

Community Medical Clinic of Aiken County

June 2022



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TRIVIA IS BACK

Trivia Night for a Cause returns July 27 at Newberry Hall

Tom Sargent is at it again, bringing trivia back with more fun, laughter and support for a great cause.

Trivia Night for a Cause returns on July 27 at 6:30 p.m. at Newberry Hall. All proceeds will benefit the Community Medical Clinic of Aiken County. Doors will open at 6 p.m., dinner will be served at 6:30 p.m., and trivia will begin at 7 p.m. Tickets are \$60 per person or \$450 for a table of 8. Tickets can be purchased at the clinic with cash, or check, or online with a card at <https://bit.ly/3OBLYS3>.

Sargent is no stranger to trivia as he also hosts it at the Green Boundary Club. He has many trivia nights under his belt, but he says it started it out small.

"The first night we had an event, we had eight participants. Not eight tables - but only eight people! I divided the eight into guys versus girls and we had a lot of fun. Word spread and now we sellout with typically around 80 to 90 people," Sargent said.

Trivia at Newberry Hall will include 4 regular rounds of trivia along with 6 rapid fire mini games scattered throughout. Each round will have a prize winner, so there will be 10 chances to win. The regular rounds are group prizes and the mini games are individual prizes.

"Watching everyone answer the rapid fire questions with their hands on their heads or hips was incredible. My challenge is going to be topping that for the next one! If you don't know what a 'mini-game' is, ask someone who was there. I guarantee you they will start smiling at the memory," Sargent said.

For more information about the upcoming event, visit cmcaiken.org/events, email marketing@cmcaiken.org or call 803-226-0630.

Want to go?

What: Trivia Night for a Cause

When: 6:30 p.m. on July 27, doors open at 6 p.m.

Cost: \$60 per person or \$450 for a table of 8

Tickets: Purchase them at <https://bit.ly/3OBLYS3> or at the clinic at 244 Greenville St. NW

More information: Email marketing@cmcaiken.org or call 803-226-0630



Attendees of the last Trivia Night for a Cause have fun supporting the clinic at Newberry Hall.



Thank-you for letting me share with you why I believe that I have the best job in the world. You ask me why I say that? I get to wake up every day and spend my energy on achieving the best possible outcomes for my patients; the invisible people that everyone has forgotten.

These are your neighbors that work at the grocery stores or gas stations or the personal care attendants for your family. They maybe used to work in the textile industry or at a local factory and are worn out. They might be working at a local fast-food chain. What they have in common is that they are poor and have a chronic disease and either cannot afford insurance or will never get disability and therefore Medicaid because they aren't sick enough to meet the requirements. They might be going to the ER when they are sick enough and have been out of their medications which they have been rationing. But the ER is not a primary care facility. They range in age from 18 to 64 and they have a variety of issues that landed them in our office.

I have been fortunate enough to hear their stories; I celebrate their successes. I encourage them to take part in opportunities for education;

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THOUGHTS FROM OUR EXECUTIVE DIRECTOR

R.I.S.E. is a piece of the puzzle that makes up the clinic

Often, I am asked what we do at the Community Medical Clinic of Aiken County (CMCAC). Then, I am asked about the R.I.S.E. Program and the belief that it is a separate entity from the clinic. That is not the case at all. R.I.S.E. is just one piece of a seamless force for impactful good in our community. So, I thought it was necessary to explain what it is we are about and what we do.

Most people who are suffering from the effects of poverty know something is really wrong but often may not know how to quite pinpoint what exactly is wrong, so they can't fix it. Here at the Community Medical Clinic of Aiken County, we help people to do a self-



Orion Jeter

Executive
Director

assessment in order to identify what is going wrong and then develop goals and R.I.S.E. action plans to get from where they are now to where they desire to be. We meet people where they are and guide and coach them through the challenges in their unique journeys to reach

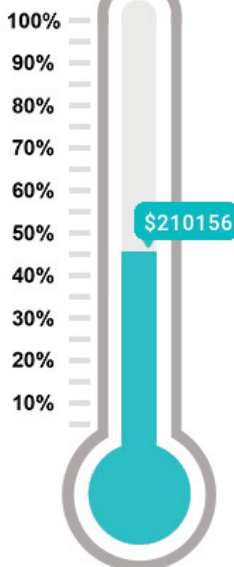
each of their own personal definitions of success. Those challenges arise in all aspects of a person's life. It can be in their physical or mental health, financially, vocationally, socially, or something else. There is no one blueprint to success, so

we work with each person we serve to coach them in creating their own blueprint for the construction of their dream life. Success in all areas of life is all about mindsets, attitudes, and lifestyle behaviors and habits. That's why our approach is one of holistic lifestyle medicine. We help people to learn and to live a healthy lifestyle. Healthy people leads to healthy families. Healthy families create healthy communities. That is where our value to our community lies. When only some people in our community have access to the resources to be healthy and holistically well, that is a

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The clinic needs your help to reach our fundraising goal!

