

On November 14, 2020, CPFI members met staff from the Health Partners Free Clinic at the Lincoln Community Center in Troy, OH to hold the free flu shot clinic. CPFI members were able to administer 16 flu shots as well as perform blood pressure and blood glucose screenings to the individuals who attended.

Because we had additional vaccines, we were able to set up another flu shot clinic at the local Shared Harvest Food Drive in Piqua, OH on November 21, 2020. CPFI members were to administer the rest of our flu shot donations as well



as a few extras that had been donated to the clinic for a total of 34 vaccines. This clinic not only provided opportunities for members to practice administering vaccines, but it also allowed members to have countless conversations with people who were hesitant about receiving vaccines. Members were able to encourage them by explaining how

vaccines work, information about their safety and efficacy, and by answering other general health questions.

The goal of this project was to not only serve the community through administering free flu vaccinations, but also to assist the Health Partners Free Clinic by promoting their free services to those in need. Dr Justin Coby told us that our donation was an answer to prayer as they had been looking for both a supplier and funding to be able to support this initiative. We were honored to represent the working hands and feet of Christ by filling the needs of those in the community. We were also thankful for the opportunity to practice administering vaccines and to see firsthand the reluctance that some people have regarding vaccines. This was a great learning experience for our members as we were able to practice motivational interviewing and talking with patients in order to answer their vaccine-related questions.

In the future, our CPFI chapter hopes to continue to build our relationship with the Health Partners Free Clinic and to find ways to help serve their local community. Whether that be through holding more flu shot clinics or meeting other areas of need, we would love to be able to continue serving the local community and glorifying God in this way through future involvement.

We are very appreciative of CPFI for supplying us with this year's Hand and Feet Grant to be able to pour into our local community in this way. Without these funds, 30 individuals may not have received their annual flu shot, and we would not have a working relationship with the Health Partners Free Clinic. Thank you, CPFI, for allowing us to grow as student pharmacists through this opportunity!

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## Yarn and Thread, Blessings Ahead By Susan B. Smith

My mother always found that one special Christmas present for me. It was a present I didn't ask for, and quite honestly never even thought to ask for, but every year it became my favorite gift. On Christmas Day in 1974, when I was 8 years old, my mom gave me my first-ever cross-stitch kit. Over the next several years I received kits to make latch-hook rugs, embroidered sachets, beaded ornaments, and more cross-stitch projects. During that time, my mom also taught me how to crochet and sew.

For as long as I can remember, I've always had at least one project in the

works. Always. While I do have several other hobbies such as reading, baking, gardening, and watching sports, I am most at peace when I have a project in the making that involves a needle and thread. Or a crochet hook and yarn. I have several framed cross-stitch pieces displayed on the walls or propped up on dressers, and my couches are adorned with crocheted afghans. Most of my early projects were made with me or other family members or friends in mind.

My craft interests turned to smocking when my daughter Melanie was born. Smocking is decorative needlework

stitched over pleats to embellish a dress or shirt. I spent the next 8 years making smocked dresses for her, but alas, little girls eventually grow out of wanting to wear this classic heirloom look. But that was okay, since I was able to go back to my other crafty projects! For 12 years, my sewing supplies sat dormant until one day I was walking through the public library and saw a display for the Smocking Arts Guild of America (SAGA).<sup>1</sup> Their stated purpose is "to preserve and foster the art of smocking and related needlework for future generations through education, service, communication and quality

workmanship." What caught my attention was their service project called The Wee Care Program. SAGA members smock and sew infant gowns and donate them to local hospitals. The nurses use the gowns to clothe babies who die at birth or shortly after. The baby may be buried in the gown, or the parents may choose to save it as a keepsake. In 2017, I joined my local SAGA chapter. I rekindled my love of smocking, improved my skills, and most importantly, donated 10 gowns to local hospitals.

It was around this time that a group of women in my church gathered to crochet and knit 8-inch blocks as part of the Love From Above Ministries "Squares Project".<sup>2</sup> These squares are sent to Romania where ladies receive a bundle of 48 squares and sew them together to make a toasty-warm and colorful afghan – sometimes for themselves, other times for one of the sponsored orphanages. Initially, this organization collected completed afghans, but unfortunately, they soon discovered that the afghans didn't make it past customs. Thankfully, customs officers don't know what to do with the squares, so the squares pass on through. Another benefit of this current process is that the Romanian women are taught how to sew the blocks together, so they have a personal investment in making the afghans. What a wonderful way to draw women together who live worlds apart!

