



Winter 2017

“ Alone we can do so little; together we can do so much.” Helen Keller

Smith Medical Clinic is a hidden treasure with two locations in Georgetown county. We take pride in providing quality healthcare, vision, education and counseling services to community members currently struggling due to unprecedented circumstances. Thanks to our ***Patient Partners giving program***, we are able to continue to grow serving over 2,000 community members currently uninsured and of low-income. Smith Medical Clinic would not sustain without the help of our volunteers and the continuous contribution from our ***Patient Partners***.

**Peace, Love and
Happiness to all.**



‘Tis the Season for Giving

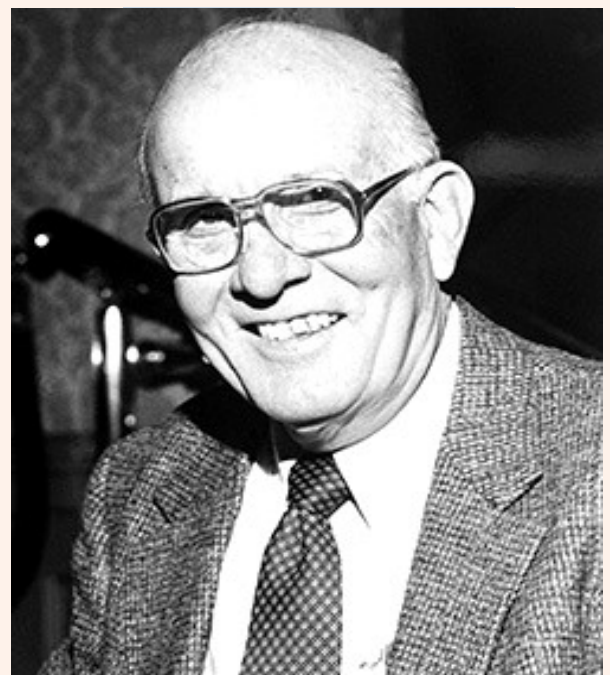
- \$ 250 one year of full medical care per patient
- \$ 500 annual eye exams for 10 patients
- \$ 1,000 one year of medical care for a family

For 3 years Charter Membership Levels please visit our website listed below.

The daughter of Dr. Cathcart Smith, founder of Smith Medical Clinic, recently shared a manuscript her father wrote about his experience starting Smith Medical Clinic. Employees and volunteers have enjoyed learning about his passion and dedication through his writing. His fascinating narrative is a motivating force to continue his legacy of service.

“ It occurred to me that the co-existence of my need to remain useful to people and the community’s dire need for “no cost” medical assistance pointed the way to an obvious solution to two perceived needs.”

www.SmithFreeClinic.org



Join us in welcoming Cynthia Hoxie

Our New AmeriCorps/VISTA worker

Hello, my name is Cynthia Hoxie and I am thrilled to serve Smith Medical Clinic and our community in 2018. I grew up in South America, Argentina and have my degree in Public Health. I am a high energy, proactive Spanish woman who believes the best feeling you can experience is by giving to others and making a difference. My commitment to the clinic is to continue its sustainability and growth through different programs and events. I plan to follow the legacy of Dr. Cathcart Smith by recruiting volunteers, building community partnerships and serving those in need. I look forward to an exciting year and the opportunity to work together. Thank you.

“Help the life of one person and you can help the community” Steven Sawalich.



Community Health:

Diseases have no boundaries

Smith Medical Clinic offers services to treat, counsel and educate on the benefits of healthy habits; diet, exercise, diabetes, hypertension, reproductive health, mental health, obesity and much more. Our mission is to improve the lives of our patients and community.

Working together will improve lives and reduce overall costs. Addressing the social, economic and environmental determinants will increase the community's vitality in a positive way.

Support the clinic: Every \$1 donated generates nearly \$10 in healthcare services.

Volunteer! All skills needed. Contact Dina Wells at; dwells@smithfreeclinic.org

Refer Patients Please

Yes, we speak Spanish!!



HEALTH MATTERS

DYNAMIC COLLABORATION WITH YMCA,
LOWCOUNTRY FOOD BANK AND SMC

Designed to help patients get control of diabetes and high blood pressure and improve overall health through healthy lifestyle changes

Fatima has struggled with chronic hypertension for years. Thanks to Health Matters, she has been attending the YMCA for over a year. With support from the staff and motivation of others in the program, Fatima's' blood pressure is now 120/79! "Working out helps control my blood pressure, says Fatima "I am in the gym 4-5 days a week for an hour." "Thanks to Health Matters I can continue to keep my blood pressure under control."



Fatima

"Water is Magic"

When she joined Health Matters in 2011, Jesse required a walker and could only work out once a week with the lightest weights available. Her diabetes was out of control **"It was a rough start," she says, "but I was determined."** Once she felt safe and ready, she pushed herself to increase the weights and began to work out three times a week. "My A1c has gone from an 11.9 down to 8.1," she says with pride. She is confident she will reach her target A1c of 7.0 or below.

"Water aerobics has helped my arms, back, legs and arthritis," she says, with a proud smile. "There's magic in that water." She also has enjoyed the healthy cooking class offered through Health Matters, called Cooking Matters. **"This program has taught me how to substitute oils, and read labels," she explains, "The food is still tasty, - even my grandkids love the healthy cookies!"** Jesse's overall health has improved significantly. She has lost weight and she has graduated from walking with a walker to a cane. **"It is a miracle!"** she exclaims. Jesse is determined to continue to improve her health and is very grateful to SMC donors who make Health Matters possible..

Pamela has been in Health Matters for two years hoping to improve mobility issues caused by arthritis and to try to control her high blood pressure. She appreciates the staff, atmosphere, the patience and love she feels upon entering the YMCA. **"When I started, I couldn't walk without a cane and I had to get shots in my knees all the time. This program has made a world of difference. I couldn't do this without the support of the Smith Clinic," she says.** Pamela has also enjoyed Cooking Matters. **"I love the cooking class", she says with a smile, "It taught me to make healthier choices and gave me a wonderful cookbook with great recipes."** Today, Pamela is walking without a cane. Her blood pressure is under control and she told us she is never late to her water aerobics class!



Jesse

Pamela

Dr. Cathcart Smith

“ For years, I had suggested to many retirees who had come under my care that they should consider retiring to something rather than from something.”

Smith Medical Clinic was established in 1985 by Dr. Cathcart Smith and his wife Nancy in an 8-foot wide trailer with office and medical equipment from Dr. Smith’s former medical office. Initially, Dr. Smith recruited five retired doctors and a dozen nurses to volunteer at the Clinic. This volunteer model has become a Smith Clinic tradition. Today, over 200 volunteers, aided by a small, part-time staff and financial support from our community, provide complete medical care for over 2,000 low-income, uninsured, Georgetown County residents a year for less than \$250 per patient per year.

Smith Medical Clinic, Inc.

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Contact Us

Call for information about our services and volunteer opportunities.

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PLACE
STAMP
HERE