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## What's new at Reach this month

March 2026



Dr. Lazarus with MKHC Patient Ms. A

### MKHC Provides Coordinated Support to Treat Thyroid Cancer

MKHC patient Ms. A needed surgery to remove a tumor on her thyroid, but couldn't afford the procedure out of pocket. Thanks to coordinated support from her care team, led by MKHC Medical Director Dr. Lazarus, she is now cancer free.

[Read the full story](#)

### Supporting Seniors with Tech Assistance



“ I FEEL SO MUCH BETTER KNOWING I HAVE SOMEONE TO TALK THESE THINGS THROUGH WITH ”

- Senior Reach client Ms. P

Without family in the area, Ms. P once felt like she didn't know who to turn to when she had questions – like how to use her phone and computer, or how to navigate

### Make an Impact as a Reach Board Member



MAKE AN IMPACT AS A REACH BOARD MEMBER

Help fulfill Reach's vision of creating a collaborative community where basic resources and opportunities are accessible to all.

Reach is seeking at least three mission-driven professionals to join our dynamic board of directors!

confusing changes to her Social Security benefits.

Through Senior Reach, Ms. P gained a consistent support network to help with these questions and more. Read the full story to learn more about Ms. P's journey.

[Read the full story](#)

Help fulfill Reach's vision of creating a collaborative community where basic resources and opportunities are accessible to all.

Access our information packet below to learn more about the role of a board member, or contact [sbasehart@cmrocks.org](mailto:sbasehart@cmrocks.org)

[More info](#)

## ED Sarah Basehart Helps Organize Workshop on Nonprofit Burnout and Secondary Trauma



As part of GRCC Nonprofit Mastermind group, our ED Sarah Basehart helped plan and host a program addressing the burnout and secondary trauma that nonprofit leaders are currently facing.

Cari Guthrie, President and CEO of Cornerstone Montgomery gave a presentation to help participants identify signs of burnout, including secondary trauma. The program also offered suggestions and brainstorming on what supervisors and organizations can do to support their employees.

This was a great opportunity to spread awareness and help

## Board Member Spotlight: Erik Swanson

### BOARD MEMBER SPOTLIGHT: ERIK SWANSON



"I am passionate about leveling the playing field for everyone to get a fair shot to succeed to the utmost limits of their abilities."



Reach Board Member Erik Swanson is passionate about education and helping ensure everyone gets an equal shot at success. Read his interview to learn more!

[Read the interview](#)

nonprofits gain useful information on an important topic.

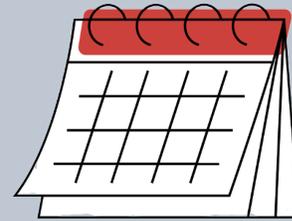
## Mark Your Calendar

### Woven Together Reach-MKHC Gala 2026

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

Hilton Rockville

[More info](#)



## Volunteer With Us

### MKHC Patient Support Volunteer

This role involves assisting the clinical and admin teams at MKHC while guiding patients through the care process.

The volunteer must commit to 4 hours per week or 16 hours per month, and can volunteer at any time during open hours (M-F, 9-5). Spanish fluency is required.

### Senior Reach Food Box Delivery

Looking for a simple way to make a big impact for seniors in need?

Volunteer one Wednesday per month to pick up food boxes and deliver them to four Senior Reach clients. Boxes are picked up at the Manna Food distribution site on Gaither Road and delivered to clients in Rockville.

Approximately a 2-hour commitment each month. Must have own vehicle.

Contact [volunteer@cmrocks.org](mailto: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
- Amazon wishlist:  
[https://www.amazon.com/hz/wishlist/ls/1W7K3J9KXANI4/ref=hz\\_ls\\_biz\\_ex](https://www.amazon.com/hz/wishlist/ls/1W7K3J9KXANI4/ref=hz_ls_biz_ex)

### Housing Program:

*General:* Toilet paper, disinfectant wipes, dish soap, sponges, bleach/Comet, multi-purpose cleaner, laundry detergent (pods), dryer sheets, tin foil, soft pad cleaning mop similar to Swiffer WetJet

*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 oven
- Flashlights & batteries
- Towels and washcloths
- Kitchen glassware
- Dish towels
- Cordless phone

**For more information on current needs or to donate, please contact us at [development@cmrocks.org](mailto:development@cmrocks.org).**

**Community Reach of Montgomery County Board of Directors**

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**MKHC Board of Directors**

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