

# Health is **MORE** than just *healthcare*

The loss of a job, a divorce or the death of a loved one is difficult for us all. But for most of our patients, they are one traumatic event away from just getting by to living in poverty. Usually one of these scenarios leads a person or family through the Community Medical Clinic's door to ask for help.

Once here, we offer hope and support to help our patients navigate these tough situations. While our clinical staff provides medical care and medications, our Access Kershaw team works to connect our patients with other resources, like access to food, clothing, and housing, which are all vital parts of living a healthy life.

For more than two decades, your support of CMC has provided hope when our community needs it most. With the help of our donors, volunteers and partners, we are proud to pave the path to better health for every resident of Kershaw County, regardless of their financial means or back story.

This annual report offers an overview of the impact CMC has had over the last year. We've expanded our satellite offices, increased the coverage of our School-Based Health Centers in partnership with the Kershaw County School District to all Kershaw County high schools, and introduced Telehealth services. Our innovative work continues to be recognized nationally in the community healthcare space.

Even with this expansion, we are still patient-focused, and it's their stories that matter the most. You'll meet Gene, a veteran and loving grandfather, as well as Cathy,

a breast cancer survivor. Their stories and experiences are why we do what we do.

Our goal in this report is to tell the story of how we build relationships, renew hope, leverage technology and, ultimately, create a healthier future for us all. As you look through these pages, you'll see it's about more than the numbers. It's also about the volunteers who selflessly serve and our partners who offer unwavering support to our mission. It's about providing direct medical services to those in need, while also looking at the bigger picture and asking the tough questions. In 2019, the Livewell Kershaw Coalition tackled organizing and implementing our county's first-ever Community Health Improvement Plan, which you can read all about on page 12.

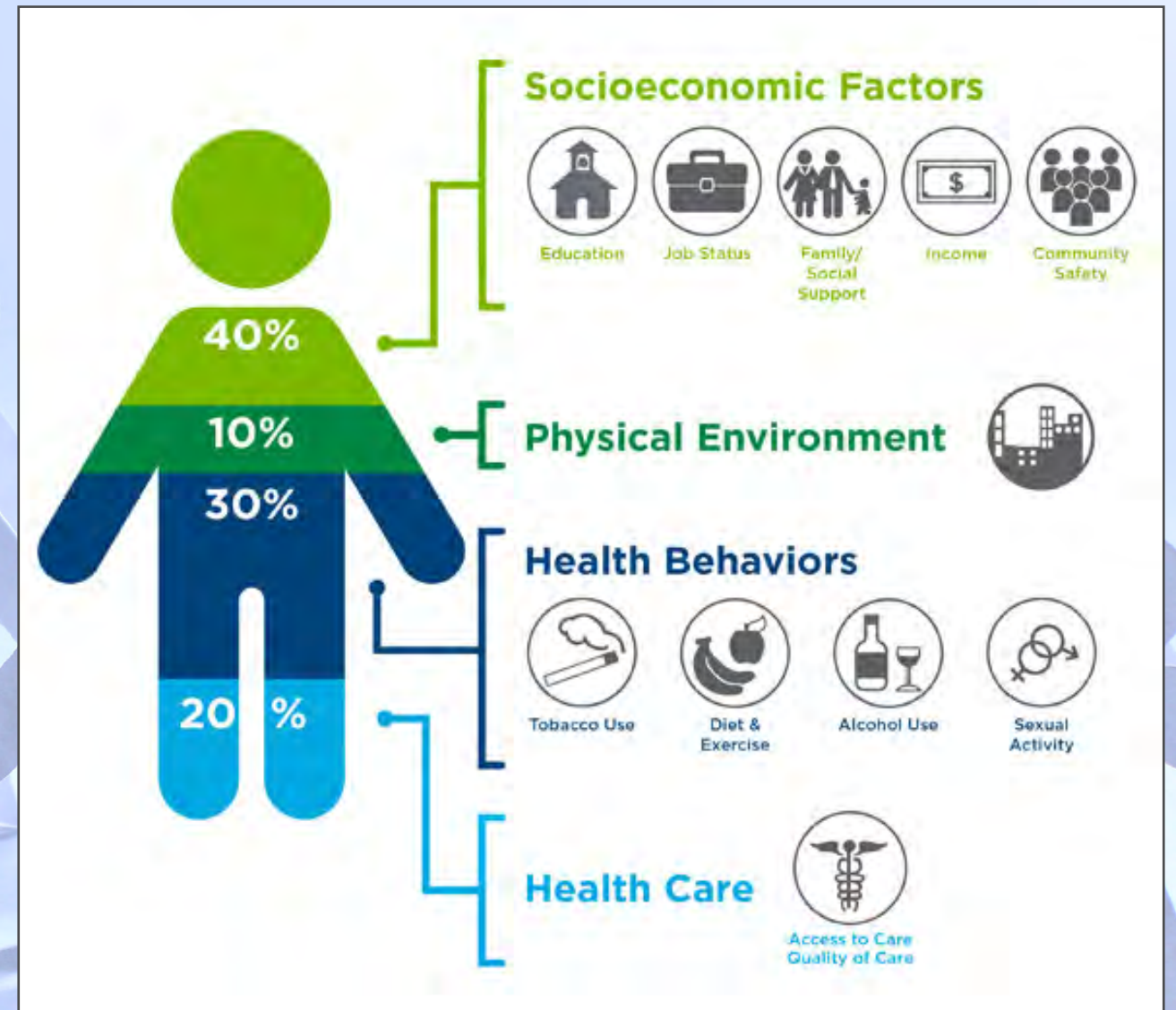
You'll also find our updated strategic plan. This is our blueprint for the next three years. We're big believers in goal-setting and always having an end-game in mind. My hope is that this report demonstrates the persistence, hard work, and compassion that went into making 2019 a success for both the Community Medical Clinic and Kershaw County.

