

September 2019

From the Executive Director



Each day Smith Medical Clinic volunteers work with a single purpose—to care for our neighbors. We ensure people in our community who may not have access to medical care receive the care they need to stay healthy and take care of themselves.

When you visit the clinic, you will see suffering and fear transformed into relief and hope over and over again: a grateful patient sharing their excitement about being able to go back to work because their asthma is under control; volunteers celebrating with the proud patient who has lost weight and lowered his blood pressure; a tearful patient gazing around in wonder after getting much-needed glasses; volunteers comforting the patient who is overwhelmed with anxiety; a patient crying with relief when they get medicine to ease a painful arthritis flare.

If you are currently a donor or volunteer, we thank you for your support. If you want to learn more about the clinic, please reach out to us. You can help by giving of your time to help those in need in our community. If you are looking for a good cause to support financially, become a Sustaining Patient Partner. Just \$21 a month (70 cents per day!) will provide complete medical care and medications for a patient for a full year.

Smith Medical Clinic is embedded in our community and sustained by our community. As an organization, we draw strength and vitality from you. Thank you for your continuing support. *Anne Faul*



Sarahi with Judith Moore, Volunteer Health Coach

A TRUE CATALYST by Diane Hunt

I met a true catalyst today. She may see herself as an ordinary young mother, but to her family and friends, she is becoming a transformation leader. This powerful phenomenon is taking place, not with words, but through the power of positive action. So, let me introduce you to this amazing woman and her health coach.

Sarahi, age 31, mother of three beautiful children, moved to America from Honduras 12 years ago, along with her brother and two sisters. She lives in Georgetown with her husband and children and is a devoted stay at home mom. Sarahi first came to SMC three years ago for routine medical care and has continued for annual checkups. Due to personal high blood pressure and a family history of diabetes, Sarahi decided last May to make an effort to lead a healthier lifestyle. That is when she began meeting with Judith Moore, RN, one of SMC's health coach volunteers. When Sarahi began meeting with her health coach, a weight loss goal of 35 pounds was set and in three months she has almost met that goal!

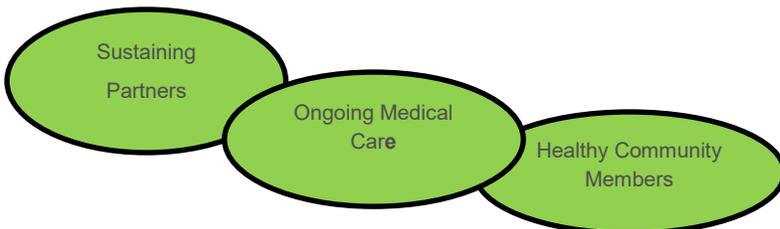
(Continued on Page 2)

Sustaining Patient Partners

Being a Sustaining Patient Partner is a secure and convenient way to support Smith Medical Clinic through recurring donations. It also gives our organization the security of steady, reliable contributed dollars for ongoing patient care. As a Sustaining Patient Partner, you will join a special group of people, who are ensuring that everyone in our community has access to medical care.

How does it work?

Just choose the recurring amount that you would like to give and complete the donation form with your information either on our website smithfreeclinic.org or on the giving envelopes in our newsletter. Your donation will process automatically. Contributions can be changed or cancelled at anytime.



“For a community to be whole and healthy, it must be based on people’s love and concern for each other.”

Millard Fuller

A Unique Friendship: Dr. Cathcart Smith and Miss Ruby Forsythe

A few years ago, Dr. Smith's daughter, Rebecca Smith Lovelace, shared a manuscript written by her dad about his experience establishing Smith Medical Clinic and working with Baskervill Outreach Ministries. In one of the most moving sections of the manuscript, Dr. Smith described his friendship with Miss Ruby Forsythe. Here's an excerpt .

"In 1985, upon retiring from practicing medicine I was encouraged to establish a free medical clinic for the indigent people of the Waccamaw Neck. From the clinic's opening in June, 1985 until the death of Miss Ruby on May 29th, 1992, I had developed a very warm and admiring relationship with Miss Ruby as she was known by her students, families, and acquaintances of this area. Miss Ruby taught children from kindergarten to fourth grade until the year of her death in 1992 at the age of 86. She taught sixty to sixty-five students a day . Over the seven years I knew her, I developed an increasing respect and love for this wonderful, humble, and truly amazing lady who lived, worked, and sacrificed herself so that others could effectively improve their lives and the lives of those among whom they live. Three virtues stand out in my mind as I remember Miss Ruby, three that I'm certain she would like us to share.



