



www.cmrocks.org | 301-637-0730 | info@cmrocks.org



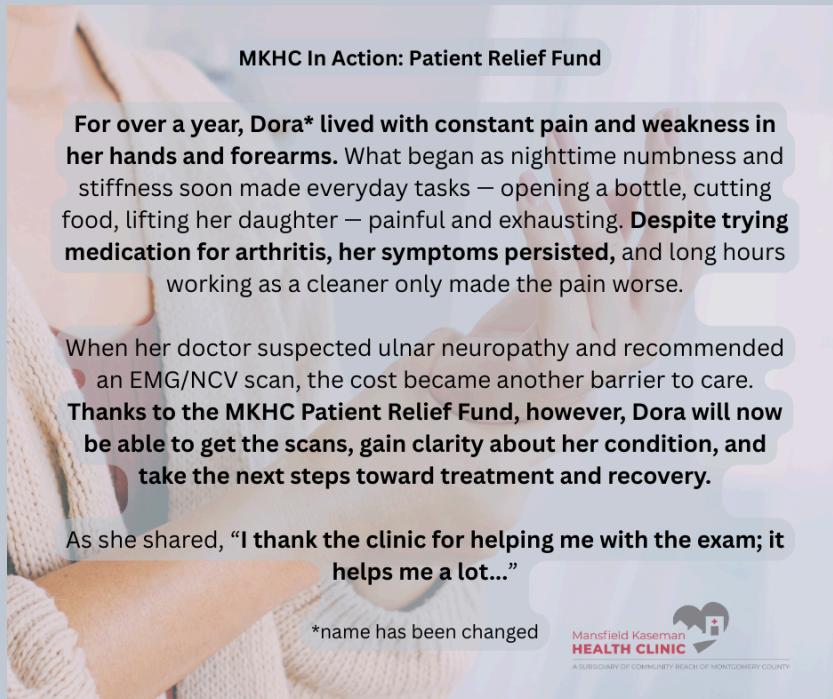
What's new at Reach this month

January 2026

MKHC in Action: Patient Relief Fund

MKHC's Patient Relief Fund supports uninsured patients who need critical medical care, including health screenings, diagnostic tests, and the like, but do not have funds to pay for them.

So far this year, we've helped 13 patients like Dora afford care they might not have otherwise received. This is one of many ways MKHC helps break down barriers to accessing care for the medically underserved in our community.



MKHC In Action: Patient Relief Fund

For over a year, Dora* lived with constant pain and weakness in her hands and forearms. What began as nighttime numbness and stiffness soon made everyday tasks — opening a bottle, cutting food, lifting her daughter — painful and exhausting. **Despite trying medication for arthritis, her symptoms persisted,** and long hours working as a cleaner only made the pain worse.

When her doctor suspected ulnar neuropathy and recommended an EMG/NCV scan, the cost became another barrier to care. **Thanks to the MKHC Patient Relief Fund, however, Dora will now be able to get the scans, gain clarity about her condition, and take the next steps toward treatment and recovery.**

As she shared, “I thank the clinic for helping me with the exam; it helps me a lot...”

*name has been changed

Mansfield Kaseman
HEALTH CLINIC
A SUBSIDIARY OF COMMUNITY REACH OF MONTGOMERY COUNTY

Learn more: [Patient Relief Fund](#)

Donor Spotlight: Dov & Elma Levy

Join Us for Our Volunteer Reception!

It is not possible for one person to change the world, but one person can have a major impact on the life of another person!

Elma Levy
Reach supporter



Dov and Elma Levy celebrated a significant milestone this winter: five years of supporting Reach! To commemorate this achievement, we are sharing their unique story.

[Read the full story](#)

Changemakers Challenge: Win Tickets to the Reach-MKHC Gala!

Enter the Changemakers Challenge!

Enter the challenge by committing to be a Recruiter!

Recruit friends, colleagues, and neighbors to join the Changemakers Circle as monthly donors

At the end of the challenge period, win prizes based on how many Changemakers you recruited

#ChangemakersChallenge2026

Bring a friend. Build a movement

In February, we're launching the Changemakers Challenge! Join the Challenge as a recruiter to help encourage monthly donations. Top recruiters can win tickets to the Reach-MKHC Gala and exclusive Reach/MKHC t-shirts!

[Learn more](#)

FOR THE LOVE OF COMMUNITY

A reception in recognition of our amazing volunteers



FEBRUARY 4, 6-7:30 PM

ROCKVILLE MEMORIAL LIBRARY
FIRST FLOOR MEETING ROOM
21 MARYLAND AVENUE

You're invited!

Join us for our Volunteer Reception on February 4th at Rockville Library from 6-7:30 p.m. Registration is requested but not required.

[Register to attend](#)

Board Member Spotlight: Rae Pearl Canizares

Board Member Spotlight: Rae Pearl Canizares

For me, it is about people - learning about people, helping people, being kind to people.

Rae Pearl Canizares
Reach Board Member



Over her years as a Reach board member, Rae Pearl Canizares has helped guide the organization with community-driven spirit. As she prepares to step down from the board this summer due to term limits, we want to thank her for years of service and share her story.

MKHC Welcomes Volunteer Endocrinologist

[Read the full story](#)



Mansfield Kaseman
HEALTH CLINIC
A SUBSIDIARY OF COMMUNITY REACH OF MONTGOMERY COUNTY

Welcome to The Team!