We appreciate your continued support of creating a healthier Kershaw County for us all.

Go forward and do good,



**Susan Witkowski, CEO**  
Community Medical Clinic of Kershaw County



*“I’ve been coming to the clinic for 5 or 6 years now. You know, every time you go to the hospital it costs a fortune and I didn’t have insurance.”*

— **Gene Herbert**, a CMC patient from Camden, suffered a heart attack and had triple bypass surgery. He is also a lung cancer survivor.

*“How do you thank someone who saved your life? If it wasn’t for the clinic, I wouldn’t be here today. I’ve got kids and grandkids that love me, and I wouldn’t be here today enjoying life if it wasn’t for this clinic. They saved my life.”*

**OUR MISSION:**  
TO PROVIDE MEDICAL CARE  
AND CONNECT RESOURCES  
TO ACHIEVE A HEALTHIER  
KERSHAW COUNTY.

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# Our Services and Programs

CMC has a three-pronged approach to creating a healthier Kershaw County. We provide direct medical services to those in Kershaw County who cannot afford to see a doctor. We also understand that health-care isn't the only factor to a person leading a healthy life, so we work diligently to help connect individuals to needed community resources. And finally, we are leading the charge to improve population health through our Livewell Kershaw Coalition.

*"I knew something was wrong when I found the lump, but I didn't have insurance and didn't know how I was going to pay to see a doctor."*

— **Cathy McDonald**, a CMC patient from Camden, found a lump in her breast. After running tests, her results came back reporting cancer. Her sister died four years ago from breast cancer.

Today, Cathy is cancer free and enjoying life. She was able to see a specialist and get the treatment she needed from a CMC referral.

*"I'll tell everyone today. Thank God for this clinic. And anyone who needs to hear it, go and get yourself checked. It could save your life!"*

**OUR VISION:**  
A HEALTHIER KERSHAW COUNTY WHERE INDIVIDUALS AND COMMUNITIES ARE EMPOWERED TO TAKE CHARGE OF THEIR OWN HEALTH AND WELL-BEING.



## Direct Medical Services

The Community Medical Clinic is a family practice free clinic serving as a medical home to the uninsured and underserved of Kershaw County. Patient referrals are available to community specialists when necessary. We also operate six satellite offices across Kershaw County as well as four School-Based Health Centers in Camden and Lugoff-Elgin High School and North Central Middle and High schools. In addition to our nurse practitioners, CMC also offers chiropractic services, diabetes education, and breast cancer and cervical cancer screenings. We can also make referrals to providers who partner with us. These specialties include surgery, urology, nephrology, pulmonology, dermatology, breast specialist, gastroenterology, endocrinology, cardiac surgery, pathology, radiology and emergency dental care.



## Connecting Resources

Access Kershaw, a Duke Endowment initiative, helps individuals navigate the maze of healthcare. Community Care Coordinators and Community Health Workers with Access Kershaw connects people in need of medical, dental, vision and mental healthcare with local providers and resources. Our Transitional Care program is a partnership with KershawHealth where CMC staff visits uninsured hospital patients to help them connect with resources they may need after being discharged, such as follow up appointments with a CMC Nurse Practitioner.



