

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.”

Smith Medical Clinic, Inc.

99 Baskervill Drive
Pawleys Island, SC 29585

Contact Us

Call for information about our services and volunteer opportunities.

Smith Medical Clinic;
99 Baskervill Drive
Pawleys Island, SC 29585

1101 Highmarket Street
Georgetown, SC 29440

(843) 237- 2672
www.smithfreeclinic.org





Happy New Year!

January, 2020

“ Cheers to a new year and another chance for us to get it right. ” - Oprah Winfrey

From the Executive Director



Thanks to our generous donors, we just completed another amazing year at Smith Medical Clinic, providing care for over 2,100 patients in 8,200 visits.

I'm always proud to report our statistics that show that patients are getting healthier. In 2019, we saw a 20-33% increase in the number of patients who have their diabetes, blood pressure and cholesterol under control. Our providers, nurses, health coaches and health educators are making a difference in the lives of these patients.

For those that follow SMC, you know it's not always a prescription or a procedure. SMC is addressing non-medical barriers to health with creative solutions such as:

A diabetic patient with foot ulcers suffering in 117-degree heat in his mobile home received a window air conditioner.

A homeless patient with no means of transportation received a bicycle.

Thanks to Dina Wells, Operations Director and a grant from the Mustard Seed Foundation, patients in need got safe, dependable transportation to medical appointments via Uber and LYFT

A patient is no longer sleeping in her car thanks to a rent deposit paid by SMC.

Patients with sleep apnea are sleeping better thanks to SMC-provided CPAPs.

Families in crisis received grocery store gift cards to supplement food bank donations.

2 SC Work clients and 1 nursing student got on-the-job experience and mentoring at SMC.

Three diabetic patients got diabetic shoes to help them avoid foot ulcers

36 homeless patients received clinic cell phones that allow them to stay connected with health care providers, employers, friends and family.

I am excited about 2020, where we will continue to increase needed medical services and expand our ability to address non-medical barriers to health for our patients. Stay tuned for more details in future newsletters. As always, thank you for your continuing support.

Michael Coward

The clinic lost a great friend, Michael Coward on December 7th.



Michael Coward and his wife, Janice, established the Coward Family Vision Center at SMC many years ago. Since the vision center was established, I have had the great pleasure of meeting annually with Michael and Janice regarding our progress. Always gracious and kind, I enjoyed reviewing the numbers and outcomes with he and Janice. A brilliant businessman, Michael would dig deeply into the information to ensure that the clinic was truly delivering value to those we serve. Perhaps because he had his own vision challenges, it seemed critically important to him that we serve as many people as possible. He was always thrilled to hear about those cases where early detection and intervention saved someone's sight – and we shared plenty of those successes over the years. I will miss his kindness and desire to help others.

Our deepest sympathy goes out to his wife, Janice, their children and grandchildren.

FINANCIAL FOCUS

Estate Plans Can Help You Answer Questions About the Future

Article 10 – July 8, 2019

The word “estate” conjures images of great wealth, which may be one of the reasons so many people don’t develop estate plans – after all, they’re not rich, so why make the effort? In reality, though, if you have a family, you can probably benefit from estate planning, whatever your asset level. And you may well find that a comprehensive estate plan can help you answer some questions you may find unsettling – or even worrisome.

Here are a few of these questions:

- **What will happen to my children?** With luck, you (and your co-parent, if you have one) will be alive and well at least until your children reach the age of majority (either 18 or 21, depending on where you live). Nonetheless, you don’t want to take any chances, so, as part of your estate plans, you may want to name a guardian to take care of your children if you are not around. You also might want to name a conservator – sometimes called a “guardian of the estate” – to manage any assets your minor children might inherit.

- **Will there be a fight over my assets?** Without a solid estate plan in place, your assets could be subject to the time-consuming, expensive – and very public – probate process. During probate, your relatives and creditors can gain access to your records, and possibly even challenge your will. But with proper planning, you can maintain your privacy. As one possible element of an estate plan, a living trust allows your property to avoid probate and pass quickly to the beneficiaries you’ve named.

- **Who will oversee my finances and my living situation if I become incapacitated?** You can build various forms of protection into your estate planning, such as a durable power of attorney, which allows you to designate someone to manage your financial affairs if you become physically or mentally incapacitated. You could also create a medical power of attorney, which allows someone to handle health care decisions on your behalf if you become unable to do so yourself.

