



Back to the Dinner with Friends returns to its original format April 28

BASICS

The Board of the Community Medical Clinic of Aiken County invites you to join our fundraising celebration: “Dinner With Friends.” In years past, attendees would dress all in white and go to an event site that was kept secret until the day of the event. This year, we’re going back to the way it was when the event was first implemented. On this magical evening, you can join dozens of other Aiken County households hosting dinner at home for friends to benefit the clinic. Each Dinner Party is one of many small fundraisers on this evening.

Here’s how it works:

Plan a dinner for April 28 and invite as many friends as you wish. *Your role* is to host the dinner. The clinic will provide flowers for your table, printed brochures for your guests, and dessert for your grand finale. We will provide you with a short script to use when you invite your friends, letting them know that their role in the event is to make a donation to the clinic that evening.

In previous years, Dinner With Friends has not only provided vital funds for the clinic, but has also been fun for hosts and guests. With your participation this year, we might

exceed the clinic’s 2021 achievements for the Aiken community:

- Provided health services to 607 patients.
- Launched the new R.I.S.E. program, helping 56 patients transition out of our clinic into new full-time careers that offer health insurance.

Our R.I.S.E. program also helped two patients return to school. One of them is in a nursing program and will graduate soon.

- Provided 22,074 life-saving medications to our patients, helping them to better manage high blood pressure, diabetes, asthma, high cholesterol, COPD, thyroid conditions, and epilepsy.
- And most efficiently, CMCAC provided \$5,237,534 in services and medications to our clients on a budget of \$358,735.

If you are interested in becoming a host, contact David Stinson at 803-640-0123 or aikenhomes@me.com

If you plan to host, please take photos throughout your evening. If you post them on Facebook or Instagram, be sure to tag the clinic (Facebook and Instagram handles are listed at the top of the page) and use the hashtag #DWF.



ORION'S R.I.S.E. UP TIPS FOR FORWARD PROGRESS

Wise and productive ways to invest tax returns and possible stimulus checks



Orion Jeter
Development and Transition
Director of the clinic

Many people will be receiving or already have received some cash windfalls for their households, in the form of Federal Government Stimulus Payments or Income Tax Returns. This has created a unique opportunity for you and your family to experience some much-needed relief and also the opportunity to grow your personal and family wealth, invest in your future, and greatly improve your well-being and productivity if you choose to invest the money in productive ways. Here are some suggestions:

1. If you are unemployed or are facing a drastic reduction of hours or reduction of pay, by all means, use your new income to care for your basic house-

hold necessities, such as your food/groceries, housing, utilities, transportation, and phone service.

2. Use the money to invest in starting your own business. Entrepreneurship is a way to create your own job, endless income potential, and be fully in charge of your own destiny. If you have dreamed about starting a business, why put it off any longer? The best investment is in yourself and your abilities. Many small businesses can be started with less money than you might believe possible. Sometimes as low as less than \$1,000. **Ask a CMCAC staff member to speak**

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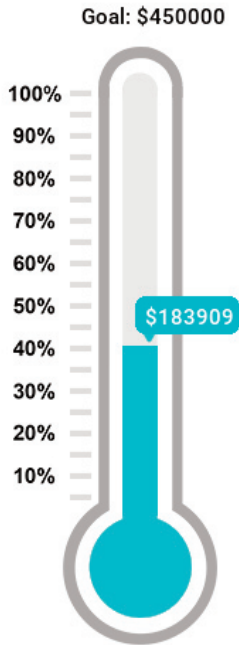
Welcome back to our newsletter! I am Libby and this is where I get to share healthcare tips with our readers.

First I would like to praise and thank another one of our community partners that allow us to provide the care for our underserved. This month my thanks are to Colorectal Cancer Prevention Network at the University of South Carolina (CCPN) which includes countless unsung heroes. Our patients can not only get free screenings but also receive a diagnosis if the screening finds anything concerning.

Under the leadership of Jamie Mothkovich, we have engaged and expanded our network of community partnerships which allow us to provide care to this vulnerable population. Often, patients are not able to get recommended screenings due to lack of insurance. We are proud to join with CCPN to provide this service. It takes a village to care for our community. (See <https://www.crcfacts.com>) Colorectal cancer is the third most common cancer affecting both men and

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The clinic needs your help to reach our fundraising goal!



Patient Incentive

Attention to all patients of the clinic!

Find a healthy recipe or come up with one yourself and send it to marketing@cmcaiken.org by April 25 to be entered in a drawing to win a gift card.

SAYING GOODBYE TO BOARD MEMBER PHYLLIS YERACE

She has served as president, vice president during her time on the board



Phyllis Yerace, vice president of the clinic's board of directors, opens a going away gift from the board and staff as she prepares to move back to Pennsylvania.



“Thank you all very much. It has been wonderful serving on the board and knowing you all.”

Phyllis Yerace

Jeter

From Pg. 1

with someone about the R.I.S.E. program to provide you with some great resources to help get you started in the right direction. We would love to help you in any way we can.