## Improving Population Health

Living well starts with good health across the community. This is the premise fueling the LiveWell Kershaw Coalition, an initiative led by the Community Medical Clinic of Kershaw County and funded through Healthy People, Healthy Carolinas (an initiative of The Duke Endowment) and the Institute for Healthcare Improvement as a SCALE 2.0 community. LWK was founded by a group of community members interested in using data to guide action aimed at addressing the health issues faced by the residents of Kershaw County. Today, LWK works to foster collaboration between citizens of all ages, working in partnership with public and private sector organizations and schools to increase community awareness of health issues. The goal is to improve access to quality healthcare and encourage the people of Kershaw County to take ownership of the health of the whole county, acting together to reduce chronic disease and obesity among the members of the community.



# Direct Medical Services

## 2019 Statistics

**769**  
Patients

**4,382**  
Visits

**307**  
Patients

**Diabetes Education**  
Our Nurse Practitioner is a certified diabetic educator, who conducts classes for clinic patients on diabetes regarding diet, menu planning and health care instructions.

**135**  
Visits

**Chiropractic Services**  
A local chiropractor treats clinic patients every Monday evening.

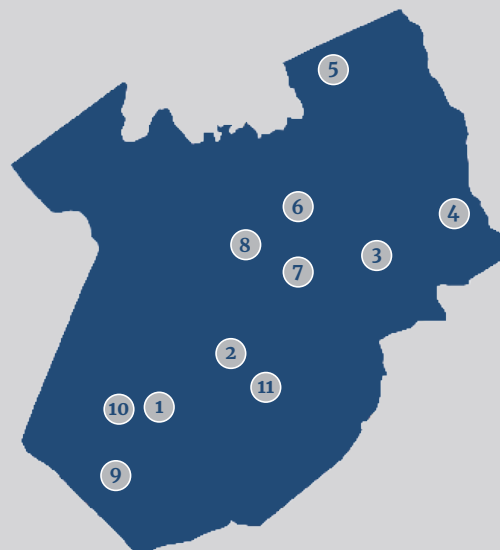
**195**  
Patients

**Best Chance Network**  
Breast Cancer and Cervical Cancer screening program for women between the ages of 21-64.

## Satellite Locations

Provides medical care and access to prescription medications for those who may not have transportation to the clinic.

**203** visits



- 1 **West Wateree Medical Complex**  
1165 HWY 1 South | Lugoff
- 2 **Community Medical Clinic**  
110 C East DeKalb Street | Camden
- 3 **Cassatt Baptist Church**  
2604 HWY 1 North | Cassatt
- 4 **Bethune City Hall**  
101 Elm Street | Bethune
- 5 **Buffalo Baptist Church**  
6390 Lockhart Road | Kershaw
- 6 **North Central High and Middle School-Based Health Center**
- 7 **Refuge Baptist Church**  
2814 Lockhart Road | Kershaw
- 8 **DeKalb Baptist Church**  
2034 DeKalb School Road | Cassatt
- 9 **Elgin Urgent Care/Outpatient Center**  
41 Pinnacle Parkway | Elgin
- 10 **Lugoff-Elgin High School School-Based Health Center**
- 11 **Camden High School School-Based Health Center**



# School-Based Health Centers

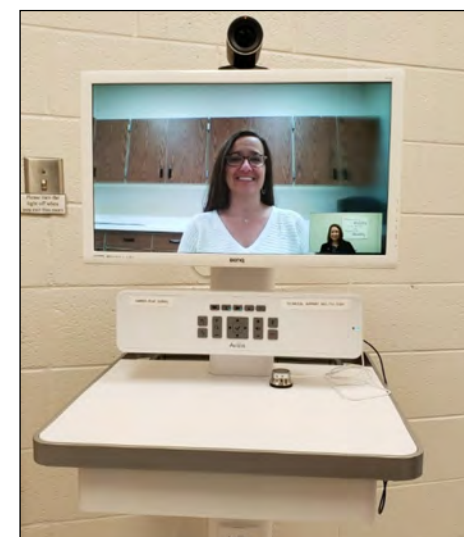
CMC's School Based-Health Center (SBHC) is available at Camden, Lugoff-Elgin and North Central High Schools as well as North Central Middle School.

It operates like a minute clinic on campus, offering quick and effective medical care available to students throughout the school year. With four years of data now, we know this service is vital to achieving higher graduation rates and less missed school days for Kershaw County students.

