

Fall 2021

CFC Newsletter

Volume 1, Issue 2

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

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Good Medicine in Every Bag

Healthy eating is vital to good health. That is what Produce Rx provides participants in each bag of produce they receive.

This program now in its fourth year at the Clemson Free Clinic began when Dr. Beth Kunkel, Registered Dietician and Produce Rx Director, noticed the phrase "produce prescriptions" popping up frequently in nutritional research. That sparked an idea that led to a partnership with CFC to regularly provide willing patients with fresh produce to attempt to reduce chronic illnesses.

Working with Leadership Clemson to raise initial funds (seed money) in 2017, Dr. Kunkel and Dr. Glen Quattlebaum, CFC's medical director started the program with approximately \$5,000 and eight diabetic patients. Participants received a bag of fresh produce every other week to start. When the patients' lab work showed positive results, the program was expanded to include additional patients with hypertension and obesity as well.

While CFC provides the budget, Dr. Kunkel and her crew of volunteers diligently work with local farmers (Farm Girl Deliveries, Creative Juices Consulting and the Clemson Organic Research Center) to buy enough organic fresh produce to feed a family of two for two weeks. They pack and distribute bags to program participants every second and fourth Wednesday during clinic hours.

Each Produce Rx bag is a treasure. Items like greens, squash, beans, peas, tomatoes, peppers, sweet potatoes, herbs, eggplant, blueberries or other seasonal fruits and veggies may be distributed. Recipes and tastings are sometimes offered to encourage trying something new like a Candy Roaster squash grown from heirloom seeds. Cooking classes have been offered to demonstrate healthier ways to prepare food. Produce RX also freezes and stores excess summer vegetables like green beans and stewed tomatoes to supplement fall and winter bags.

Participants appreciate what Produce Rx offers...healthy eating to improve their quality of life and to supplement their diet with healthy products they may not be able to afford. One said, "It helps me because I don't always have the money to get the things I should. I don't always have money to buy greens, peppers or other foods." Another commented, "This really helped my blood pressure. It is now normal for the first time."

By providing access to healthy produce and offering nutritional education Produce Rx is achieving its goal of helping clients improve disease maintenance. As one CFC doctor points out to his patients, "There is more medicine in that bag than in the whole pharmacy."

Contact Us

Clemson Free Clinic
 1200-2 Tiger Blvd
 Clemson, SC 29633
 (864) 654-8277

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, Pendleton, Six Mile & Central

Certified by the SC Free Clinic Association

Newsletter Editor
 Lib Crockett

Director's Corner

Dear Friends,

The importance of partnerships to the Clemson Free Clinic cannot be overstated. In this Fall Newsletter we highlighted one of our major partners- Produce Rx. This partnership offers on-site collaboration. This relationship is important to the success of our patients. Put simply, we get by with help from our friends.

2021 has been a challenging year for everyone. Uninsured, low-income people were first to lose their jobs when the COVID-19 virus hit. Services are not yet back to normal, but the CFC continues to care for patients. Our pharmacy remains open. We have a responsibility to the community and our patients.

Many have been lifting the Free Clinic community in all sorts of ways over the past eighteen months. Donations of masks, hand sanitizer, and other supplies poured in from local, and state organizations. The pandemic inspired many new donors to make a difference locally by supporting healthcare at the clinic for the most vulnerable.

If you are reading this, you are a valued friend and partner. By supporting the Clemson Free Clinic, you enable us to continue to provide quality medical care and critical medications to those in Clemson, Central, Six Mile, and Pendleton area who have no place else to go. As we all begin to resume our "normal" lives, we must not forget that our patients experience an entirely different reality. We are grateful for this opportunity to thank you for making a difference in the lives of our neighbors who have been hit hardest by the pandemic.

The Board of Directors and I invite you to **TRIO**, the **12th Annual Clemson Free Clinic and Clemson Community Care Fundraiser** on Thursday, December 2th at 6 PM at Holy Trinity Episcopal Church in Clemson. Tickets are \$45.00 per person or 4 for \$170. Our raffles for experiences and the live auction are very popular each year. See what we have put together for your enjoyment this year! Invite friends to attend. Come taste a variety of wines and specialty beers! Raise your glass to support hope, health, and community. Please consider joining us for a fun evening while helping others. ---Sandy

Clemson Free Clinic "TRIO 21" Ticket/Donation Intention Form
 Please specify and include TRIO ticket purchases in your check.
 Make checks payable to Clemson Free Clinic.

TRIO---Thursday, December 2, 2021 @ 6:00 pm
 Holy Trinity Episcopal Church, Clemson
 Pre-paid Tickets available at door.

Name: _____
 Address: _____
 City: _____ State: _____ Zip: _____
 Email: _____

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

		Donation Summary	
		Number	Amount
Donation for CFC Operations			_____
TRIO Tickets \$45/pp	_____ X =		_____
Or			
4 TRIO Tix @\$170	_____ X=		_____
Total Donation			_____