- **Will I shortchange my family if I leave significant assets to charities?** Unless you have unlimited resources, you’ll have to make some choices about charitable gifts and money for your family. But as part of your estate plans, you do have some appealing options. For example, you could establish a charitable lead trust, which provides financial support to your chosen charities for a period of time, with the remaining assets eventually going to your family members. A charitable remainder trust, by contrast, can provide a stream of income for your family members for the term of the trust, before the remaining assets are transferred to one or more charitable organizations.

As you can see, careful estate planning can help you answer many of the questions that may be worrying you. Be aware, though, that certain aspects of estate planning, especially those related to living trusts and charitable trusts, can be complex, so you should consult your estate-planning attorney or qualified tax advisor about your situation. But once you’ve got your plans in place, you should be able to face the future with greater clarity and confidence.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor. Edward Jones, its employees and financial advisors are not estate planners and cannot provide tax or legal advice .

Annual Patient Partners Cont..

Carolyn Montagne

Richard and Sandra Moore

Jim and Peggy Morgan

Cissy Murdaugh

Clint and Val Myers

Fred and Cheryl Newby

Joan Noble

Jerry and Kim Oakley

William and Deborah O'Brien

Kevin and Linda O'Connor

Bob and Jean Oliver

George and Pat Orr

Jamin Ortiz

Bill and Alice Otis

Herman and Sally Overcash

Marion and Janet Parsons

Carolyn Perry

Cynthia Phillips

Elisabeth Philo

John and Rosemary Plesha

Shirley Ray

Peter and Linda Raymond

Scott Reed

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Becky Sparrow

James and Amy Swartz

Ronald and Denise Talbert

Michael Thomas

William and Christine Thompson

Michael and Celie Travis

Olin and Linda Warren

Bruce and Holly Watts

Susan Webb

Dina Wells

Benton and Elisabeth Williamson

Dale and Mary Witt

Phyllis Wrigglesworth

Owen and Dawn Wright

[In Memory of:](#)

Calvin Hughes

Abraham Nelson

Alfred Adams

Alma Goehres

Amelia Arthur McFaddin

Annette Sweeney

Bill Perry

Brandon Vaughn Madden

Cathcart and Nancy Smith

Charles and Frances Smith

Christy and Josie

Cliff Smith

David Charles May

Doug Reid

Dr. Canon Beverly Currin

Dr. Ed Vaden

Dr. Putt Pryor

Eleanor Armstrong

Eleanor Laprade

George Vickery

Gerry Kenyon

Gwen Orth

Jesse and Pearl Lee, and Mildred Dyches

John Erman

John Robinson

Marion Rogers Coxe, Jessie Coggeshall Rogers, Mary Rogers Field, and Bachman Smith, III

Mary Jane Hughes

Melvin Green Nauss

Michael Coward

Nancy Braman

Neil Gallagher

Paul Noble

Robert Wrigglesworth

Rosellen Wimsatt

Tom Charleson

Tootie Baroody

William Thomas Conroy

Mildred McLaurin

Tinker Rybolt

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John and Marty Brownlow

Thomas and Susan Bruns

Sandy and Susan Burns

Mike and Elizabeth Calabrese

Henry Thomas and Emilie Carey

Art Cates

Nancy Cave

Steve and Brenda Chapman

Mary Anne Charlson

Warner and Carol Cole

Robert and Kathy Cox

Nelson and Mary Crichton

Lucille Jones and Julia Cripps

John and Jean Cross

Hal and Kathy Crosswell

Dorothy D'Ambrosio

Rick and Bonnie Danser

Thomas and Elizabeth Davis

Daryll Degraaf and Lavonne Wieringa

Charles and Eileen DeLorme

Victor Diaz-Gonzales and Aixa Rodriguez-Mariani

Tucker Dieter

Darrel and Joan Dore

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Suzanne Edkins

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Dick and Carol McCann

Susan McClure

Sharon McCullough

Don and Georgia McDowell

Frank and Sybil McLaurin

Steve and Dotti Meixel

Lee and Anna Milling

John and Diana Milner

Thomas and Mary Sue Molnar

MARK YOUR CALENDARS
BIGGEST EVENT OF THE YEAR!!
SMC GALA
APRIL 19, 2020
FRANK'S OUTBACK
GREAT FOOD, AUCTION ITEMS AND MORE

+

Welcome, New Volunteers!