The SBHC is open to ALL high school students (no income limits, no insurance limits). While it does not replace your students' primary care

provider, our Nurse Practitioner can complete Flu, Strep and Mono testing in office and well as write prescriptions as needed. A parent or guardian will be notified of visits and any needs for the student. If necessary, the student's primary care provider will be contacted to keep everyone in the loop on the student's care. This service also reduces the time parents have to take off work to care for a sick student.

To receive these services, students must be enrolled. Once enrolled, it is valid until the student graduates.



**923**

## SBHC VISITS

Number of students seen by our Nurse Practitioner on campus

**30%**

## TELEHEALTH SCREENINGS

(Percentage of students will access to telehealth)



The Access Kershaw team helps Kershaw County residents navigate the maze of healthcare, connecting them with both medical care and resources to lead a healthy life.



## Connecting Resources

### Access Kershaw

Access Kershaw functions as a link between the uninsured and local health professionals including medical, dental, vision, and mental health care. This program was founded in 2010 with a grant from The Duke Endowment. Since 2015, the Community Medical Clinic has been the grantee.

Access Kershaw staff help individuals navigate the maze of healthcare, as well as connect people with a variety of support they may need outside of medical care, such as food, housing, clothing and other crisis resources.

### Transitional Care

Through Access Kershaw, CMC implemented a Transitional Care Program where CMC nurses visit uninsured patients admitted to KershawHealth before they are discharged. This allows patients to be connected with needed resources for recovery and reduces the likelihood of a return hospital visit.

Our transitional care program has reduced the number of uninsured patients being readmitted to KershawHealth. There has been a 25% decrease in ER visits for non-emergency purposes that can be directly attributed to the work of CMC.

# \$1.2

Million

*Estimated cost savings for the local hospital from the Transitional Care Program.*

### 2019 Statistics

**1820** Access Kershaw  
Number of people served  
Visits

**249** # of Kershaw County residents connected to a medical home  
People

**173** Transitional Care  
Number of uninsured patients CMC nurses visited at KershawHealth before they are discharged.  
Patients

**511** Calls made to uninsured residents discharged from the emergency room  
Calls

**459** Welvista Applications  
Welvista is an organization partnering with nine pharmaceutical companies to provide free prescription medications for the uninsured.  
Applications

**22** Completed an approved Prescription Assistance Program (PAP) applications  
Applications

**110** Completed and approved SNAP  
Applications

**67** Referrals to a specialist  
Referrals

**58** Completed Medicaid applications and re-certifications  
Applications

# Improving Population Health



## LiveWell KERSHAW COALITION

The LiveWell Kershaw Coalition began as a group of stakeholders setting out to conduct a Community Health Needs Assessment back in 2012. Fast-forward to 2019, the group is driving population health improvement for Kershaw County. The coalition's first efforts focused around promoting healthy lifestyles for youth and have now evolved into the culmination of a county-wide commitment to health improvement among residents. In 2019, LWK organized Kershaw County's first ever Community Health Improvement Plan (CHIP).

### The Community Health Improvement Plan (CHIP)

Residents and leaders of Kershaw County worked together in March of 2019 to determine what top three health priorities should be addressed over the next three years. After completing a data walk and table discussion for each of the seven potential topics, the group determined Access to Care, Mental Health, and Obesity should be top of mind moving forward. Individuals signed up for workgroups that took a deeper dive into each of these topics to create actionable steps, along with specific measures for implementation.

Learn more about the CHIP here:

<http://livewellkershaw.org/2019-community-health-improvement-plan/>

## Access to Care

### Goal:

Increase and improve ways to access affordable healthcare and transportation services among rural and underserved residents.\*

\* With dignity and empowerment embedded throughout framework.

The CHIP Access to Care Action Team is working to increase and improve ways for residents to get linked to healthcare and social services by:

- Creating a *Where is Care in Kershaw County?* online directory of nearly 200 clinical and social services providers designed for use by consumers, healthcare providers and local policymakers

• Partnering with Santee-Lynches Regional Council of Governments, Santee-Wateree Regional Transportation Authority and Kershaw County public and private agencies and organizations to advocate for and develop a *transit system for our county*.

## Obesity

### Goal:

Increase healthy lifestyles among families\* county-wide in order to decrease the obesity epidemic.

