

SHIP'S LOG



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Senators Ray & Kip Bateman Medical Clinic For the Uninsured

On May 12, 2010, SHIP's Medical Clinic embarked on its maiden voyage. For nearly two years this free health clinic has been serving the medical needs of the uninsured in our community. Located at 87 East High Street in Somerville, we have a fully equipped medical exam room staffed by two nurses, a pharmacist, and a physician. We treat patients in need of basic primary care and preventive medical care including serious infections, colds, flu, asthma, hypertension, diabetes, allergies and skin rashes. We have many medicines and supplies that we provide to our patients free of charge. We are also able to provide written prescriptions for medications that we don't have readily available. We currently see patients on the first and third Wednesday afternoons of the month. Treatment is available to anyone who does not have medical insurance. Our patients are homeless, near-homeless, and working poor individuals and families in the Somerset County region.

Recently, our volunteer doctors had to leave the clinic due to other demands on their time and expertise. We thank you, Dr. Joe Clemente and Dr. Sunida Rayudu, for your unselfish devotion to the welfare of the medically needy in the Somerset County region. Since its inception, thanks to your charity, SHIP's Medical Clinic has provided over 2,500 patient visits.

In response to Tom's prayerful SOS, we would like to welcome Dr. Debbie Chen, who has signed aboard SHIP's Medical Clinic. With God's blessing, we will soon have a second doctor on board to assist Dr. Chen.

You make a living by what you get; you make a life by what you give.



Editor: Sandie Ader

If you have any comments, suggestions, or contributions to this newsletter, please call SHIP, 908-393-9545.

The Captain's Log

We give all thanks and praise to Almighty God for sustaining us during this time of increasing requests for assistance. Thanks to your generous donations of food, casseroles, personal items, volunteer time and donations, we are managing to meet most of the needs of those climbing into our life boats searching for some degree of safety and rest.

We are experiencing a huge increase of people suffering from substance abuse and mental health issues. The system seems to be failing them. Getting help for those suffering from mental health issues is an exhausting process. The difficulty in navigating the system is hard enough for professionals - Lord have Mercy on those who are suffering and trying to reach out for help on their own.

With God's help and yours, we are continuing the never ending struggle to assist those trying to get out of the storm and seeking shelter from the brutality of homelessness, substance abuse, HIV/AIDS, Medical/Visual or clothing needs.

God bless you ALL for what you are doing to help your brothers and sisters in need.

Peace,

Tom O'Leary, Executive Director



"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it's the only thing that ever has."

Margaret Mead

SHIP's Eye Clinic

SHIP's Eye Clinic is a place for the needy to have their visual needs addressed. At the clinic, eye examinations are performed, by appointment, by an eye specialist from the NJ Commission for the Blind and Visually Im-

paired Eye Examination Unit. The Eye Clinic has been a huge success, providing eye exams for over 1,000 patients at no cost for the exam. Patients have received non-prescription reading glasses, prescriptions for glasses, and refer-

als for more extensive eye care. Thank you to Dr. Rajeshwari Hekuri and Chaitali Shah from the NJ Commission for the Blind and to Phyllis Engert of the One Sight Program at Lens Crafters. Call SHIP for an appointment.

SHIP's Holiday Meals

Since 1991, SHIP's Holiday Meals Program has brought hope and a hot meal to the forgotten, the lonely, the poor, the unwanted, the homeless, and any of our neighbors in need, on Thanksgiving Day and Christmas Day. The average attendance at our Holiday Meals is about 250. If you would like to enrich your life by bringing joy to others, please help us to serve those in need. But call soon. Available slots fill quickly. Donations are also welcome. SHIP 908-393-9545



Tic-Tock's Grove



In the back yard of the Safe Harbor-Port of Refuge at 87 East High Street is a charming picnic area named after a former client, Tic-Tock. He helped those like himself in their time of need, and lost his life being a Good Samaritan. The Grove is in memory of him.

Tic-Tock's Grove is serving a summer picnic lunch to our clients in need on Tuesdays and Thursdays, when our Soup Kitchen is closed, for the summer months June, July and August. The second and third Tuesdays of the summer are already booked.

If you would like to reserve a spot for your faith community, company, group or organization to serve lunch on one of the available dates, please call SHIP at 908-393-9545. If you would like to contribute food and/or supplies for the picnic meals, please see the Wish List below.

Wish List for Tic-Tock's Grove

- Hamburgers, hotdogs, sausage & peppers (precooked and ready to serve; or ready to heat and serve)
- Sandwiches (25 to 50)
- Baked beans, corn-on-the-cob, rice and beans
- Chips, pretzels, dips
- Green salad, potato salad, macaroni salad, coleslaw, etc.
- Fresh fruit, watermelon
- Cookies, cakes, pies
- Iced tea mix, lemonade mix, soda and other beverages
- Napkins
- 9" and 6" paper plates
- Hot and cold cups
- Plastic utensils

Hurricane Sandy

Although the wrath of Hurricane Sandy didn't cause the extensive destruction of appliances and equipment at SHIP that Hurricane Irene delivered, we were without electricity for three long weeks. The program had to be operated entirely from Tom's cell phone, which was a daunting task. It will come as no surprise, though, that SHIP's crew was here the day after the storm, and all the days thereafter, to be available to those in need of supplies and support, as well as to quickly distribute the frozen foods stored at the Safe Harbor to senior citizens and other programs in the county before they thawed from the lack of electricity. Not to mention the fact that, thanks to generous donations, we were able to send three to four truck loads of items to Staten Island, New York and Bradley Beach, New Jersey. Tom would like to thank everyone for their support and patience during that stressful time.

SAMARITAN HOMELESS INTERIM PROGRAM

87 E. HIGH STREET
SOMERVILLE, NJ 08876
ADDRESS CORRECTION REQUESTED

WE'RE ON THE WEB AT SHIP908.com

For more information on anything mentioned in this newsletter, please visit our website or call SHIP at 908-393-9545.

Our e-mail address:
ship908@optonline.net

SHIP'S WISH LIST

Please post a copy of our needs list in your organization's bulletin, as the overwhelming majority of our program's needs are provided through donations. For additional items and ways to donate, please visit our website at SHIP908.com.

PERSONAL ITEMS:

Deodorant, shampoo, hand soap
Shaving cream, razors
Toothpaste, toothbrushes
Combs, toilet tissue
Sanitary napkins

GIFT CERTIFICATES:

Supermarkets
Payless Shoes, Target, Wal-Mart

SCHOOL SUPPLIES

LINENS:

Blankets, towels

PAPER GOODS/PLASTIC UTENSILS

FOOD ITEMS: (pop-top cans & ready to use are best!)

Coffee and iced tea mix
Instant cup of soup, saltine crackers, granola/fruit bars
Peanut butter, jelly
Tuna, canned spam, deviled ham, Vienna sausages
Canned fruit
Canned macaroni in pop top cans (ravioli, spaghetti-o's)
Juice drinks, water
Microwaveable meals
Cheese and crackers

CLEANING SUPPLIES:

Pine Sol, liquid bleach, Lysol, liquid dish detergent, air fresheners, garbage bags, sandwich bags, paper towels, laundry detergent

Please drop by or call 908-393-9545 to donate.