



SMC News September, 2020!

December, 2020

From the Executive Director, Anne Faul



This newsletter is dedicated to two important groups that responded to the challenges of COVID-19 with generosity and courage: SMC volunteers and SMC donors.

Our amazing volunteers and staff met every pandemic challenge with grace and professionalism. In addition to providers and nurses, many other volunteers are involved in patient care and make it possible for Smith Medical Clinic to function properly — callback nurses, receptionists, pharmacy techs, administrative helpers, fundraisers, and more. These incredible volunteers constantly adapted and adopted new procedures as we learned more about COVID-19. They worked tirelessly to keep patients, volunteers, and everyone in the clinic safe. These individuals are as much frontline workers as clinicians and are exposing themselves to the same risk for infection by COVID-19, even if sometimes a bit more indirectly.

The second group I want to recognize are our Smith Clinic supporters. Donors that reached out to us, who called or emailed with a simple question: “What do you need to be able to take care of patients?” Gala sponsors that allowed us to keep their sponsorship donations – even when the gala never happened. Folks that sent checks with notes to use the money in any way we needed to provide patient care. Individuals who sewed and donated an endless supply of face masks for volunteers and patients. Foundations that provided special grant opportunities to help cover PPE and other unexpected COVID-related expenses. People that donated medical supplies and PPE, saying “I figured you could use this.”

These are my unsung heroes of 2020. They are essential to the fight against COVID-19 and to keeping low-income, uninsured people safe and healthy. They remind me — and I hope they remind you, too — that we are strongest when we work together toward a common goal.

Joan Noble and Emergency Department Patients



Smith Medical Clinic has collaborated with Tidelands Health to get notifications when our patients visit the Emergency Department. Because Emergency Department visits are costly and often unnecessary, we at SMC are trying to assess and address causes of ED visits ASAP. One of our nurse volunteers, Joan Noble, has recently taken up the task of following up with patients who have been in the ED. Tidelands Health sends a daily report of patients, who are then assigned to Ms. Noble. Ms. Noble calls the patient to see if they are feeling better, what their symptoms are, and assess the situation to see if they need further care.

The reasons for ED visits that Joan saw were mostly fever, chills, cough, bad headache, stomach pain, diarrhea, nausea, vomiting, aches, no taste or smell of food. Mostly this was what was expected of COVID-19 symptoms. Testing of the virus was done in the Emergency Room to all who felt a few or many more of these symptoms. Additionally, on top of this with the patients were the common symptoms tied to a congestive heart failure, chest pain, high blood pressure, diabetic issues, COPD, heart palpitations, and body pain.

When asked how she felt about the assigned task, Joan said, “For me, calling up a patient day by day to hear how they are doing, and what could I do to help them became a favorite way for me to be as a nurse. I helped them with med refills, setting up appointments, sending them blood pressure and diabetic equipment, and urging them to get a flu shot. If needed, I would pass on a message regarding the patient to their health provider. What was most fun for me and them was our chatting about singing in the church, helping them get food, hearing about their family and caring for someone and/or them self.”

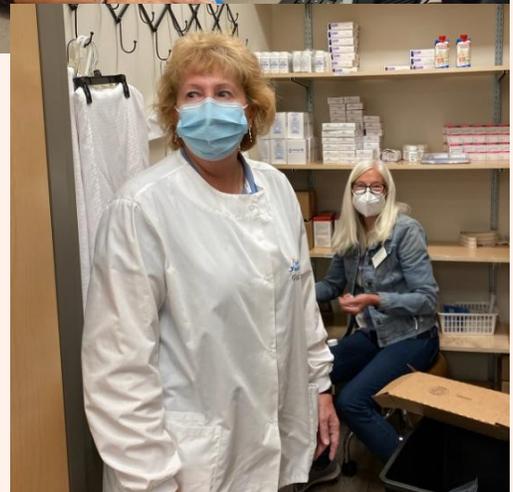
Joan explained, “I had two patients who enjoyed extra time with me as much as I did with them. One of my patients had symptoms that brought her back to the Emergency Room several times as well as an admittance to the Hospital. She was weary with all her health issues, so we decided to change the “tune” and relax for a bit. She shared with me how very love she loved to sing in the church. I told her about my ‘adopted son’ who is a professional tenor singer from NYC. She was down and out that day, so I played from my phone sitting on top of her phone a hymn that he sang that was so beautiful. She said it brought gentle tears to her eyes, happiness, relaxation and that she felt so much better. I sent her a CD titled ‘Bringing Joy to Others’, a free concert in memory of my late husband.”



