

Clinic With A Heart Opens New Lincoln Facility

Non-profit offers free medical, dental, vision, behavioral health and spiritual care to uninsured patients

LINCOLN, Neb. (KOLN) -A Lincoln nonprofit offering free healthcare to uninsured and underinsured residents has opened a new facility near the State Capitol.

Clinic with a Heart describes itself as a place that provides “Free, dignified healthcare for uninsured or underinsured patients.” The organization offers medical, dental, vision, behavioral health and spiritual care at no cost, staffed by volunteer medical providers.

How the clinic operates



The clinic is open three days a week — Mondays, Tuesdays and Thursdays — starting at 4:30 p.m. A variety of volunteer doctors and nurses donate their time approximately once a month.

Executive Director Nancy Johner said the clinic functions as an urgent need resource, not a traditional urgent care center.

“So we’re an urgent need clinic. So, that’s a little different than the urgent care,” Johner said. “So, our urgent need is you have an urgent need, you call us, you make an appointment, you don’t have insurance, you don’t have a lot of money to pay for a visit, you call us and we can see you.”

Johner credited the volunteer staff for the clinic’s capacity to serve the community.

“Our doctors and our nurses. It’s because of them that we’re able to serve, you know, 3,300 people in a year,” Johner said.

Partnerships and Dental Services



Johner said partnerships are central to keeping the clinic running. The dental program is student-operated in partnership with the University of Nebraska Medical Center.

Dental services are student-led under the oversight of two licensed dentists.

Anthony Chavez, a first-time dental patient at Clinic with a Heart, said he was referred by his supervisor and was grateful for the ability to receive care and return to work quickly.

“So to have a place like this where people can come and get diagnosed and treated, you know, it helps a lot with our bank account and just things that, you know, if we’re going through an everyday type of struggle, we can rely on somebody to look out for us as well,” Chavez said.

Specialty Clinics and Services

The clinic also offers specialty clinics, including physical therapy, chiropractic care, podiatry, vision and pain management.

From June through August, the clinic hosts specialty clinics that offer physicals to students.



Location, appointments and long-term goals

Clinic with a Heart's new facility is located at South 13th Street and D Street, a few blocks south of the State Capitol building. Online scheduling is not available.

Patients must call to make an appointment at (402) 421-2924.

Patients may visit up to three times per year. Johner said the clinic's broader goal is to help patients transition to a permanent healthcare provider.

"Because they should have a medical home. This is not a medical home," Johner said.

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Clinic Schedule



Clinic with a Heart	Mon	Tues	Wed	Thurs
Week 1	• Medical	• Medical • Dental exams & X-rays	• Hypertension	• Medical • Mental Health
Week 2	• Medical • Podiatry	• Medical • Dental exams & X-rays		• Medical • Mental Health • Chiropractic
Week 3	• Medical	• Medical • Dental exams & X-rays		• Medical • Mental Health • Diabetic Education
Week 4	• Medical • Podiatry • Orthopedics • Pain Management • Physical Therapy	• Medical • Dental exams & X-rays		• Medical • Mental Health • Chiropractic



Emergency Meal Plan for Dialysis Patients

Use this plan only if an emergency or disaster keeps you from getting dialysis.

This meal plan is for emergencies only. If you must miss dialysis, follow this stricter diet until you can get treatment. It helps slow the buildup of potassium, phosphorus, waste products, and fluid in your body.



What to Do First

- ◆ Call your dialysis center and follow their instructions.
- ◆ Start this emergency meal plan right away if dialysis is delayed.
- ◆ Limit fluids to 2 cups, or 16 ounces, each day unless your care team gives you different instructions.
- ◆ Avoid salt, salt substitutes, and high-potassium foods.
- ◆ Keep checking your blood sugar if you have diabetes.

Quick Safety Tips

- ◆ Eat refrigerated foods first if the power goes out.
- ◆ Throw away opened cans or jars after 4 hours if they are not refrigerated.
- ◆ Choose ready-to-eat, lower-sodium foods when possible.
- ◆ Use single-serving foods when you can.
- ◆ Wrap food scraps tightly and throw them away.

Keep These Supplies Ready

- ◆ Emergency meal plan and grocery list
- ◆ Medicines and diabetes supplies
- ◆ 5 gallons of distilled or bottled water
- ◆ Hand can opener, measuring cups, and food scale.
- ◆ Disposable plates, cups, utensils, and napkins
- ◆ Flashlight, radio, and extra batteries
- ◆ Phone numbers for your doctor, dialysis center, and local hospital.