Nurses:

Janet Caruso, RN
Kathy Mooney, RN
Mary McDonald, RN
Anne Pennington, RN
Chris Sideranko, RN
Jacoba Wilson, RN

Diabetic Educators:

Michelle Byerly, RN
Kimberly Ingersoll, RN

Interpreter:

Elaine Strong

Students:

Jamie Barnett
Shakera Vanderhorst

Physical Therapists:

Mary Abel, PT
Martha Lewis, PT

Mental Health Counselor:

James Beard

Patient Ride Coordinator:

Roy Martin

We are in immediate need of:

nurses, appointment schedulers, receptionists in Georgetown

LIFE'S BETTER WHEN YOU'RE DANCING

- Diane Hunt

Diane Pringle, Zumba Instructor

Look out Smith Clinic, there's a new opportunity for your overall wellness! Zumba is now being offered Wednesdays at 1:00 pm in the front waiting room. Diane Pringle, certified Zumba instructor, has graciously volunteered to host a class for patients and volunteers. Diane says, "Zumba is for everyone. There are always modifications that can be done to accommodate all levels of fitness and it is a wonderful time to fellowship with others and just have fun."

Diane is a Zumba instructor at Tidelands HealthPoint Center and creates her own choreography. She retired from a government administrative position in Rochester, NY five years ago; and moved to Pawleys Island with her husband, who grew up in South Carolina's Lowcountry. She's had a love of dancing since her teenage years and it shows in the enthusiasm she brings to the Zumba floor.

Soon after Diane and her husband moved here, she broke her ankle. Being immobile kept her from going to the gym and very quickly led to gaining 15 pounds. When Diane went for an annual physical, she found out that the weight gain had resulted in becoming a borderline diabetic. Something needed to change and fast! Thus began her journey to start monitoring her A1C and carb intake in conjunction with a weight loss program of proper nutrition, weight lifting and cardio fitness. She was determined to put herself in an environment conducive to good health, with proper encouragement and fellowship. Zumba was just what the doctor ordered.

SMC health educator, Lizzie Ledford and her team of volunteer health coaches have been encouraging their patients to join in the Zumba fun. "The music and the simple moves are irresistible – you can't help but want to join in," says Lizzie. "Anyone can participate regardless of fitness level or dance ability. It's so much fun."



"Life isn't about waiting for the storm to pass, it's about learning to dance in the rain." - Vivian Green

2020 SUSTAINING PARTNERS !

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Satterfield Interior Design

South State Bank

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Blum Shapiro Foundation

Faith-Based Patient Partners

St. Mary Our Lady of Ransom Catholic Church

Pawleys Island Community Church

Grace Circle, Belin United Methodist Church

St. Paul's Waccamaw United Methodist Church

Precious Blood Of Christ Parish

Georgetown Presbyterian Church

Cooking Matters by Laura Cron

Cooking Matters is a six-week program available to Smith Medical Clinic patients that teaches attendees how to shop and cook healthy, affordable meals. The focus is on whole foods, not processed foods, as well as portion control. The program is administered through the Low Country Food Bank.

SMC patient Cynthia Fleming is a recent graduate of Cooking Matters. She is raising her 7-year old granddaughter, so healthy meal planning is especially important to her. One trick she learned from the

program is how to sneak vegetables into meals, such as spaghetti sauce. Cynthia has also learned how to use seasonings to make healthy foods even more flavorful without adding calories. Another lesson focused on how to plan meals and budget for them. One tip that Cynthia learned is to shop the perimeter of the grocery store where the healthier foods are located. The class actually went to a grocery store to learn this in a real-life setting. Another helpful idea is to start by planning menus for two days which can turn into planning for the entire week. Cynthia also learned how to incorporate exercise into her lifestyle by starting small; walking twenty minutes a day, for example.

Cynthia is now cooking four nights a week on a regular basis. She and her granddaughter are now eating more healthfully and her granddaughter hasn't noticed any differences!

Cynthia said it's too early to tell if she's feeling healthier, but she is optimistic.

If you are interested in learning more about the Cooking Matters program, see Lizzie Ledford or ask your provider.