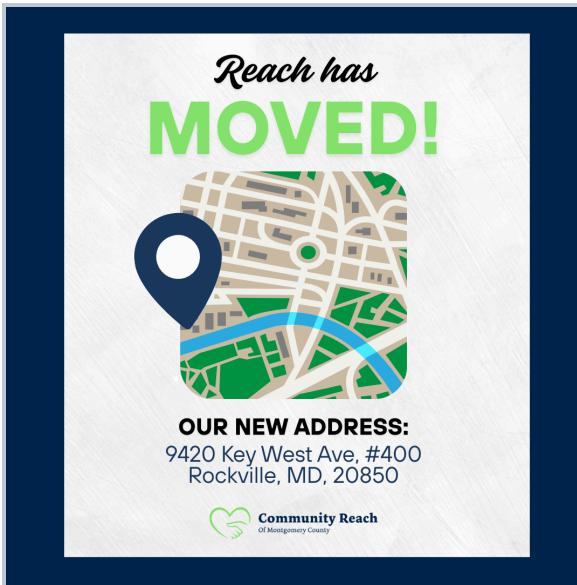
Dr. Huong Nguyen
Volunteer Endocrinologist

"I volunteer to give back to the community and to apply my expertise to care for those in need."

Dr. Huong Nguyen has joined the team of volunteer providers at MKHC, expanding the range of specialty care services available to patients. Dr. Nguyen is an endocrinologist practicing as a civilian at Walter Reed National Military Medical Center. She graduated from Uniformed Services University of the Health Sciences in 2000 and lives in Montgomery County with her family.

Over half of patients at MKHC are diabetic or prediabetic, making endocrinology an especially in-demand specialty. We're grateful to have Dr. Nguyen on the team!

Reminder: Reach's Address Has Changed



Reach has
MOVED!



OUR NEW ADDRESS:
9420 Key West Ave, #400
Rockville, MD, 20850

Community Reach
Of Montgomery County

As of 1/20/26, the office of Community Reach of Montgomery County is located at 9420 Key West Avenue, Suite 400. We will no longer use the Grandin Avenue space

Mark Your Calendar

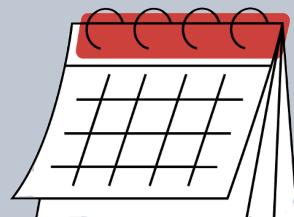
Volunteer Reception

Wednesday, February 4, 6-7:30 p.m.
Rockville Library

[RSVP](#)

REAP Choral Concert

Sunday, March 1, 4 p.m.
Rockville United Church



2026 Reach-MKHC Gala: Woven Together

Saturday, May 16, 6-10 p.m.

Hilton Rockville

[More info](#)

Volunteer With Us

MKHC Interpreter

MKHC is looking for dedicated bilingual volunteers to serve as interpreters and help patients and medical providers communicate effectively.

Volunteers must be 18+ years old and able to work a four-hour shift once per week. Spanish fluency is required.

Interpreters are needed every day of the week.

Senior Reach Friendly Callers

Make weekly phone calls to one or more senior clients to provide a caring voice, to check on their well-being, and to confirm they received and are pleased with their scheduled home care services.

Spanish and Mandarin speakers are particularly needed and encouraged to apply!

Contact volunteer@cmrocks.org
if you're able to help with these requests.

[View other volunteer opportunities](#)

Donation Requests

MKHC:

- Paper towels, liquid hand soap, facial tissues, toilet paper, Lysol spray, dish soap, feminine hygiene products for patient use

Housing Program:

General: Toilet paper, paper towels, laundry detergent (pods), cleaning supplies

Jefferson House

- bath towels & washcloths
- plastic food storage containers
- curtain panel
- dish towels
- oven mitts and kitchen sink mat
- baking trays, roasting pan
- clear refrigerator separators
- kitchen utensils (knives in particular)
- new or gently used crockpot

- drip coffee pot and filters
- art supplies (canvas, brushes, paint, smock)

Rockland House

- Toaster
- Flashlights & batteries
- Towels and washcloths
- Swiffer mop head replacement
- Kitchen glassware
- Dish towels
- Tall floor lamp
- Clorox wipes
- Toilet paper
- Sponges with scrubber

For more information on current needs or to donate, please contact us at development@cmrocks.org.

Community Reach of Montgomery County Board of Directors

Board Chair Judy Ackerman, Brian Bellamy,
Rae Pearl Canizares, Susan Graceson,
Debra Jacobs, Treasurer Lou Kallas, Vice Chair Jan May, Frank Nice,
Secretary Suzanne Rotbert, Aman Singh,
Erik Swanson, Nancy Sushinsky
Ex-Officio Donna Perry, Chair, MKHC Board

MKHC Board of Directors

Chair Donna R. Perry MD, Ryan Bertoli, Douglas Brough PhD,
Jackie Lobien RN, Deborah Miller-Young, Susana Najera MS,
Lourdes Parry, Kate Stradar, MBA RN, Stephanie Wright FNP PhD,
Ex-Officio Judy Ackerman, Chair, Reach Board,
Ex-Officio Angeline Lazarus, MD, Medical Director

Donate to support Reach



Community Reach of Montgomery County | 9420 Key West Avenue #400 | Rockville, MD 20850 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!