Word soon spread about our Squares Project to one of our church's ministry partners, HELP Pregnancy Center.<sup>3</sup> In addition to pregnancy, parenting, and Bible study classes, the HELP Pregnancy Center provides ultrasounds to expectant women and girls. After the ultrasound has been performed, a staff member counsels the woman/teenager and gives them a gift of baby booties. Members of our church join with others in the area to crochet or knit these booties – we sometimes add baby hats to make a set, too! As we make them, we pray that the person receiving this gift



realizes she is carrying a precious life. We pray this knowledge helps her make the life-giving decision to maintain her pregnancy.

In 2019, when cancer became a personal reality for me, I discovered a few new ways to put my crochet hook to work. I made several chemotherapy beanies/caps for myself in anticipation of the coming hair loss, and then several more to donate to the resource center at my local cancer clinic. I worked on these early in my therapy because I had been warned that one of the troublesome adverse effects associated with later cycles of chemotherapy was peripheral neuropathy. I was very concerned about the possibility of developing this side effect. I couldn't imagine being unable to use my hands and work on my projects! Additionally, there is something very calming and soothing about putting a needle/hook into a hole and pulling it out on the other side. What a wonderful mindfulness activity! Thankfully, I did not experience any neuropathic pain or the need to set my craft supplies aside.

One of the first things I did after recovering from therapy last summer was attend a local Yarn Crawl. A Yarn Crawl is an annual event where participating area yarn shops advertise fun projects, host a scavenger hunt, and have really great deals on yarn. I LOVE going into yarn stores to see and touch these wonderful skeins of fiber! It was during last fall's Yarn Crawl that

I first learned about "Knitted Knockers".<sup>4</sup> This is a national organization that provides free breast prosthetics that are knitted (or crocheted) for women who have undergone mastectomies or other breast surgery. Knitted Knockers can be placed in a regular bra and they "take the shape and feel of a real breast" without the expense and discomfort of other types of prosthetics. The organization is very particular – and rightly so – about the types of yarn they will accept in donated knockers. The yarn choices are so colorful, and the yarn is so soft to work with – the fact that I'm potentially making life just a little easier for a fellow cancer survivor is immensely gratifying. I am very blessed that in my area I can drop off my completed knockers in person to the "Pink House".<sup>5</sup>

A recent addition to my repertoire of yarn-making pursuits is a crocheted port pillow. A port pillow can be sewn with fabric or crocheted/knitted with yarn. Basically, it's a brilliant little 7x4 inch rectangle that is stuffed (like a stuffed animal) and tied around a seatbelt to provide protection to a person who has a port or central line. I often traveled with a cumbersome pillow to put between my chest and the seatbelt to avoid the painful rub of the seatbelt on this tender area. It wasn't until after my port was removed that I came across a pattern to make these pillows – while I had my port in place, it never occurred to me to look





for anything to help alleviate this discomfort, let alone make it myself! The pattern was very easy to follow so I was able to make several of these pillows for the clinic's resource center right away.

In March 2020, I felt the tug to join the world of mask-makers, but I had a lot going on at work, and the first few patterns I saw looked confusing; so I decided not to pursue this project. However, in April we heard stories of healthcare workers not having enough personal protective equipment – especially masks. So I felt compelled to make a few for one of my daughter Melanie's former college roommates, who is now a registered nurse. An improved pattern - with a video - had come along; and after a bit of trial and



error, I made my first mask. I used material from my fabric stash that was left over from a dress I made Melanie when she was 2 years old! I scrounged around through drawers and cabinets for elastic over the ears and pipe cleaner to crimp over the bridge of the nose. (It sometimes helps to be a saver!). I then thought of my parents and in-laws, my sister who is a physical therapist, some church friends, the elderly members of my Myeloma Support Group, etc. Three months later, I was at 61 masks and counting – and I had requests to make at least 20 more!

My husband thought a long time ago I would have needed to buy more fabric. Little did he know just how deep my fabric stash is! My family tolerates my requests to stop at all the small business yarn and fabric stores whenever we travel to a new city. My

husband has jumped on my crafty bandwagon and now searches for the stores on his own (in advance) before I even need to ask. In fact, on a 7-hour car ride home from Nashville, my husband was driving while I was busy crocheting in the front seat. He noticed a billboard for a yarn shop and asked if I wanted to stop. I was ecstatic... my college-aged son, much less so.