3. Pay off or down debts, especially credit cards and other high interest loans.
4. Start an emergency fund/rainy day fund to create a safety net that you can turn to when life happens.
5. Save toward the purchase of a house of your own. Home ownership is a way that you can pay toward your own investment, not like renting, in which you are paying for someone else's investment.
6. Purchase a reliable, used vehicle outright (with no car payments). Having your own, reliable vehicle for transportation in Aiken County and really anywhere in South Carolina, is an absolute necessity because we lack reliable public transportation options.
7. Put a huge down payment on a reasonably priced, economical, new car. Then work to pay off the remainder of what you owe as fast and aggressively as you can.

8. Open a retirement account/IRA and invest in your future. Ask our CMCAC staff about a unique opportunity to help you start funding this just for being a patient at this clinic.

9. Save for your child or children's college through a tax-advantaged 529 Plan or some other method.
 10. Use the money to help you pay to go back to school to increase your education and skills, which will qualify you for more higher quality opportunities with employers. The more valuable skills, training, and education that you have, the higher the pay you can command; and it will increase your employability. The best and perhaps only way to increase your employment prospects and pay is to obtain skills and education that is in demand. Employers, like all of us, only pay a premium for what they value highly and that increases their productivity and income potential.
- Five things not to spend your windfalls on:**
1. Unnecessary clothing and shoes. We all need clothing that is necessary to clothe us for the weather/climate we experience in our location, our lifestyle, our employment, and our individual style. However, we have to know when enough is enough and realize that we may be spending money that our future self needs just to purchase clothing now that we really don't need or will even wear often enough to prove its value. After all, you only have one body, so you can only put on one outfit at a time. Why make Nike, Ralph Lauren, or any other retailer or clothing designer/manufacturer even richer than they already are, while leaving yourself broke, in debt, with not enough money saved for the future?

2. Unnecessary gadgets and technology.

3. Excessively eating out or on purchasing overly processed, junk foods. Instead, purchase fresh, high quality, healthy foods and consider cooking at home and packing your lunch to take to work daily. You will be surprised how much you will save, all the while also feeding your body healthy foods that heal instead of processed junk foods that kill. Save that money and invest it in the right places.
4. Don't spend on an unnecessary vehicle when you already have a reliable one. You have to ask yourself: Do I really need a new vehicle or am I just wanting a shiny, new vehicle, with the cool new features and instead, see it for what it really is: A bill! Debt! A big, unnecessary, brand new car payment that will steal more income from your household. Also, remember that as soon as you drive it off the lot, it will have just lost a ton of value. Everything that glitters ain't gold!
5. Don't leave it all in your checking account or cash it out. Leaving the money in your checking account, or worse, cashing it out, will only tempt you to blow the money. Before you know it, you will wonder where all that money ran away to so fast. Instead, invest it in one of the 10 tips above so you will know your money has gone toward enriching your life and the lives of your family members now and for your future.

We hope these tips will prove helpful and useful to you.

Remember: Build generational wealth and a legacy, not debt!

RISE Up!

Corner

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women in the United States. This type of cancer is more common as you get older. While the overall death rate is going down, the number of cases found in younger men and women is rising. Because of the rise in cases in younger adults, the recommended age for the first screening has been lowered to age 45. And thanks to CCPN our office can provide colon cancer screening for qualified candidates over the age of forty-five. Screening is only one step in the prevention of cancer. Talking to your healthcare provider about your individual risks and your family history is part of the screening process. Our office is fortunate to be able to take the next step and offer the fecal immunochemical test (FIT); which looks at the stool for any hidden blood. Once screened as positive CCPN partners with qualified and dedicated gastroenterologists who will then do a colonoscopy and look for any cancer at no cost to our patients. Repeated studies show a link between colorectal cancer and diet, weight, and exercise. In fact, more than half of colon cancers found are related to risk factors that you can change. It comes

down to this, the following problems will put you at higher risk for colon cancer:

- Obesity
- Diabetes
- Tobacco use
- Excess consumption of alcohol
- Excess consumption of processed meat
- Lack of physical activity

If you are guilty of any of the above problems, talking to your healthcare provider about changing your habits is the first place to start. And since this is National Nutrition Month and what you eat can increase your risk of colon cancer, I thought I would touch on what you can eat to reduce your risk of colon cancer.

- Avoiding processed and charred red meat,
- Adding vegetables (especially cruciferous) and unprocessed forms of wheat bran
- Eating an adequate amount of intake of folate from food by eating leafy green vegetables and whole grains
- Not eating excessive amounts of food
- Avoiding excessive alcohol

Yes, you are what you eat. I challenge everyone to replace some of your meat on your plate with vegetables and go for a walk after dinner. This will not only reduce your risk of colon cancer; it will reduce your risk of cardiac disease. These are the first of small steps to start on the road to good health.



This month is Colorectal Cancer Awareness Month. The clinic's staff wore the blue shirts to promote CRC screenings to reduce colorectal cancer in South Carolina and honor those affected by the disease. We are honored to partner with CCPN.

CLINIC CLEAN UP



Project Vision cleaned up around the clinic and repainted the lines in the parking lot on March 25. TEAM SRNL consisted of LaTishia Harrison, Frank Pennebaker, Venson Chinn, Racquel Williams, Dennisia Bodie, Kris Bodie, Jeffery Mixon, Stephanie Jacobs, Holly Vermeulen, Kristine Zeigler, John Dekarske, and David Herman.

