed for all programs.

We Help Services

Interviewers, Food Packers, Pantry Sorters & Stockers, Receptionist
Monday - Friday 8:30 AM-12:00 PM and 12:00 PM-3:30 PM

Administration

Clerical Assistance
Mon. - Fri. 8:30 AM - 12 Noon
Reception Mon. - Fri. 12 Noon - 5:00 PM

Women's Residence

Education Class Leaders Tues. 6:30 PM -7:30 PM

Beacon House

Food Servers - Tues. & Thurs. 4:30 PM - 6:00 PM

Health Center

Physicians, ARNPs, Nurses, Intake Volunteers, Clerical Support for Clinic Management

Time required: 2 hour blocks (or more) during clinic hours:

Monday & Wednesday 8:30 AM - 4:30 PM
Tuesday & Thursday 8:30 AM - 6:30 PM
Friday 8:30 AM - 12:30 PM

Food Bank

Material Handlers - Every Tuesday
Maintenance - Daily
Certified Handyman - Bi-weekly
USDA Interviewer - Every Thursday

Development

Detailed Data Entry Person - Once or twice a week
Filing - Once a week

Special Events

Committee members for Battle of the Minds, Soup's On, Urban Oasis, data entry person.

Show You Care With Tribute Gifts

St. Petersburg Free Clinic's Tribute Gift Program is a convenient means for showing that you care. Tribute gifts may give thanks, extend congratulations or convey best wishes. They also may be used to show sympathy. The honoree or family of the deceased receives a distinctive card informing them of your thoughtfulness. The amount of your gift is never mentioned.

This issue of the newsletter includes Tribute Gifts received between **August 1, 2008 and October 28, 2008**. The name of the honoree is followed by the names of those who made gifts. Tribute Gifts may be made by completing and enclosing the coupon below in the envelope provided, returning a coupon from our Tribute Gift Booklet, submitting by way of the Free Clinic's Web site (www.stpetersburgfreeclinic.org), or calling (727) 821-1200, ext. 110.

In Honor of:

Mary Barrett
 Catherine McGarry
 Christina Brundage
 Mr. & Mrs. Fred C. Sandquist
 Susan & Steve Clayton
 Dr. & Mrs. Frank LaCamera, Jr.
 Ms. Janice Miller
 Dennis Erdman
 Ms. Jenny A. Erdman
 Barbara D. Fodor
 Mr. C. Edwin Davis
 Steve Lesky
 Ms. Patricia A. Zazynski
 Jerry Tellefsen
 Mr. Aaron J. Fuchs & Ms. Elaine Plante
 Mrs. Walker
 Catherine McGarry

In Memory of:

Louis Biondi, Sr.
 Mrs. Jeannette Biondi
 Mary Bobrick
 Mrs. Tecla B. Christ
 Virginia Brundage
 Mr. & Mrs. Fred C. Sandquist
 Sister Karen Burns
 Mr. Don Bain
 Madeline M. Cobb
 Mr. & Mrs. Richard B. Cuff
 Ms. Catherine L. Heim
 Jane Jackson Cordes
 Mr. & Mrs. William B. Harvard, Jr.
 Matt De Lorenzo
 Mr. Aaron J. Fuchs & Ms. Elaine Plante
 Lorraine Degan
 Mr. John J. Degan, Jr.

