

Community Medical Clinic of Aiken County

August 2022



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TRIVIA RETURNS



Attendees participate in the mini games at Trivia Night for a Cause on July 27.

Attendees have fun for a cause with host Tom Sargent

After two years of in-person fundraisers put on hold due to COVID-19, the clinic made its comeback with Trivia Night for a Cause on July 27. The community came out and put on their thinking caps as they competed for prizes in multiple categories hosted by Tom Sargent with DJ Kenny Ray.

Participants worked as teams to answer questions related to history, sports, entertainment and a mash-up of subjects. Some also competed individually in mini games, which got people out of their seats and had them putting their hands on their head or hips depending on their answer.

President of the board of directors and

More information

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the clinic's medical director Dr. Charles Pexa spoke about the clinic and all the services it offers to those in attendance at the event. He also introduced the new director Orion Jeter, who some hadn't met yet since he became director in May.

"It was great to see so many generous people enjoying themselves and when it was all over, especially after Orion and I talked, the people that really didn't know what our clinic was about and how it

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Tom Sargent, right, hosts Trivia Night for a Cause as David Stinson assists.



Welcome back to Libby's Corner where I get to share with you, our readers, health information and news about what we are doing at the Community Medical Clinic of Aiken County. That is a long sentence with an even longer title for our clinic. Why do we have such a long name? It came about because the intention is that the community supports the clinic to provide free care to the uninsured. Certainly, such good intentions come with responsibility, and we at the clinic must let the community know of our needs and ask for help to engage Aiken County in our mission.

Certainly, monetary support keeps us in business. Thank you to everyone who participated in our last fundraiser, Trivia Night. There will be more because without donations, we would not be able to open our doors. Besides monetary help, we ask for specific needs. Those who have medical, nursing, pharmacy, social work, or case management skills who are looking for a home to volunteer, we have a need for you. We have tried over the years to bring together other community resources, and we are grateful for successes. We believe we have many resources in the community which

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THOUGHTS FROM OUR EXECUTIVE DIRECTOR

Seven steps to tone down when life turns up

In these times of what sometimes seems like unrelenting stress and stressors, our sanity and overall wellness requires us to pause and plan to put things into their proper perspective. Some stress is good. Stress can be a motivator to get things done. However, chronic, uncontrolled stress is unproductive, dangerous, even deadly. So how do you tone down when life turns up? Here are seven steps to consider following:

1. Since most stressors in our everyday life are not immediate, life-threatening situations, we must take a pause and remind ourselves that we are safe and secure in the current moment, so our body and mind can realize that it can calm

down and stop the fight or flight reaction and return to your baseline, non-alarm state. Tell yourself: You are alright.



Orion Jeter
Executive
Director

Draw or paint. Create music or some other form of art. Do whatever takes you to your peaceful place the most effec-

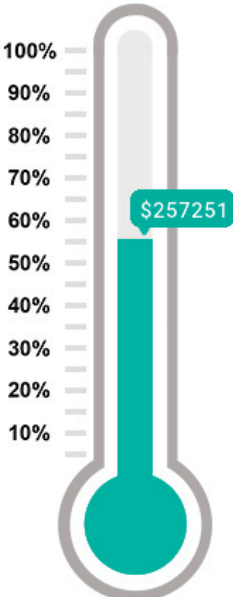
tively. You're fine. You're safe. You're going to be okay. Focus on the details of something non-threatening in your surroundings. Put on your favorite calming music. Go for a peaceful walk. Take a bike ride. Go out in nature. Read or recall positive affirmations. Do some journaling.

What will you do?
2. Take a few deep breaths. Breathe in. Then, breathe out.
3. Now identify the challenge/problem in its true, reasonable light. What specifically has stressed you? What made your body's alarm sound off? Focus your attention on that challenge and don't let your thoughts wander off into other things to cause panic. Just focus on the true challenge before you and why it specifically has caused you to feel stress. What's your challenge/problem? Why has it caused you to feel this stress?

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The clinic needs your help to reach our fundraising goal!

Goal: \$450000



Corner

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have and can play a role in helping those whose needs are great. With new leadership, we are reorganizing to add new players to our team. I am proud today to announce some of our successes. We have continued our partnership with the University of South Carolina Aiken (USC Aiken). Please join me in welcoming undergraduate nursing students who are taking their community health education on the road this fall semester. They will both be observing and volunteering this fall at the clinic. So, if you meet any of the students while you are at the clinic take the time to welcome the next generation of new nurses. USC Aiken in 2021 was ranked first among the “Top Public Schools, Regional Colleges South” by U.S. News & World Report. While this is group of students who are smart and adept at technology, coming to the clinic will give them an opportunity to see real life problems from the perspective of the patient and help us grow new nurses. They are a scarce resource right now and will be thrust into leadership roles very quickly due to the demand. We look forward to sharing with them the reality of what we deal with daily, so when they are leaders, they understand their community.