Discipline: Courtesy, Kindness, and Fairness can only exist where there is appropriate discipline.

Devotion: To both the weak and the strong, the able and the less able, help us all to know we are together in this thing called "life."

Dignity: True servants to each other and to the world."

There is much rich history included in Dr. Smith's manuscript, which we will continue to share in the future. His writings and musings certainly reflected the virtues he so admired in his friend, Miss Ruby.

A True Catalyst (Cont'd from Page 1)

She explained, "I was able to lose the weight by watching my portion control, making better food choices, and increasing my exercise. I started with walking and am now running. I also use the stretch bands provided by the clinic for resistance training. I will keep it up because this is how I want to live my life and I really like that I've gone down in dress size."

Sarahi's weight loss and new healthy lifestyle have not gone unnoticed by her family; and they are ready to get in on the action! So now, Sarahi has become the health coach for her siblings and their spouses. Everyone has bought into wanting to exercise more and eat less. Sarahi plans to be there every step of the way for her clan, making her a true catalyst for her family's future health. Now that's a legacy worth celebrating.

"When you learn, teach. When you get, give." Maya Angelou

Safeguarding Our Financial Resources

There are many “behind the scenes” volunteers among the more than 200 volunteers at SMC, performing non-medical tasks that are absolutely essential to the success and sustainability of the clinic.

Rose Plesha is one of those unsung heroes. Since 2013, Rose has assisted in the financial management of the clinic. Quite simply, she is critical to protecting the clinic’s financial resources.

How does she do this? The organization’s financial policies mandate a checks-and-balances system based on separation of duties to prevent theft, financial fraud and the misuse or misappropriation of funds.

Access to financial resources is carefully divided between Rose, the Executive Director, the Treasurer, the Board Finance Committee and the Board Chair, so that no single person has sole access to the organization’s financial resources. This prevents overt theft through embezzlement as well as errors due to oversight or miscalculation.

These controls help us maintain accountability to our patients, donors and the community.

With many years experience in business, non-profit bookkeeping and accounting, Rose arrives at the clinic every Friday to to pay bills approved by the ED, ensuring that every invoice is properly matched with a purchase order and merchandise receipt. Each month, Rose prepares account reconciliations which are reviewed by both the Executive Director and the Board Finance Committee. She verifies that cash, check and online donations have been deposited correctly. “Rose is exactly the kind of person you hope to have in a financial position,” says Anne Faul, Executive Director. “She is absolutely meticulous when it comes to investigating any inconsistency or out-of-balance situation. She is passionate about our mission and is like a Mama Bear protecting a cub when it comes to our resources. I don’t know what we’d do without her.”



SAVE THE DATE!!

October 31, 2019

10% of sales goes to Smith Medical Clinic

4 - 8:30 pm

9380 Ocean Hwy, Pawleys Island, SC 29585



Welcome, New Volunteers!

Janet Baseggio, Data Entry
JoAnn Marion, Reception
Debbie Nordstrom, Scheduling
Frank Mudd, Admin
Solomon Jan, MD

We are in need of nurses and optometrists!



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Thank you for your support!

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Alma Goehres
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Calvin and Mary Jane Hughes

Christy and Josie
Gerry Kenyon
Eleanor Laprade
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**PATIENT: DIANNE EADDY
@ THE YMCA...THANK YOU!**

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John and Suzette Wright
Owen and Dawn Wright

Meet LaDezsha Elmore

We have had the very great privilege of having Ms. LaDezsha Elmore with us this summer. LaDezsha, a very focused and ambitious young lady, has set her sights on becoming a physician because, as she says “I want to help people—I want to cure the world!” She has a plan to get where she wants to go and she is executing it like clockwork. In the past year, she has already earned 3 medical certifications: phlebotomy, EKG and medical administration assistant. At SMC, she’s completing a 12-week internship through SC Works to gain practical medical office experience and to gain exposure to a medical setting. Next she will pursue a degree in science at Horry Georgetown Technical College.