Drew Factor
 Ms. Deborah B. Factor
 Isabelle Faudel
 Mrs. Jean Petterson
 Bonnie Fletcher
 M. Magdalen Wodsedalek
 Mary A. Ford
 Ms. Joan C. Ford
 Patricia Going-House
 Ms. Marilyn E. Race
 Frankie Grasso
 Ms. Pam Meador & Ms. Celia Hall
 Edna Flournoy Harris
 Mr. & Mrs. John R. Flournoy
 Eva (Ebie) Haslup
 Allen L. Haslup, MD
 Ethel Highnote
 J. Emory Wood, P.A.
 Laura Howarth
 Ms. Esther M. Howarth
 Milton Howarth
 Ms. Esther M. Howarth
 Zachary Mariner
 Ms. Susan L. Pomeroy
 Myrtle E. May
 Ms. Beth Houghton & Mr. Scott Wagman
 Patricia Ann Newton
 Ms. Janet N. Spiegelman
 Julia Novilla
 Mr. & Mrs. Michael F. Novilla
 Daniel O'Connell
 Mr. Peter Hlinka
 Gwendolyn Olds-Lewis
 Mr. & Mrs. B. W. Carlton
 Ms. Ruth A. Delaney
 Mrs. Jean L. Howie
 Ms. Dorathea D. Laundrie
 Ruth & Roy Pringle
 Ms. Jane Bath
 Forrest B. Raffel
 Ms. Janet N. Spiegelman
 Dennis Reick
 Mr. & Mrs. Robert Wickmann
 Dr. Joseph Rush
 Elizabeth N. Fugazzi & Thomas L. Olson
 Joyce Selvaggio
 Damsels of Dolphin Cay
 Mr. & Mrs. Ross E. Fitch
 Ms. Leeanne M. Palmer
 Pennsylvania Club
 Ms. Mary Idalene Sampson
 Ms. Luise Sturm
 Virginia Spoor
 Mr. Gordon Spoor
 Ms. Peggy Spoor
 Olivia Stratton
 Anonymous
 Clayton Tuthill
 Mr. & Mrs. J. Edward Wathen

Clip & return coupon to St. Petersburg Free Clinic • 863 3rd Ave N • St. Petersburg, FL 33701

Date ____ / ____ / ____ / ____ I/We enclose a Tribute Gift of \$ _____

____ To Honor the _____ of _____
occasion honoree

____ In Memory of _____

Send acknowledgement to:
 Name _____
 Street _____
 City _____ State _____ Zip _____

Your name _____
 Street _____

Giving Stock Still Has Benefits

If you have held stocks for 25 years or more you may not be earning much income from them. Therefore, consider using the stock to create a gift annuity or other type of donation to St. Petersburg Free Clinic that provides you with a steady amount of income.

Also, you may find it beneficial to donate long-held securities instead of cash. This would allow you to use cash to buy other stocks at today's low rates.

Contact our Development Office at 727.821.1200, ext. 110, for more information.

IRA Rollover Relief

On October 3 President Bush signed the \$700 billion Emergency Economic Stabilization Act of 2008 which includes a two-year extension of the IRA Rollover provision. The provision will be made retroactive to January 1, 2008 and will apply to gifts made from that date through December 31, 2009.

The rollover provision allows those individuals age 70-1/2 or older to make tax-free gifts directly ("rolled over") from an Individual Retirement Account (IRA) to qualified charities such as St. Petersburg Free Clinic. The only other condition is a \$100,000 cap on annual IRA rollovers.

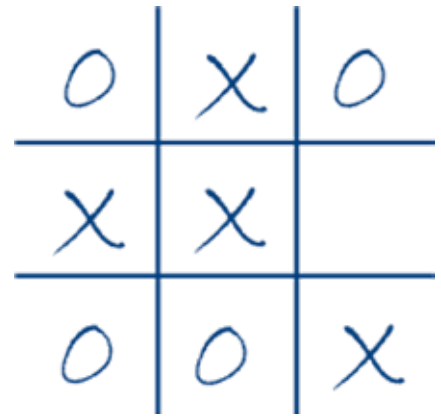
Individuals who are required to take unneeded IRA withdrawals will find the new law of particular benefit. Assets held in IRAs are subject to income tax when

withdrawn and may also be subject to estate tax if left to loved ones other than a spouse. This makes them a good option when deciding how to fund charitable gifts.

Here is one example: A widow, age 73, is living comfortably on her pension, savings, and Social Security. The minimum withdrawal she is required to take from her IRA is taxed and causes more of her Social Security income to be taxed. However, when she directs part or all of the mandatory IRA withdrawal to St. Petersburg Free Clinic, she avoids reporting that amount as income and does not pay taxes on it. This bypasses additional tax on her Social Security benefits.

Transfers to qualified charities this year must be completed prior to December 31.

St. Petersburg Free Clinic is not engaged in rendering legal or tax advisory service. Everyone's circumstances are different, and state/federal tax laws may affect your plans. For advice and assistance in specific cases, the services of an attorney or other professional advisor should be obtained.