3-Day Emergency Diabetic Meal Plan

This sample plan gives about 40–50 grams of protein, 1,500 mg sodium, 1,500 mg potassium, 1,800 calories, and less than 2 cups, or 16 ounces, of fluid each day. If the emergency lasts more than 3 days, repeat the plan unless your care team tells you otherwise.

Day 1

Meal	What to eat
Breakfast	½ cup prepared milk; 1 single-serving box cereal; 2 teaspoons artificial sweetener if desired; ½ cup pineapple in unsweetened juice
Morning snack	6 unsalted crackers with 1 tablespoon margarine
Lunch	2 slices white bread; ¼ cup low-sodium tuna; 1 tablespoon margarine or mayonnaise; ½ cup pears in unsweetened juice; ½ cup sugar-free beverage
Afternoon snack	5 vanilla wafers
Dinner	2 slices white bread; ½ cup low-sodium chicken; 2 tablespoons margarine or mayonnaise; ½ cup peaches in unsweetened juice; ½ cup unsweetened apple
Evening snack	3 graham cracker squares

Day 2

Meal	What to eat
Breakfast	½ cup prepared milk; 1 single-serving box cereal; 2 teaspoons artificial sweetener if desired; ½ cup unsweetened applesauce
Morning snack	5 vanilla wafers
Lunch	2 slices white bread; 2 tablespoons low-sodium peanut butter; 1 tablespoon margarine or mayonnaise; ½ cup mandarin oranges in unsweetened juice; ½
Afternoon snack	6 unsalted crackers with 1 tablespoon margarine
Dinner	2 slices white bread; ½ cup low-sodium chicken; 2 tablespoons margarine or mayonnaise; ½ cup pineapple in unsweetened juice; ½ cup unsweetened
Evening snack	3 graham cracker squares



Day 3

Meal	What to eat
Breakfast	½ cup prepared milk; 1 single-serving box cereal; 2 teaspoons artificial sweetener if desired; ½ cup pears in unsweetened juice
Morning snack	6 unsalted crackers with 1 tablespoon margarine
Lunch	2 slices white bread; ¼ cup low-sodium turkey; 1 tablespoon margarine or mayonnaise; ½ cup peaches in unsweetened juice; ½ cup sugar-free drink or so-
Afternoon snack	5 vanilla wafers
Dinner	2 slices white bread; ½ cup low-sodium chicken; 2 tablespoons margarine or mayonnaise; ½ cup fruit cocktail; ½ cup cranberry juice
Evening snack	3 graham cracker squares

Note: If you need extra protein, have 1 tablespoon of peanut butter as your evening snack.

Diabetes Safety Reminder

Continue checking your blood sugar. Follow your usual low blood sugar treatment plan. Fluid-free options may include sugar, corn syrup, hard candy, instant glucose, or glucose tablets. You may also use sugared soda or low-potassium juice but count it toward your daily fluid limit of 2 cups, or 16 ounces.

Please remember
that **ALL DCL**
locations are
SMOKE FREE.





“An Apple a Day” Muffins

Ingredients

- 12 muffin papers
- 1-1/2 cups raw apple
- 2 eggs
- 1 cup sugar
- 1/2 cup canola oil
- 1/4 cup water
- 1 tablespoon vanilla
- 1-1/2 cups all purpose white flour
- 1 teaspoon baking soda
- 1-1/2 teaspoons cinnamon

Preparation

1. Preheat oven to 400° F and place muffin papers in muffin pan. peel and cut apple into small pieces.
2. Beat eggs in a large bowl. Add sugar, oil and water; mix well. Add vanilla.
3. In a separate bowl, combine flour, baking soda and 1 teaspoon cinnamon.
4. Stir flour mixture into egg mixture. Batter will be lumpy. Fold in apple pieces.
5. Fill muffin cups 3/4 full. Mix remaining 1/2 teaspoon cinnamon with 1 teaspoon sugar. Sprinkle on top of muffins.
6. Bake for 20 minutes or until lightly browned

Flu Shots coming to a DCL Clinic

Reasons to get the Flu Vaccine:

- * Reduce Flu Illness
- * Reduce Severity of Illness
- * Protect Others Around you
- * Prevent other serious medical complications
- * Could save your life



