

Spring 2021

CFC Newsletter

Volume 1, Issue 1

Our mission is to provide free quality health care and pharmaceuticals with compassion and dignity to individuals between the ages of 12 and 64.



Covid-19 Can't Stop Clemson Free Clinic!

What does safe and responsible health care look like during a pandemic? Could we serve our clients and still prevent the spread of the disease? These were questions CFC medical personnel, staff and volunteers had to answer quickly in March of 2020. Following CDC protocols was the first step.

Masks and hand sanitizing became mandatory for all CFC personnel and clients. The local community stepped up to help. Community groups organized to make, collect and deliver masks to the clinic. This gave us protection and allowed us to distribute masks among our clients and their family members. Donors dropped by with toilet paper, paper towels, hand sanitizer and disinfectant wipes so we never ran out and could offer some to our clients. Produce Rx also continued to distribute bags of fresh vegetables to its clientele throughout the year.

Clients with Wednesday appointments were called and screened on Mondays for COVID symptoms and rescheduled as needed. Everyone was checked for elevated temperatures upon entering the facility. Social distancing was practiced inside and out. Staff and volunteers stayed six feet apart during clinic hours. Clients were asked to remain in their vehicles instead of the waiting room until they were ready to be screened and seen. Clients refilling medications were also asked to call upon arrival so that volunteers could deliver prescriptions to their car. Sadly, *TRIO 2020* was cancelled but CFC supporters stepped up and provided funds needed to continue operations.

At this time all staff and volunteers have been fully vaccinated. The clinic is now helping clients schedule COVID vaccinations. Masking and social distancing will continue until further notice. We will sanitize and disinfect with the best of them to keep our clients and community safe as we continue to serve those who depend on us.

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Student Volunteer Hands Out Masks and Meds



Produce Rx Provides Fresh Food

Contact Us

Clemson Free Clinic

1200 Tiger Blvd

Clemson, SC 29633

(864) 654-8277 FAX (864) 654-8907

Business Address

P. O. Box 941

Clemson, SC 29633

Operating Hours

Patient Eligibility Screening

Mondays 1:30 - 3:30 pm

Clinic Hours

Wednesdays 5:00 – 8:00 pm

Serving Clemson, Central, Pendleton & Six Mile

Certified by the SC Free Clinic Association

Newsletter Editor: Lib Crockett

CFC thanks the following for their mask support:

Gary and Kathryn Newkirk

Verna Howell

Sarah Ballentine

Cissie Goodstein

Blue Cross/Blue Shield SC Foundation

United Way of Pickens County

SC Free Clinic Association

Prisma Health

Clemson United Methodist Samaritan Stitchers

Anonymous

Director's Corner

We are never too old to learn new ways of pivoting. What a year we all have experienced and now we know we are going to make it! I could not begin to thank personally everyone who has shown and expressed concern over the clinic, our patients, and staff this past year. I believe you know I really appreciate your interest in helping us provide a free medical clinic for our community. This year could not have happened without the selfless work and dedication of our staff and student volunteers. It is my privilege to work alongside such outstanding individuals.

As many will remember we had to cancel our last three fundraisers: *Dine with the Docs-Spring 20, TRIO-Winter 20* and now *Dine with the Docs-Spring 21*. Our donors have been very generous in remembering our need for funding especially during a pandemic. We want you to know our need for fundraising really never ends. I hope in lieu of this Spring's cancelled *Dine with the Docs* you will consider a donation to the clinic.

When all of our neighbors enjoy better health, the entire community prospers. In Pickens County, 13.5% of the population are uninsured individuals. With these neighbors in mind our work is more important than ever. With the help of many gracious donors, partners, and volunteers we will continue our mission of providing care and compassion for those in need. Although we can't be together yet, I hope you will celebrate the healthy community you have helped build. Please continue your support of the Clemson Free Clinic. Our work is vital. We are proud to have earned your trust. Warm wishes,

Sandy

Clemson Free Clinic Donation Form

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Email: _____

Your email address helps us make your donations go further.

Mail to: Clemson Free Clinic
P.O. Box 941
Clemson, SC 29633

Yes, I would like to support the continued operation of the CFC. I have enclosed a check payable to the Clemson Free Clinic in the following amount:

\$25 \$250
 \$50 \$500
 \$75 \$1,000
 \$100
Other (specify) \$ _____ OR

Donate on-line:
<http://clemsonfreeclinic.square.site>

Student Volunteer Spotlights



Megan Johnson

The Clemson Free Clinic could not operate without its student volunteers. One of our most knowledgeable and experienced ones, Megan Johnson, is leaving CFC in June after graduating with her Bachelor of Science degree in Nursing from USC-Upstate. She begins her nursing career for real.

Megan started at the CFC in 2012 while in high school. Interested in medicine she shadowed a local surgeon who suggested she became a clinic volunteer. She did, working as a Pharmacy Tech, Produce Rx distributor and Student Office Administrator. These experiences solidified nursing for her.

She enjoys the hands-on care and patient relationships that she sees at the clinic. She shared a special memory of how the CFC affects clients' lives. A patient unable to work because of extremely poor vision received corrective Laser eye surgery and, as a result, a good job. Megan was impressed at how the clinic uses networks, resources and determination to make a real difference. She is our go-to person for things administrative and computer related. She trained and mentored student volunteers through the years. Many still call to meet for coffee or ask for advice.

The future: Megan hopes to remain in the Greenville-Spartanburg area. She would like to start her first job in the ER. And later pursue a master's degree. She will continue to ride her horse, Knickers and to hike with Milo, a boxer mix. While we wish her the best in the future, we will definitely miss her. We have benefited greatly from her presence as will her future patients.

Congratulations and Best Wishes!

Joel Hamilton, Ph.D, RD

Joel as we have known him prior to his May CU graduation has worked daily with Beth Kunkle, Ph.D, RD, to make Produce Rx a successful outreach program providing fresh vegetables, food, and nutritional education to patients with diabetes, hypertension, and obesity. Joel has been a vital part of this program for the past two years. He is off to work for the VA Health System in Kentucky. He leaves an excellent program to our new Produce Rx grad student-Amanda Morris.

Welcome Amanda!