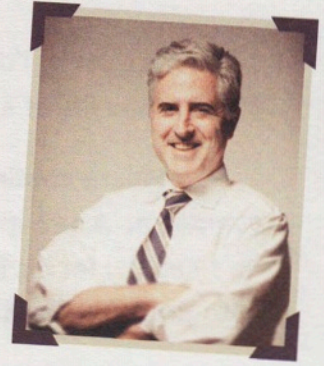
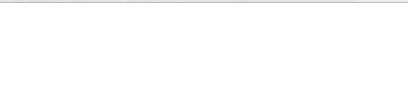


*From the desk of Don Jonas*



September 2, 2015

Ms. Pamela Grow



Dear Pamela:

Calvino Hardin lay in the hospital bed. Fear gripped him. Blinking to hold back the flood of tears, he could barely focus on the doctor's face much less hear his words, "it's a matter of life or death... we're starting treatment today."

Calvino nodded. Wept. And prayed for his life.

This dramatic story of "life hanging by a thread" has a happy ending, thanks to you! Over the last four years Calvino has received on-going expert medical care to manage hypertension and kidney disease.

Thanks to you and your financial support, Calvino has a primary care doctor, sees a kidney specialist each week, and receives medications from our community partner, NC MedAssist.

Thanks to you he is working in a profession that he loves, is supporting his family, and is focused on a future of continued good health and well-being.

This year, Care Ring is celebrating its 60<sup>th</sup> Anniversary – sixty years of steadfast commitment and exemplary service to our community. **We need your on-going partnership to save more lives** – to make a lasting difference for 7,000 people, like Calvino, who are either uninsured or the working poor, and in need of timely, affordable medical care.

*(please continue on other side)*



Empowering individuals with limited resources  
to establish and maintain good health



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[www.CareRingNC.org](http://www.CareRingNC.org)

In closing, I'd like to say **THANK YOU**. On 11/14/2014 you gave \$20 to Care Ring and touched the life of a person in need of medical care.

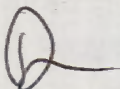
**Please continue your support today by participating in our "I CARE" annual fund campaign.** A new gift of \$50 covers the cost of a physical exam so a working father can ensure he's healthy for his family. Or join our Healthy Habits monthly giving program with a convenient auto-draft option that starts at just \$10 a month.

There are three easy ways to give:

- fill out and return the enclosed reply envelope
- on-line at [www.CareRingNC.org](http://www.CareRingNC.org), "Donate Now" or
- use our BRAND NEW "Text 2 Give" option by texting the word "icare" to phone number 243-725.

Thank you in advance for your participation and gift. No matter what size gift you make, you'll feel great knowing that you've alleviated someone's suffering and contributed to their well-being. I know I do.

Sincerely,



Donald K. Jonas, PhD  
Executive Director

**P.S. SAVE THE DATE** for Saturday, 11/14/15. Join me for our 60<sup>th</sup> anniversary celebration, *Care Ring's Beer Bands & BBQ Bash*, from 5-9pm at Triple C Brewing in Charlotte's South End. My band The Fidgets will be providing the entertainment!

Pamela - Thanks for your support. Our  
new "Text 2 Give" option makes  
donating super easy -  
- Don



# Snapshot

*"What I thought was a simple nosebleed was far more serious."*

## CALVINO HARDIN

### FROM SIMPLE TO SERIOUS

As a chef I love to cook and entertain my friends and family. During one of my dinner gatherings my nose started bleeding. When it didn't stop everyone grew concerned. Friends insisted I go to the ER but I was really reluctant. I didn't have health insurance or money for a hospital visit.

Hours later I relented and arrived at the Emergency Room. My blood pressure was sky high and I was admitted overnight for more tests and monitoring. I was diagnosed with hypertension and while serious and scary the staff assured me that through proper diet, exercise and medications I could manage the disease successfully.

### SHOCKING NEWS

I wasn't prepared for what came next. The doctor told me I wasn't going home. I was in acute kidney failure and needed immediate treatment. Life-saving care. I don't know what frightened me more. My health condition or my overwhelming anxiety about mounting medical bills. I grew hopeless.

### HOPELESS TO HEALTHY

After a week in the hospital, my health improved and I was out of immediate danger. The hospital connected me to Care Ring for on-going care in the Physicians Reach Out program. Thanks to Care Ring's expansive physician network I have both primary care and specialty care. I am doing well under the guidance of Dr. Berling and his team at Metrolina Nephrology Associates. My many medications are covered by NC MedAssist. I've reduced my medications from 19 to 5 and my kidney treatments are now just once a week.

### MAKE A DIFFERENCE

I am indebted to Care Ring. It's truly a God-send. Four years ago I faced death. Today, I'm doing what I love and making a good living as the Sous Chef at J. Sam's restaurant.

Care Ring, YOU and me. A recipe for success for a healthier Charlotte. Your support makes a real difference to me and people like me. Everyday.

*Thank you,*  
Calvino  
Care Ring Ambassador



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[www.CareRingNC.org](http://www.CareRingNC.org)