We are also continuing our partnership with Augusta University School of Nursing. A nurse practitioner student will be continuing their education with me. We are thankful to continue this partnership as well and I am excited about precepting yet another student. Again, the opportunity to teach the reality of being unable to afford your medications and the consequences of the damage it ensues is an important lesson. Nurse practitioners working with physicians play a necessary role in health care today.

Over the next few months, we will announce our future community partnerships as we work together. We are reaching out to enroll new patients and are actively working on engaging new players. We will be a presence at NewSpring Church on some Fridays; look to hear more very soon. We had a very successful community outreach there recently. Thank you to Pastor Matt for welcoming us to his church and supporting our mission. And thanks to the many volunteers that were there that day.

Let me add a special thank you to Christ Central. One of my patients had a refrigerator that died, and he was not able to afford a new refrigerator. He is a diabetic and takes insulin. Without the generosity of Christ Central, who had a donated refrigerator, he would have had a big problem. Happily, we worked together to coordinate the delivery of a necessary working refrigerator for this patient. Christ Central does not usually have such appliances to donate; in this case the need was met. I have learned that it doesn’t hurt to ask, all someone can say is no. I will end this on a big thanks to our community for the support of the clinic and your neighbors, and if you want to help just call us. You just might find a home.

Trivia

From Pg. 1

changed their perspective on what we do,” Pexa said. “I had people coming up to me afterwards, as I had before when I talked, expressing their gratitude for what we do and their support for what we do. And trying to know what they can do even more to help besides contributions. It was very gratifying. I’m so glad we got to send our message and spread our mission to as many people as possible.”

This event was a first for Jeter in his new role, who said he learned a lot about what goes into planning fundraisers. The reception he received exceeded his expectations and was extremely positive.

“Trivia Night for a Cause was a learning experience. It was a great feeling. I feel like it was a chance for us to learn about what works and what doesn’t, but it was overwhelmingly very positive. Our community really supported us. It was a packed house. People enjoyed themselves and while they had a good time, they supported a great cause, too,” Jeter said.

Many people expressed how much fun they were having and hope that the event comes back in the future.

“I learned that Trivia Night for a Cause is an event that we need to keep doing every year. It is fun, it can bring out the competitiveness in people. It’s a great opportunity for people to unwind, have a good time, stretch your brain and memory about all those little pop culture things that Tom posed in the questions,” Jeter said. “It’s something that’s a formula for success that we can take a lot from in deciding the other fundraisers we do as an organization, but I just think it’s one that we’re going to keep on our calendar every year because the response was great, and people wanted to return.”

Not only was the event great due to the fun those in attendance were having, but also because it allowed the clinic to reach people who didn’t understand the entirety of services that are offered.

“Because it’s so far out of what they might imagine a medical clinic would do, and it’s transformative. It’s taking people truly from hopeless to hope and creating a worthwhile future for people who otherwise wouldn’t have a chance,” Pexa said.

“I got a lot of feedback from people who attended who did not know the full scope of what we do. They want to be a part of our mission. I think it’s a matter of people don’t know what we do, and the people in attendance now are going to spread the word about what we do to the people in their circle,” Jeter added. “I got a response from people who want to support. Some people expressed wanting to be volunteers, and some already reached out to me since the event to see how they can help us out in lending their skills and experience in what we do as well.”

Holding fundraisers like this one is a great way to reach people who may not have known who the Community Medical Clinic is or what they do. It gets the name of the organization in people’s minds and allows them to celebrate in the organization’s successes.

“These kinds of events are important because like our name says – this is the Community Medical Clinic. This medical clinic belongs to our community. It gives us a chance to celebrate with our community and talk to our community face-to-face. The people that allow us to exist – we’re able to give them a good time, we’re able to allow them to see what we’ve been up to and just to be able to celebrate our own success and have fun with our community and do fun events like trivia,” Jeter said.

Jeter

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4. Decide what you are going to do about it. Devise a logical plan to meet the challenge or solve the problem. What’s your plan of action to meet your challenge/solve your problem?

5. Be realistic and don’t be too hard on yourself. Cancel any unreasonable expectations and realize your limitations. You may not get done everything you had planned for the day or by the time you thought you would have it done. Life happens, things happen. Remind yourself that you have overcome challenges and solved plenty problems before and that everything is temporary and will pass. You can do it and you will.

What challenges have you overcome and what problems have you solved in the past that make you proud and feel resilient?

6. Act. Take action and execute your plan of action to meet your challenge or solve your problem. Realize that any challenge is going to require its certain length of time to get it done and get it done right.

7. Revise your plan of action or individual steps in the plan as necessary. Do you need to revise any part of your plan? If so, what part(s)?

“A calm mind leads to clear eyes. Clear eyes are a reliable guide through the journey of life.”- Orion Jeter



Executive Director Orion Jeter speaks at Trivia Night for a Cause.



People work together to come up with answers to trivia questions.



THE
COMMUNITY
MEDICAL CLINIC
OF AIKEN COUNTY

Providing Encouragement, Support and the Creation of Hope

On behalf of the Board of Directors, the Community Medical Clinic of Aiken County would like to thank all of our sponsors, donors, and supporters that helped ensure the success of our Trivia Night for a Cause fundraiser.







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