Respiratory Infec-

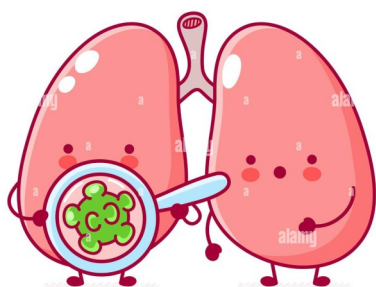
As the summer comes to an end, it is time to think about how to stay healthy during the autumn and winter months when respiratory infections are more common. The most common types of respiratory infections are viral and bacterial infections. The most common viral respiratory infections include the common cold, influenza, respiratory syncytial virus (RSV), and SARS-CoV2 (COVID-19). RSV is a respiratory virus that causes cold-like symptoms in most people, who usually recover without much difficulty. However, RSV can affect infants and older adults more severely and may even require hospitalization.

The most common bacterial respiratory infection is pneumonia. Something interesting to note about pneumonia is that it can be both bacterial and viral. The bacterial type of pneumonia tends to be more severe and may require antibiotics. Symptoms typically include higher fever, a cough that produces mucus, and chest pain. In this case, the chest pain is commonly associated with intense coughing and is known as pleurisy.

The lungs are separated from the chest wall by the pleura. The pleura can become inflamed and swollen with a respiratory infection causing pain. This pain is often described as sharp chest pain that is mostly felt when coughing and taking deep breaths. Pleurisy is typically treated by taking over the counter (OTC) pain and cough medications, resting throughout the day, and following a healthy diet. Acetaminophen (or Tylenol) is a common OTC pain medication that people with kidney disease take. It is important to avoid nonsteroidal anti-inflammatory drugs (NSAIDs), which include ibuprofen (Motrin, Advil, Midol), naproxen (Aleve, Midol ER, Naprosyn), meloxicam (Mobic), etc. NSAIDs can be harsh on the kidneys and may be referred to as kidney toxic medications.

Viral pneumonia is usually caused by other viral infections like influenza, RSV, and COVID-19. The symptoms of viral pneumonia infections tend to be milder consisting of dry cough, low-grade fever and fatigue. Treating the symptoms of viral infections is recommended whereas treatment for bacterial infections may require antibiotics. Antibiotics will not work as a treatment for viral infections. Antibiotics are only intended to treat bacterial infections. This is an important distinction to know when comparing the two types of respiratory infections!

Staying hydrated is important. Drinking water helps with keeping the mucus produced when coughing from getting too thick. Ask your DCL healthcare team to help you think about ways you can remain hydrated if you are on a fluid restriction. The DCL dietitians will be able to suggest foods you can eat that contain fluid as well. Remember to include foods with fluid in your total daily fluid restriction count.



Respiratory Infec-

The CDC shares several ways we can protect ourselves from getting a respiratory infection. Some helpful hints include:

* **Avoid close contact.**

If possible, stay away from people who are sick and avoid being around others when you are sick.

* **Stay home when you are sick.**

Stay home when you are sick to avoid spreading the illness to others.

* **Cover your mouth and nose.**

Use a tissue to cover your mouth and nose when coughing and sneezing. Put the used tissue in the trash and then wash your hands. Cough into your sleeve if a tissue is not available. These techniques help to reduce spreading germs.



* **Wash your hands often.**

Use soap and warm water to wash your hands for 20 seconds to avoid spreading germs. Wash your hands often and especially after using a tissue. Use alcohol-based hand rub if soap and water are not available.



* **Avoid touching your eyes, nose, or mouth.**

Clean and disinfect high-touch surfaces frequently to avoid spreading germs.

Germs can spread when you touch a contaminated surface and then touch your eyes, nose, or mouth.

* **Practice healthy habits.**

Some healthy habits include eating a healthy diet and drinking fluids according to your health care plan, being physically active, managing stress, and getting plenty of sleep. Be mindful of not exceeding your fluid restriction if this applies to you.

Receiving the flu vaccine annually is an important way to reduce the risk of catching the flu. There are newer vaccines on the market for RSV as well, plus the COVID-19 vaccine.

Talk with your healthcare provider about which vaccines you should receive.

We will be offering the annual flu vaccine at DCL. Ask the DCL team about when to receive yours!



References:

CDC (2025, August 18). About Respiratory Illnesses. <https://www.cdc.gov/respiratory-viruses/about/index.html>

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Mayo Clinic (2023, December 13). Pleurisy. <https://www.mayoclinic.org/diseases-conditions/pleurisy/symptoms-causes/syc-20351863>