It's Your Move

This year's Annual Appeal is scheduled to arrive in homes the week of November 10. Everyone is encouraged to fill out the card with blue writing in order to help us update our records.

The appeal relates the situation of one family as Christmas 2007 approached. Thanks to the services and support provided by St. Petersburg Free Clinic they overcame obstacles and avoided what could have been a terrible outcome.

During the season of giving, now is the time to make a difference in the lives of those affected most severely by the economic downturn.



66863

If this 5-digit number has meaning for you it is likely that you are employed by either the government or the military. This is the number assigned to St. Petersburg Free Clinic by the Suncoast Combined Federal Campaign (CFC).

This 5-digit number is all you need to designate a tax-deductible donation for St. Petersburg Free Clinic. Place it on your CFC pledge form and you ensure that your donation, whether it be via payroll deduction, cash or check, will help people less fortunate than you.

Although there are hundreds of agencies from which government and military employees have to choose in the CFC campaign, many are national and even international. However, St. Petersburg Free Clinic is right here in our community.

Look For Us In A Valpak Mailing

Many Pinellas County households received a first-ever insert in their blue Valpak envelope that was mailed on October 14. Titled *Show Them You Care*, the insert highlighted the Free Clinic's five essential programs. Also, it encouraged those who care about people in Pinellas County who lack the basic human needs of food, shelter and health care to respond to the 200,000 home mailing with a tax-deductible donation.



The coupon will appear again in the Valpak mailing scheduled for December 9. When it arrives, please consider returning it with your donation to the Free Clinic. Your gift will make a difference in the life of someone in need.

Special thanks to Valpak for making this appeal possible.

Tough Times Are Upon Us

Linda Rupp, Assistant Director,
We Help Services

As we are all aware, tough economic times are upon us. People from all walks of life are being affected by job loss, foreclosure, high utility and water bills, and most of all, skyrocketing gas and food prices.

In my few months at We Help Services, first as a volunteer interviewer and now as Assistant Director, there has been a dramatic increase in people looking for basic food, clothing and shelter. The greatest need is food. Many of the people who walk through our doors are here for the first time. They have lost their jobs suddenly and don't know where else to turn. They are grateful for anything we can give, and we always try to provide them with other resources in the community that they can utilize.

We have wonderful, caring volunteers and staff in We-Help who want to continue to provide resources and hope to those in need, but WE NEED YOUR HELP. In addition to food, the Free Clinic needs bus passes of any denomination, personal hygiene products, and paper products (toilet paper, paper towels, etc.). We want to be able to make a difference in people's lives, and to hear them say, "God Bless You."



Linda Rupp, Assistant Director of We Help Services, interviewing a client.

It's True: "Nobody Doesn't Like Sara Lee"

Owen Young, Director,
Free Clinic Food Bank

Over the past year Sara Lee Food & Beverage has made their breads and rolls genuine staples for the thousands of individuals served by the Free Clinic Food Bank's Partner Agency food pantries, community kitchens, as well as the Free Clinic's We Help Services food pantry.

Sara Lee provides top quality, wholesome and fresh Sara Lee brand breads of all types (white, multi-grain, honey wheat, whole grain, cinnamon, and more), along with bagels, English muffins, hamburger buns and hot dog rolls. This is a wonderful gift to our community, greatly appreciated by those in need, and yet often taken for granted by so many of us.

Our heartfelt thanks go out to Sara Lee and Vinny LaRaffa, District Sales Manager, for making such a difference. Why, this is the best idea since . . .



Volunteers load Sara Lee bread onto the vehicles of our partner agencies on Tuesday mornings.

Current Wishlist

WOMEN'S RESIDENCE

Bus passes
Cleaning supplies
Paper products (towels, tissue)
Aluminum foil and ziplock bags
30 gallon garbage bags
Laundry detergent
Dish detergent
Wet/dry shop vacuum

BEACON HOUSE

Personal hygiene items
Towels
Sugar, drink mixes

HEALTH CENTER

Indirect ophthalmic lamp
Financial support for medications
Diabetic test strips (unexpired)
Thermometer covers
Potassium hydroxide for microscopic exams
(5) 32 quart lidded trash cans with foot pedal
(4) small fans for cooling examination rooms