LaDezsha quickly made herself indispensable at the clinic. A quick-learner and skilled with technology, LaDezsha easily mastered answering patient questions, managing medical records and scheduling appointments in eClinicalWorks, our electronic health record. She confidently handles patient inquiries and resolves issues appropriately. She prefers to be really busy, so during the rare quiet times, she started proactively using eClinicalWorks to identify and follow up with 140 diabetic patients who are due for an appointment with a diabetes educator and/or their medical provider.

Ask LaDezsha “How are you today?” and she invariably answers “I’m AMAZING” with a huge smile that just lights up your whole day.

Based on the enthusiasm and talent she has demonstrated during her SC Works internship at Smith Clinic, we think she’s made the perfect choice of professions. We will certainly be sad to see her time at SMC come to an end—she plans to get more medical office experience so it will be a lucky employer who hires this incredible lady. And we can’t wait for her to return as a volunteer doctor someday!

***The mission of Smith Medical
Clinic is to provide free
medical care for low-income,
uninsured residents of
Georgetown County.***



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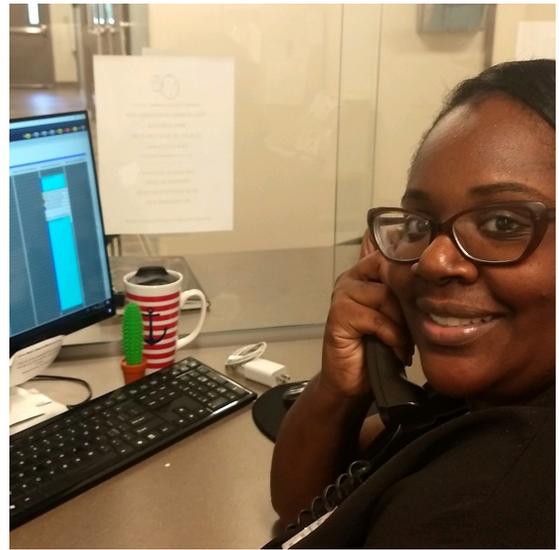
**Receive
Wisdom Wednesday
updates
from
Anne Salley,
Marketing Director**

Update on Laquanda Palmer

In our last newsletter, we told you about another SC Works intern, Laquanda Palmer, who is pursuing a career as a Medical Administration Assistant. Time has flown by and before her 12 weeks are up, I wanted to chat with her about her experience at SMC and get her perspective on the value of her time here.

When asked what she enjoyed most about SMC, Laquanda replied without hesitation “Definitely I enjoyed interacting with the patients the most. I really wanted to be the first smiling face they saw every time they came into the office.

One lady even told me that she was feeling really, really down when she came in and because I was so cheerful and smiling, I lightened her load—and that just made me feel great.” Another aspect of SMC that Laquanda enjoyed was that all the staff and volunteers—even those with more experience than her, treated her as a respected peer from her first day in the clinic. Of course, Laquanda modestly doesn’t mention the fact that she demonstrated a maturity and incredible ability to just “go with the flow” from Day One. Because of her previous education and experience, Laquanda was able to singlehandedly run the Reception Desk, use eClinicalWorks with ease, check in patients, schedule appointments, set up new patients, and make referrals - all within days of starting. She’s on a first-name basis with everyone in Tideland’s Health Scheduling for labs, x-rays and other procedures and has even helped with a pilot to address our patient’s transportation barriers. “I hate to leave,” says Laquanda. “I hope to find a position with a medical office that will keep me really busy with new learning opportunities, new challenges and new ideas.” We hate to see her go, too, but know that it will be a lucky medical office that hires this lovely and talented lady.



Visit our website at www.SmithFreeClinic.org

You can:

- **Download a Volunteer Application**
- **Learn More about SMC**
- **Make a Donation**

Health, Healing and Hope

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.



Contact Us

Call for information about our services and volunteer opportunities.

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Pawleys Island, SC 29585

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Georgetown, SC 29440

(843) 237- 2672
www.smithfreeclinic.org



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Pawleys Island, SC 29585

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