Goal: \$450000



Corner

From Pg. 1

just as I did. Emory University paid for my graduate degree, but I had to work full-time in the ICU to receive that gift. I tell them it is possible and even easier since you can take on-line classes. I listen to their stories of sadness and realize that sometimes you have no answers for the bitterness that life offers some of us. Each patient has a story. Often it is a series of events that ended in a tailspin of destruction that led to the loss of a life that was well lived previously. Or it may a life that never got started right and needs some direction to change the path of destructive behavior. Often, we are the first opportunity given to provide stability in the chaos they are living. My job is to provide an anchor for them, it starts with the clinic which is a group of people who care about you. Now you must start to care for yourself. We have some necessary paperwork that we need to get your medications for free. Work with us so we can work with you.

I get to see Diabetics who are transitioning between jobs and cannot risk being out of insulin. Or truck drivers that lost their CDL license, but with some change in eating habits and some fancy new oral medications will get that license back and return to work. I learn the ups and downs of people’s lives and praise their successes, coach them through the challenges and comfort them during the losses. In it all I am better able to understand how to tailor my care so that they gain the skills to be able to make lifestyle changes. Since I worked and went to school through three college degrees, I remember those who supported me along the way and encouraged me to be successful. I remember when ½ my take-home pay paid my rent. And when my car died, I walked to the local bus stop and took the bus. All these struggles were when I was young, in good health and had a mother who did a lot of praying. As I drive home and reflect on my day, I give thanks for the gifts I had and pray for my patients to just get an even break, a chance, and the energy they will need to take advantage of that chance. And I pray that we get the support we need to make Aiken a better place with more opportunities for our neighbors. I ask everyone to remember the words from Matthew 25:40 “And the King shall answer and say unto them, Verily I say unto you, Inasmuch as ye have done it unto one of the least of these my brethren, ye have done it unto me.” Yes, this is charity but it is charity with a purpose, please, take care of yourself.



Orion Jeter, Development and Transition Director, teaches a R.I.S.E. class at the Community Medical Clinic in 2020.

Jeter

From Pg. 1

sign of a community not reaching its fullest and greatest potential. We give those less fortunate the resources they need to get healthy, adopt wellness as a lifestyle, so that they are equipped to reverse their own fortunes through their own hard work. This creates a domino effect in the community that keeps compounding. When someone invests in CMCAC, they are investing in their fellow Aikenites, their families, and our entire community.

At CMCAC, we encourage and inspire those we serve to audaciously and unapologetically aspire greatly and put in the work and dedication to make their aspirations their reality. We are a “can do, now go do” environment and incubator for all things wellness. We are gardeners and growers of people and the people we serve, their families, and our community are the reapers of our crop. We want to grow and develop dreamers, triers, and doers, not complainers, criers, and doubters. We believe that people can do anything they want to do when given access to hand up supporters and strategic resources. CMCAC uses the approach of positive incremental forward progress toward personal positive change through education and coaching those we serve to self-awareness and wellness/health-awareness. We focus on coaching and educating those we serve in personal/self-assessment, positive strategic social and community integration and networking, goal-setting and action planning, time management skills, problem identification and solving, thinking ability/discernment,



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learning to learn and research, financial management skills, job readiness, career exploration, and career development. We coach people to find inspiration, then to aspiration, then we encourage, support, and expect perspiration, which inevitably leads to a manifestation of all one desires and consistently works for. We do all of this with a spirit of love, passion, patience, and purpose. There are no healthy or legal shortcuts to success, but the quickest way there is to start now from wherever you are and envision where you are and where you want to be, set goals for each step along the way, devise a plan, and work. Don’t look for easy, that’s a trap. Look for wisdom, look for right, and follow that. Concentrate on and enjoy the process of working to get to your destination, not the time it takes. Enjoy the come up, the journey, the rise. If you do that, simply concentrating your focus, time, energy, and skills on accomplishing your goals, time will fly by before you know it because you enter

a type of flow. At CMCAC, we do good well but we focus on doing impact better. We don’t just do good to do good, but we aim to do good with impact. We aim for lasting change, through long-term solutions. We don’t do band-aids that are short-term cover ups for major injuries. We look to identify and address the underlying root causes of the societal symptoms we all clearly see, not just continue to treat the symptoms over and over again. We look at finding problems that we all can solve together with the right processes and approaches. Then, we work with those we serve to find individual solutions to those problems. We look to change the entire trajectory of the lives of the people we serve by giving them the tools and encouragement that promotes hope and unlocks opportunities. We stay in our lane, constantly work to refine, expand, and perfect our lane, recognize and respect other people’s lanes, and work together to do more impactful good. True impact results when people holisti-

cally healthy, so we treat the whole person in very customized ways. We are in the empowerment business. Our philosophy is to give people the basic tools they need to go out and do what they will do and become. We don’t box people in. We help them expand their horizons and widen out. Everybody can learn despite each of our own individual challenges. The key is learning to learn, learning what you need to learn to do whatever you want, then taking what you learn and applying it to the appropriate situations along your journey. Keep building on and making connections with what you already know to what you are learning. Everything we do starts with believing in people and their potential and desire to get out of their own way and start building the life they envision for themselves. With the continued support and buy in from our community, together we will help more people in our community to build their R.I.S.E., their Real Independence and Self-Empowerment.