FOOD BANK

ITEMS IN JARS:

Peanut Butter	Jelly
Spaghetti Sauces	Mayonnaise
Salad Dressings	Condiments
Baby Food	Baby Formula

DRY FOODS:

Dry & Shelf-Stable Milk	Grits
Macaroni and Cheese	Pasta & Pasta Mixes
Cereals (boxes, bags)	Rice (white, yellow, brown)
Mashed Potatoes (& other varieties)	
Snack & Energy Bars	

CANNED FOODS:

Canned Meats (tuna, chicken, ham, hash, beef stew)
Canned Fruit

PAPER GOODS:

Toilet Tissue Paper Towels
Children's Diapers (all sizes, especially 3, 4, 5, 6)

You or your group may bring donations to:
863 3rd Avenue N.
St. Petersburg, FL 33701

Many Moods of Christmas Concert

The annual Many Moods of Christmas Concert is scheduled for Sunday, December 14 at 4pm at First Presbyterian Church, 701 Beach Drive, St. Petersburg. This well attended event features wonderful holiday music and a free will offering which benefits the Free Clinic.



Clinic Depends On Winning A Battle At The Beach

Marylou Bourdow, Co-chair, *Seventh Annual Battle of the Minds*

Can you name one of the most famous battles of World War Two fought on the beaches of Kent and Sussex? Do you know which U.S. city is famous for battles against public beach access, pitting the Hollywood elite against the common folk? Who is the real "Dr. Beach," publisher of the annual list of Top Ten Beaches?

Even if you don't know the answer to any of these questions, you are a perfect candidate for St. Petersburg Free Clinic's premier fundraiser. At *Battle of the Minds* you'll have an opportunity to test your knowledge during a fast-paced, challenging, electronic trivia competition destined to become a real Battle at the Beach this coming February. You'll be competing with dozens of other sponsored table teams such as the Brainiacs, Head Gamesters and St. Pete Wizards, so gather your sharpest friends and family members and get ready to do battle for the coveted Mastermind Cup.



Battle of the Minds will be held February 28, 2009 at the Tradewinds Island Grand Resort on St. Pete Beach. The seventh annual *Battle of the Minds* will be an elegant yet casual night so leave those tuxes and fancy gowns in the closet! In addition to the battle, you'll enjoy tropical cocktails, a gourmet dinner, silent and live auctions and jazzy live music making *Battle of the Minds* one of the most enjoyable fundraisers you'll attend all year.

Well known for having fabulous live and silent auctions, *Battle of the Minds'* auction items are sure to be winners again this year. Featured items include autographed baseballs from "CC" and "Longo," tickets to see the championship winning Tampa Bay Rays from seats behind home plate, a European trip to an Italian villa, a certificate for Fetishes fine dining on St. Pete Beach, get-a-way stays at local beach resorts including Sandpearl on Clearwater Beach and TradeWinds on St. Pete Beach, fine wine and exquisite jewelry. It promises to be beach shopping at its finest.

Co-chairs and hosts Elise Minkoff and Marylou Bourdow invite you to join them for a Battle at the Beach, where you'll have a great time finding out just how much you know... or how much you don't! Best of all, proceeds from the event help fund the programs and services offered by St. Petersburg Free Clinic Food Bank, We Help Services, Women's Residence, Beacon House and Community

Kitchen and the Free Clinic Health Center. It's always a fun night, but of course the fundraising aspect is the most important. Last year *Battle of the Minds* raised over \$100,000 in profit for St. Petersburg Free Clinic. The proceeds from this event are critical to helping the Clinic meet the needs of both the unserved and underserved in our community.

Sponsorships are available starting at \$1,500 for a table team of eight. Contact Marylou at 727-368-1530 or Elise at 727-422-3301 for more information, or go to www.stpetersburgfreeclinic.org and click on "events" to register for *Battle of the Minds* or to request an invitation.

Committee members are still needed. If you or your group would like to volunteer for Battle, please contact Rebecca Russell-Gootee at 727-821-1200, ext. 114 or e-mail her at rrgspfc@yahoo.com.