I mentioned that I love to touch and feel new skeins of yarn. I love the brilliantly dyed colors as well. Around the time I was first learning these new crafts as a young girl, my parents began to go to church. Even as a 10-year-old I remember starting a Bible reading plan every year. Genesis is full of fascinating stories, and Exodus starts out with a lot of action and excitement as God sets the plagues upon Egypt and saves the Israelites in their hurry to cross the Red Sea. Once the Ten Commandments are pronounced, the focus turns to the building of the Tabernacle. Some may find these stories too detailed to warrant a lot of attention, but I have always been drawn to the imagery in the verses that talk about gold, blue, purple, and scarlet thread. Exodus 38:18 says, "He made the curtain for the entrance to the courtyard of finely woven linen, and he decorated it with beautiful embroidery in blue, purple, and scarlet thread. It was 30 feet long, and its height was 7 1/2 feet, just like the curtains of the courtyard walls." In Exodus 39:24 it says, "They made pomegranates of blue, purple, and scarlet yarn, and attached them to the hem of the robe." And finally, Exodus 35:25, "All the women who were skilled in sewing and spinning prepared blue, purple, and scarlet thread, and fine linen cloth." Oh, to have been counted among those women!

I love learning – whether it's something new I learn everyday as a pharmacist, or discovering a new type of yarn, fiber, fabric, pattern, or project to make. As I reflect back to the very first needle and thread project I completed to the most recent one, and then all of

those gifts and donations in between, I have learned many new techniques and improved my skills with practice. Even more than making the finished product itself, though, I love when my hobbies and passions can be used to help others. I will likely never know who will receive a square, infant gown, booties, port pillow, or breast prosthetic, but I hope they know they were prayed over, and I hope the craft served its purpose well. I hope that you, too, are using your talent for drawing, painting, building, card making, woodworking, knitting, quilting, sewing, crocheting, etc. to help others and to bring glory to God. If you're not, a quick internet search will give you a plethora of ideas as to how and where you can use your gifts and talents. Pray about it, and keep in mind the words of 1 Peter 4:10-11 (NLT): "God has given each of you a gift from his great variety of spiritual gifts. Use them well to serve one another. Do you have the gift of speaking? Then speak as though God himself were speaking through you. Do you have the gift of helping others? Do it with all the strength and energy that God supplies. Then everything you do will bring glory to God through Jesus Christ. All glory and power to him forever and ever! Amen." If you're already serving God with your gifts and talents, then I hope Acts 20:35 (NLT) will resonate with you as it does with me: And I have been a constant example of how you can help those in need by working hard. You should remember the words of the Lord Jesus: "It is more blessed to give than to receive."

## References

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# Money, Horses, and Spouses: A Practical Guide to Christian Pharmacist Sanctification

By David M. Peters Jr.

Every skill in life must be carefully mastered over time through consistent practice. Great athletes can be seen developing strength and motor skills in gymnasiums across the country, while talented musicians spend hours training their hands, voices, and ears to hit notes. Astute pharmacists will practice interpersonal skills, assessment and interpretation of medical literature, and counseling of our beloved patients. In our daily Christian walk, one area that is occasionally forgotten but must be intentionally fostered is sanctification: that process by which we ought to draw nearer to Christ each day, striving to look more like our perfect Savior and less like our sinful self (“Therefore if any man be in Christ, he is a new creature: old things are passed away; behold, all things are become new,” 2 Corinthians 5:17, KJV). While our salvation rests alone in the work of the Cross, the blessings of this lifetime come through a devoted and heartfelt pursuit of righteousness. We should not separate our Christianity from our profession, and the call to sanctification extends into our practice of pharmacy.

Despite the intuitive nature of the need for sanctification, the practical development of it can be a challenge. Our sin nature derived from Adam and Eve drives us to intrinsically seek self-fulfillment and immediate gratification in a broken world. But the scriptures are sufficient in all things and provide very fruitful advice for our sanctification (“All scripture is given by inspiration of God, and is profitable for doctrine, for reproof, for correction, for instruction in righteousness: That the man of God may be perfect, thoroughly furnished unto all good works,” 2 Timothy 3:16-17, KJV). An interesting example from the Old Testament comes to mind as a simple picture of this principle: Money, Horses, and Spouses. This passage has far-reaching application to the Christian in need of encouragement, as well as a particular devotional application among pharmacists.

In Deuteronomy, the Lord through Moses outlined multiple principles regarding the Israelite political system, including instructions for kings. Kings were to hand-write their own copy of the law – a task which, if completed earnestly, would have undoubtedly cemented the teachings of the Old Testament to that leader (Deuteronomy 17:18-20). Unfortunately, a short survey of the books of Kings and Chronicles reveals that many of the Israelite kings did not take this instruction to heart. Interestingly, just prior to that imperative falls a very interesting pair of verses in Deuteronomy 17: 16-17 (KJV):

- 16- “But he shall not multiply horses to himself, nor cause the people to return to Egypt, to the end that he should multiply horses: forasmuch as the LORD hath said unto you, Ye shall henceforth return no more that way.
- 17- Neither shall he multiply wives to himself, that his heart turn not away: neither shall he greatly multiply to himself silver and gold.”

Money, Horses, and Spouses. A strange combination of items, yet rich with application for Christian men and women when studied in light of the revelation of the New Testament.