“Similar to her,” Joan continues, “I had another patient who was having so many Emergency Room and hospital stays as well as health problems in-between it all, so we decided to spend organizing all that needed to happen. Her biggest worry was losing her job in the kitchen of a Piggly Wiggly. I called her boss and with her permission told him about the virus and her illness and her huge worry about losing her job. Thanks to him he assured her job would be there for her when she got better. While this was somewhat time consuming, it was also a great way to have the patient feel better and be assured we at Smith Medical Clinic were all here to help our patients.”

Sometimes all it takes is a little extra help to change a person’s life for the better. The wonderful, caring volunteers here at Smith Medical Clinic do that every day when they reach out to others and simply ask what it is that they can do to help.

Thank You To Our Volunteers!!



SMC needs YOUR help!

Do you know of any providers or nurses with nothing to do? Send them on over to Smith Clinic! With so many providers coming back, we do not have enough nurses to keep up. Nurses do not have to have a current license to volunteer at Smith Clinic.

“John's” Success

John (not his real name) is a quiet 28-year old living with Type 1 diabetes. He first came to Smith Clinic in July 2018. John suffers from a particularly hard-to-control type of diabetes, often referred to as “brittle” diabetes. People with brittle diabetes are more likely to experience frequent, extreme swings in blood glucose levels, causing hyperglycemia or hypoglycemia.

In addition to uncontrolled diabetes, John was also suffering from depression and anxiety. He did not fully understand how and when to eat to avoid extreme swings in blood glucose levels. He did not regularly check his blood glucose and therefore was not taking his diabetes medicine as prescribed. **He had been in the Georgetown Emergency Department 22 times in 12 months** for hypoglycemia and other complications of uncontrolled diabetes. Passing out at work and the frequent ambulance trips to the ED caused him to lose his job. “I didn’t ever know when I was going to fall out,” he explains. “One minute I’m working and the next I wake up in the ER – again. I felt awful all day, all night, every day, and every night. Somedays, I just didn’t want to go on.”

By working with our providers and diabetes educator, John was able to improve his health. In 2019, he “only” went to the Emergency Department 11 times – ½ the 2018 number, but still nearly 1 visit per month.

Investing \$60 per month for John’s sensors has so far reduced health care costs in our community by nearly \$50,000 per year.



One of the challenges John was experiencing was the need to test his blood glucose levels throughout the day so that he could take his medicine correctly. In April, our diabetes educator introduced John to a continuous glucose monitor. Now, instead of having to prick his finger constantly throughout the day, John simply swipes his smartphone over the device to get an instant blood glucose reading. He speaks with a Smith Clinic educator at least once a week for coaching and support and comes to the clinic every 14 days to get a replacement sensor for his meter. “The new monitor is great,” says John. “I don’t have to stop working, I just use my phone.”

Although his diabetes is not fully under control (3 ED visits in early 2020), John has NOT been to the ED since he received the continuous glucose monitor. He is working full-time and recently got engaged to be married. “Coming to Smith Clinic was the biggest turnaround for me,” John says. “I’m more active. I’m not depressed. Before I got told, ‘Do this or else,’ but at Smith, they gave me more information, options, and feedback. I was encouraged where before I was discouraged.” Both he and his SMC team are confident that he will get control of his diabetes instead of having his diabetes control him.

Investing \$60 per month for John’s sensors has so far reduced health care costs in our community by nearly \$50,000 per year. More importantly, John is leading a happier, healthier life: free from constant anxiety about being at work one minute and waking up in the Emergency Room the next. And that, as they say, is priceless.

We currently have 5 patients using this technology and expect to enroll 10 more by the end of 2020. We look forward to sharing more positive results as this exciting pilot project continues.

