



Cheerful Heart Newsletter

“A cheerful heart is good medicine...” Proverbs 17:22

Volume 23 Issue 2

Lake County Montana

August 2024

Donor Profile

Country Store~Donor Extraordinaire

The Country Store has donated approximately \$35,000 to Cheerful Heart since September 2002. The store, operated by 10 churches, began donating to human service organizations and community projects when it began in 1980.

The store, open five days a week except on holidays, distributes donations monthly. Recent closures, during the pandemic and several months when the store moved to its new location, interrupted donations. The store is now open on 4th Avenue West behind the Glacier Bank drive-through between Main Street and 1st Street West.



Donations to local projects total more than \$1.5 million dollars

In its 44 years the Country Store donations to projects, human service organizations in Polson and member churches, totals more than an astounding \$1.5 million. The store first opened on 3rd Avenue, across from the Post Office. In 1990 it moved to 314 Main St. before relocating around the corner this year to 5 4th Ave. West in the former Odyssey Glass Building between Main and 1st St. West.

The store relies on donations of lightly used clothing, shoes, bedding, linens all kitchen appliances, toys, glassware, cutlery, dishes, etc. priced 50 cents and up depending on the merchandise. Some unusual, high quality items may go for higher prices but most items are very reasonable.

Volunteers from the 10 member churches total approximately 80. Each church is responsible to staff the store four hours per week and follows a set rotation schedule. A board of directors consisting of representatives from member churches meets monthly.



The store is organized, clean and easy to shop.

A servant's heart — Jan Irwin celebrated



Plaque that hangs in the Oncology Clinic: ~ Jan Irwin is pictured on a cruise going through the Strait of Messina, between Sicily and Calabria in 2020, on one of the Irwin's many travel trips.

worked with Jan as a volunteer and gives us an apt description of Jan: “As we all know, Jan was a beautiful person, inside and outside. As a precious hospital volunteer, she gave her time on Tuesdays to help at the Oncology Clinic. That’s where our special friendship began. Jan was an amazing listener to both friends and strangers alike, with the utmost compassion and empathy, and was relatable as a cancer survivor herself. Most importantly, she loved God with all her heart, shining His light and sharing His love with everyone she encountered, through her actions and words. When I think of dear Jan, not only do I miss her deeply, but I also strive to be more like her and follow the example she set for the rest of us left behind.”

Jan Irwin’s “servant’s heart” was celebrated at a ceremony held at the St. Joseph Medical Center’s Oncology Clinic on July 2. Family, friends and colleagues gathered to honor Jan’s life of service.

Megan Beard, Philanthropy Officer for Providence Foundation at St. Joseph Medical Center, organized the recognition event and unveiling of the plaque, after receiving a significant amount of donations in Jan’s memory. Folks shared their memories of Jan who volunteered over 15 years either with the Hospital Auxiliary or as a hospital volunteer at the Oncology Clinic. Her ready smile and “how can I help...” caring attitude made her a bright welcoming spirit.

Her husband, Steve said he had no idea how she had affected and helped others until after she died on Aug. 30, 2023. Folks related stories to him about her kindness and helpfulness. Steve recounted that Jan was diagnosed with an inoperable brain tumor in March and during the last six months her main concern was for him and how he would handle her death.

Debbie Christopher, SJMC Patient Access/Hospital Registrar, worked with Jan as a volunteer and gives us an apt description of Jan: “As we all know, Jan was a beautiful person, inside and outside. As a precious hospital volunteer, she gave her time on Tuesdays to help at the Oncology Clinic. That’s where our special friendship began. Jan was an amazing listener to both friends and strangers alike, with the utmost compassion and empathy, and was relatable as a cancer survivor herself. Most importantly, she loved God with all her heart, shining His light and sharing His love with everyone she encountered, through her actions and words. When I think of dear Jan, not only do I miss her deeply, but I also strive to be more like her and follow the example she set for the rest of us left behind.”

A portrait of a woman with short, blonde hair and bangs. She is smiling and has her glasses perched on her head. She is wearing a black top with a large floral pattern in red, pink, and yellow. The background is dark and out of focus, showing some greenery.

Nancy began working at SJMC in 2021. She was born in Bozeman but grew up in Anaheim, Calif., and spent many summer vacations in Montana. As a teenager she enjoyed working on her aunt and uncle's farm near Chester. She earned her undergraduate degree from California State University, Fullerton and a Masters at Fuller Theological,

Being a chaplain is a second career for Nancy. She worked in Early Childhood Education as a teacher and administrator for over 40 years. She and husband, Doug, a retired CPA, have three grown sons and four grandkids. they love to travel and "we love Montana, so we feel blessed to be here full time."

population. Early-onset breast cancer is becoming more common too, with its incidence rising by almost 4 percent among U.S. women every year from 2016 to 2019, according to a 2024 study. Even lung cancer, a disease typically associated with older cigarette smokers, is now to a surprising degree affecting younger women, even those who have never smoked, says Dr. Matthew Triplette, a pulmonologist at Fred Hutch Cancer Center in Seattle.

What's driving these trends? Triplette says he doubts there's "some new, very dangerous cancer risk factor out there that's causing tons of excessive cases in younger folks." Cancer is a complex disease influenced by a mixture of genetics, lifestyle choices, and environmental exposures, so it's unlikely that there's a single explanation for the data. ... [Read entire article.](https://time.com/6960506/cancer-rates-young-people/)

~ Personal Care Program ~

- Hair & nail care
- Massages

~ No cost to the patient ~

83-3070 to schedule an appointment

Cheerful Heart, Inc. offers free non-medical services to Lake County cancer patients currently in treatment by using dedicated volunteers. Cheerful Heart is funded by donations from individuals, organizations and businesses. All funds are used in Lake County. We need your support, both monetarily and as a volunteer. To help us, clip and mail the form below to Cheerful Heart.

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