Mark Your Calendar For December 21

On Sunday night, December 21st at 7pm, First Baptist Church, located at 1900 Gandy Blvd., will have its first Annual "Christmas on 'Gandy" presentation. There will be a 100 member choir and 30 piece orchestra playing upbeat music. The Christmas music will be both secular and religious with much pageantry. There will also be several special group presentations including a rousing rendition of the First Baptist Church Men's Chorus backing up "Elvis" who will be singing *Blue Christmas*. There is no charge for the concert, however, an offering will be taken to benefit the homeless and needy in our community through a special gift to St. Petersburg Free Clinic. Free Clinic Board member Sherwood White will be performing in the program. The church will seat over 1500, so bring your family and neighbors for an *inspirational fun-filled evening benefitting the Free Clinic!*

Mark Your Calendar For December 7

A popular tradition since 1997, the 11th Annual Historic Old Northeast Candlelight Tour of Homes returns to St. Petersburg on Sunday, December 7, from 3-8 p.m. This yuletide favorite will feature a myriad of decorating and architectural styles including a 1922 arts and craft style bungalow, a classic mid 20th century style condo penthouse, and a 1930's two-story Mediterranean, and more.

Tickets can be purchased in advance for \$15 by mail (checks should be made out to HONNA and sent with a stamped, self-addressed, business-sized envelope to HONNA Home Tour, P.O. Box 76324, St. Petersburg, FL 33734. **A portion of the proceeds will benefit St. Petersburg Free Clinic.** Beginning Thanksgiving weekend, tickets can also be purchased at the outlets listed on www.honna.org. Day of event tickets can be purchased for \$20 at Westminster Palms Colonnade Guest House and Westminster Presbyterian Church. For more information go to www.honna.org.



ST. PETERSBURG FREE CLINIC

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863 3rd Avenue N.
St. Petersburg FL 33701
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Non-Profit Organization
U.S. Postage PAID
Permit # 302
St. Petersburg FL

Women Sew

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and puppets. Locally, All Children's Hospital, CASA, ASAP, Alpha House, Operation Attack, Free Clinic Beacon House, and Happy Workers Day Care Center benefit from Create to Share.

Gwen moved to St. Petersburg in 1955. After spending years at home raising her family, she worked in the criminal division of the State Attorney's office for 16 years before retiring. In addition to her work at We Help Services, she leads a pool exercise group and volunteers at Sally House, the Salvation Army's children's home.



Helen Hollenbach, Marion Gay and Barbara Zobel are members of Create to Share at First Presbyterian Church. Barbara Zobel is also a long-time volunteer and food pantry trainer in Free Clinic's We Help Services.

Free Clinic Needs Holiday Food

The Free Clinic has planned several activities to help families and individuals during the months of November and December. *We will be able to provide this assistance only with the help of individuals and community groups who want to help others.* You or your group may wish to sponsor an activity or provide a portion of the needed materials. We thank you very much for your assistance. For questions or ideas on how your group can collect food, please contact Owen Young at 727-821-1200 ext. 114 or email him at: owenspfc@yahoo.com.

Thanksgiving Activities:

- Food baskets for families in need
- Thanksgiving Dinner (Nov. 24 at Beacon House, 2151 Central Ave.) for anyone in the community who is hungry
- Provide food for holiday meals to Free Clinic Women's Residence
- On-going food drives for both holiday and non-holiday foods

December Holidays:

- Food baskets for families in need
- Holiday Dinner (Dec. 21 at Beacon

House, 2151 Central Ave.) for anyone in the community who is hungry

- New Year's Day Breakfast at Beacon House for anyone who is hungry
- Gifts for single homeless men staying at Beacon House
- Gifts for single homeless women at Free Clinic Women's Residence
- On-going food drives for both holiday and non-holiday foods

How You Can Help:

- Donation of 10-12 lb. turkeys and/or financial donation for purchase of turkeys (300 are needed each month)
- Donations of the following canned goods
 - Cream of Mushroom Soup
 - Green Beans and Whole Kernel Corn
 - Yams
 - Cranberries/Cranberry Sauce
 - Stuffing Mix
 - Chicken Broth
 - Whipped Cream
 - Dinner Rolls
 - Fresh Carrots & Celery
 - 5 Pound Bags of Potatoes
 - Onions
 - Pre-Packaged Pumpkin Pie