Sustaining Patient Partners

Steve and Brenda Chapman
Jason and Trava Hendrix
Dr. Michael Malone

Fred Leuthauser and Kathleen Hughes
Theo and Janet Krapels

Chad and Autumn O'Brien
Harold and Claudia Stowe

Charter Patient Partners

Chris Arnold
The Jackson Family
Waccamaw Community Foundation
Keith Bird and Nancy Laprade
Cohen Family Foundation Trust
Perry and Lisa Collins
Janice Coward
Allen and Janet Duncan
John and Anne Faul
Mike and Carol Finley
George and Ruth Baxter Foundation
Georgetown High School National Honor Society
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Deb Harris
Bruce and Gail Jacobs
Jan Jones
Barry and Jill Lieberman
Delvin and Ellie Litman
Wilson and Patricia Lowery
Dr. Morgan Lowry
Carol Mabe
James and Sherbourne McGrath
Leda McIntyre Hall
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Michael and Jeanne Quinn
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Rick and Laurie Russell
Esther Sharp
Darrell and Patricia Steagall
David and Carol Streeter
Tom and Susie Swatzel
Jody and Anne Tamsberg
Vandy Foundation
Waccamaw Neck Lions Club
Richard and Amy Webb
Doug and Trish Wimsatt

Champion Patient Partners

James Barrow
Mustard Seed Trust
Rotary Club of Pawleys Island

Family Patient Partners

Eric Braman
Frances Close
J.E. Cornwell
Nelson and Mary Crichton
Carl and Lois Fisher
Tony and Joan Gallagher
Wayne and Barbara Hinman
Oma Hodges
Neal and Paula Holmes
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Frank and Sybil McLaurin
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H & N Morgan Foundation
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Bob and Jean Oliver
Harry & Stephanie Oxner
John and Rosemary Plesha
Linda Ray
Robert and Elizabeth Rieker
Donald and Janel Rowland
Isabelle Rowland
Harold and Eva Scharfstein
Dale and Angie Short
Springsteen Foundation
Patrick Stowe
Georgetown Lions Club
John Tindale
Edwin and Elizabeth Vaden
Roger and Katharine Vaden
Susan Webb
William Gilfillin Foundation

Business Patient Partners

Creative Landscapes, Inc.
Custom Home Decorating
FASTSIGNS Of Myrtle Beach
Georgetown County School District
Satterfield Interior Design
South State Bank
Tidelands Health
Whitmire Fine Jewelry

Faith-Based Patient Partners

Belin Joy Class
Georgetown Presbyterian Church
Grace Circle, Belin United Methodist Church
Holy Cross Faith Memorial Episcopal Church

Pawleys Island Presbyterian Church
Precious Blood Of Christ Church
St. Mary Our Lady Of Ransom Catholic Church
St. Paul's Waccamaw United Methodist Church

In Loving Memory of

Abraham Nelson
Alfred Adams
Alma Goehres
Amelia Arthur McFaddin
Annette Sweeney
Bill Boone
Bill Perry
Brandon Vaughn Madden
Calvin and Mary Jane Hughes
Captain Richard Albright
Carlton and Annie Jones
Cathcart and Nancy Smith
Christy and Josie
Chuck Swenson
Cliff Smith
David Charles May
Dean Player
Doug Reid
Dr. Ed Vaden
Dr. Putt Pryor
Eleanor Laprade
George Vickery
Gerry Kenyon
John Erman
John Robinson
Joyce Todd
Kimberly Hampton
Leonard Zelinsky
Marion Rogers Coxe, Jessie Coggeshall
Rogers, Mary Rogers Field, and Bachman Smith, III
Mary Lee Moore
Melvin Green Nauss
Michael Coward
Michael Walters
Nancy Braman
Neil Gallagher
Paul Noble
Robert Wrigglesworth
Rosellen Wimsatt
Tom Charleson
Tootie Baroody
William Thomas Conroy
Mildred McLaurin
Tinker Rybolt

Annual Patient Partners

Darlene Adams
Suzie Albright
Bruce and Kathy Allan
Anderson Brothers Bank
Dawn Anderson
Bruce & Betsy Bailey
Alex Barron
Caldwell Barron
John and Barbara Bartha
Suzi Bateman
Ed and Dawn Bell
Wendy Belser
Larry and Joan Bertolucci
Mike Bivona
Douglas and Margret Bloom
Evelyn Bowler
Blum Shapiro Foundation
Pat Blunda
Tate and Marcia Bowers
Charlie and Sally Brodhead
John and Marty Brownlow
Margaret Bruno
Thomas and Susan Bruns
Simon and Anna Bula
Sandy and Susan Burns
Harry and Becky Butler
Georganne Byrd
Ron and Lissa Byrd
Mike and Elizabeth Calabrese
Joseph Camp
J. Carey
Janet Caruso
Art Cates
Nancy Cave
Randy and Jennifer Chapman
Warner and Carol Cole
Karonda Collins
Paul and Myrna Cott
Robert and Kathy Cox
Harry Crichton
John and Jean Cross
Hal and Kathy Crosswell
George Cunningham and Dorothy Faul
Dorothy D'Ambrosio
Rick and Bonnie Danser
Thomas and Elizabeth Davis
David and Terri DeCenzo
Daryll Degraaf and Lavonne Wieringa
Rusty and Sloan Derrick
Tucker Dieter
Jonathan and Margaret Dieter
Dennis Donat and Pam Hays
Mark Doran
Darrel and Joan Dore
Richard and Caroline Drummond
Anne Duncan
Suzanne Edkins
Carl Eggiman
Scott and Sheila Ellison
Harriett Enzor
Joseph and Sandra Fee
Philip and Meg Filiatrault
David Fink
Patrick and Tracie Fisher

Richard and Vicki Flathers
Frances P. Bunnelle Foundation
Freeport McMoRan Foundation
Steven and Ann Gailar
Elizabeth Gallo
Walter and Winnie George
Karen Glendinning
Gilbert and Nancy Goldsmith
Carolyn Gonyea
Emerson and Jane Gower
Vicki Grant
Kenneth and Joy Griffith
Lance and Patty Griffith
John and Evon Grosskortenhaus
Brian and Gloria Haas
Dr. Mary Ann Haden
Jo Ann Hall
Melvin Hall
Gerry and Linda Harmon
Robert Harper
Suzanne Harris
Frank And Nancy Hawkins
Clark and Ginny Hayes
Debbie Heller
Jeffrey and Michele Herwig
Marianne Hight
Rock and Lib Hinson
David Hood
Bill and Anne Marie Hoyle
Bill and Laura Huffman
Gail Huffman-Joley
Glen and Libby Insley
James and Jane Cooper
Henry and Betty Jobe
Rudy and Kirby Johnstone
Joanna Jones
Louis and Andi Jones, III
Lucille Jones and Julia Cripps
Larry and Kathy Judge
Paul and Mary Jo Karre
Catherine Kelley
Tom and Theresa Kendrick
Kevin and Mary Prince
Christina King
Jim and Cissy Knapp
Mike and Ann Knight
Sam and Kay Koonce
Catherine Kremzner
William and Cindy Lapworth
Laura and Gary Sprance
Philip and Pamela Luers
Jonathan and Tory Mackey
Richard and Pamela Mahany
Paul and Sharon Malone
Joe and Susan Maloney
Gene and Cheryl Mannella
Jan Mashman
Chet and Diane Maslowski
Dennis and Elizabeth McAlpine
Angus and Susan McClure
Sharon McCullough
Don and Georgia McDowell
Aimee McElveen
Edward Mills

John and Diana Milner
Thomas and Mary Sue Molnar
Carolyn Montagne
Richard and Sandra Moore
Jim and Peggy Morgan
Tom and Betsy Mosimann
Cissy Murdaugh
Clint and Val Myers
Fred and Cheryl Newby
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William and Deborah O'Brien
Janet Orosz
George and Pat Orr
Jamin Ortiz
Bill and Alice Otis
Herman and Sally Overcash
Marion and Janet Parsons
Jack Patrick
Paul and Jackie Amthauer
Carolyn Perry
Sean and Lisa Phelan
Cynthia Phillips
Elisabeth Philo
Kate Rath
Shirley Ray
Peter and Linda Raymond
Scott Reed
Tom Riley
Dan and Sharon Roach
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John and Geales Sands
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William and Christine Thompson
Tommy and Loretta Burbage
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Susan Wallace
Olin and Linda Warren
Bruce and Holly Watts
Dina Wells
Jim and Rita Whalen
Benton and Elisabeth Williamson
Dale and Mary Witt
Payton and Angela Worley
Phyllis Wrigglesworth
Owen and Dawn Wright
John and Suzette Wright

Fatima and Anne

In 2016, the Georgetown County YMCA and Smith Medical Clinic collaborated and created a program to help patients reduce their hypertension. In this program, patients would be allowed to exercise at the Y for free, as long as they came at least 2 times a week and kept a daily journal of their diet and blood pressure numbers. If they kept up their end of the bargain, their membership at the YMCA would be covered by Smith Medical Clinic. The Y also provided monthly educational seminars for the participants of the program to attend to learn more about health and nutrition.

Anne Salley, formerly of the YMCA, helped launch this program by meeting with patients at the Georgetown office of the Smith Clinic. Her job was to speak to patients that had been diagnosed with hypertension and tell them about the health benefits of exercising and how it can help lower their blood pressure.



During one of these consultations is where Fatima and Anne met. Fatima was more than willing to be in the program but didn't have transportation to the Y due to the fact that she was considered legally blind. Anne proposed that she would give Fatima a ride to the YMCA in the mornings if she promised to be ready by the time Anne got to her house. Over the next year and a half of daily commutes together, Anne and Fatima became great friends.

These early morning rides taught Anne about the struggles of having limited sight and how there were not many resources available to help someone in that situation, and Fatima learned that it was okay for her to ask for help.

Fast forward to present day. Fatima now has insurance, has more disability-accessible housing, and she and Anne still enjoy monthly road trips to Charleston together for Fatima's Ophthalmology appointments. Fatima knows that all she has to do is pick up the phone if she needs something, and Anne knows she has a friend who loves her and prays for her daily.

Over \$6,000 Raised!

Pawley's Plantation Ladies Golf Association, with support from the Men's Golf Association, raised over \$6,000 this year to support women's healthcare at Smith Medical Clinic. In years past, a golf tournament, along with a silent auction, was held to raise the funds. Due to COVID-19, these events were not held this year, but the gifts were given from pure generosity of the members. Thank you so much!

New Year, New *Healthy* You

2021 is just around the corner, along with all those New Year's Resolutions. But you don't have to wait until January 1st to make a change for the better. Below are 9 tips from the CDC on how to boost your health and well-being all year long

1. **Eat a Healthy Diet:** Make healthy food choices like fruits, vegetables, whole grains, lean meats, and low-fat dairy products
2. **Move More, Sit Less:** Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week
3. **Rethink Your Drink:** Substitute water for sugary or alcoholic drinks to reduce calories and stay safe.
4. **Get Enough Sleep:** Adults need at least 7 hours of sleep per night. TIP: Being active during the day can help you fall asleep at night.
5. **Don't Use Tobacco:** You can do it! Call 1-800-QUIT-NOW for free support
6. **Be Sun Safe:** Wear layered clothes and apply broad-spectrum sunscreen with at least SPF 15. Even in cold weather, the sun can damage your skin. UV rays, not the temperature, do the damage.
7. **Brush Your Teeth:** Brush twice a day with fluoride toothpaste.
8. **Get Your Checkups:** Visit your doctor regularly for preventive services like cancer and diabetes screenings.
9. **Learn Your Health History:** Talk to your family and your doctor about your family health history



Speaking of holidays, donations in honor of others make great gifts! During the holiday season, Smith Medical Clinic will send special cards notifying recipients that a donation has been made in their honor. This is a great way to get in the spirit of giving while also helping someone in our community that is in need of medical care and cannot afford it.

Where Are They Now?: Hayley Swatzel

During the summer of 2014, Hayley volunteered with Smith Medical Clinic to gain some first-hand experience working in healthcare. In addition to shadowing providers, she surveyed clinic patients to get feedback on what they thought Smith Clinic was doing well, and in which ways things could be improved. She also became trained with The Benefit Bank, and was able to help patients find out what programs they qualified for and to get them enrolled.



In 2016, Hayley graduated with honors from Furman University. She attended physician assistant school at Elon University in Elon, NC., graduating with honors in February 2020. She is now working as a psychiatry physician assistant in Shelby, NC. She has also gained two fur babies since volunteering: two cats, Rupert and Pippa.

We are so proud of Hayley and excited that she has been so successful!

PILBA Festival of Wreaths

Pawleys Island Litchfield Business Association (PILBA) Festival of Wreaths was November 17th-19th at the Island Shops in Pawleys Island. Thanks to your generous donations, we received 95 wreaths! That's way more than ever before!



Smith Medical Clinic, Inc.

99 Baskervill Drive

Pawleys Island, SC 29585

Dr. Cathcart Smith

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.

“ 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.”

Contact Us

Call for information about our services and volunteer opportunities.

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