The CHIP Healthy Eating, Active Living Action Team is working to help Kershaw County "slim down" by:

- Coordinating with Eat Smart, Move More Kershaw County to help local churches implement *Faith, Activity and Nutrition (FAN)*—an evidence-based program designed to help churches create a healthy church environment that supports healthy eating and physical activity
- Partnering with the Kershaw County School District to

promote the *5-2-1-0 campaign* designed to educate students and their families to eat 5 daily servings of fruits and vegetables, limit their leisure "screen time" to 2 hours a day, get 1 hour of physical activity daily and drink 0 sugar-sweetened beverages.

- Working with public and private agencies, businesses and organizations to create *outdoor fitness parks and fitness circuits* that provide safe and convenient places for residents to exercise

## Mental Health

### Goal:

Improve the emotional well-being of Kershaw County residents by increasing the quality, availability, and effectiveness of Community Health Programs.

The CHIP Emotional Health Action Team is working to improve residents' mental and emotional well-being by:

- Developing an online and printed *directory of the county's mental health services providers and support groups*
- Coordinating with SC Thrive to conduct *free Mental Health First Aid training* for Kershaw County adults

and high-schoolers on how to help people with depression, anxiety and substance abuse disorders

- Promoting mental and emotional wellness among high school students through *student wellness clubs that include mental health-related activities*

Where will LiveWell Kershaw need to initially focus efforts to promote overall well being and prevent/reduce chronic disease?

# Financial Report

CMC is not federally funded. All donations from individuals, churches, and corporate partnerships goes directly towards CMC providing direct medical care to those in need.

## Direct Services Break Down

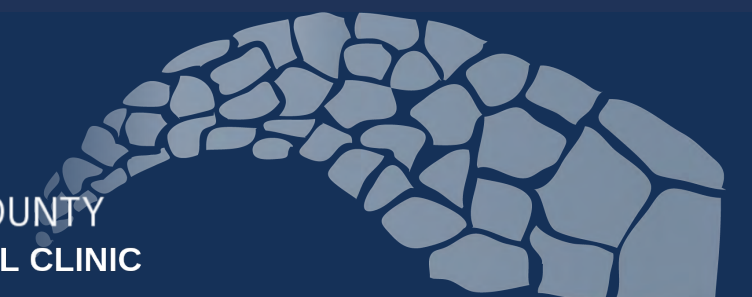
- **66%** from individuals, churches, community fundraisers
- **13%** from the City of Camden, Kershaw County and the Department of Health and Human Services (local government)
- **12%** grants
- **9%** Special Events

The Kershaw County Community Medical Clinic Statement of Activities for the year ended December 31, 2018 and December 31, 2017.

	UNRESTRICTED	TEMPORARILY UNRESTRICTED	2018 TOTAL	2017 TOTAL
<b>SUPPORT AND REVENUE</b>				
Grant/contract income	\$ —	\$ 1,237,783	\$ 1,237,783	\$ 1,093,933
Contributions	2,203	—	2,203	60,879
Annual campaign	169,846	—	169,846	176,240
Special events	96,087	—	96,087	86,896
In-kind donations	3,132,250	—	3,132,250	2,897,000
Interest	4,694	—	4,694	4,875
Local Transfer	(4,140)	—	(4,140)	—
Net assets released from restrictions	1,237,783	1,237,783	—	—
<b>TOTAL SUPPORT AND REVENUE</b>	<b>4,638,723</b>	<b>—</b>	<b>4,638,723</b>	<b>4,319,823</b>
<b>EXPENSES</b>				
Program services	4,527,043	—	4,527,043	4,274,186
Supporting services:				
Fundraising	25,256	—	25,256	41,449
General and administrative	18,401	—	18,401	19,518
<b>TOTAL EXPENSES</b>	<b>4,570,700</b>	<b>—</b>	<b>4,570,700</b>	<b>4,335,153</b>
<b>NET CHANGE IN NET ASSETS</b>	<b>68,023</b>	<b>—</b>	<b>68,023</b>	<b>(15,330)</b>
<b>NET ASSETS, BEGINNING OF YEAR</b>	<b>546,291</b>	<b>—</b>	<b>546,291</b>	<b>561,621</b>
<b>NEW ASSETS, END OF YEAR</b>	<b>\$ 614,314</b>	<b>\$ -</b>	<b>\$ 614,314</b>	<b>\$ 546,291</b>

## PAVING THE PATH

TO A HEALTHIER KERSHAW COUNTY  
WITH THE COMMUNITY MEDICAL CLINIC



## BETTER HEALTH THROUGH BETTER PARTNERSHIPS

Because of our **CORPORATE PARTNERS**, the Community Medical Clinic is able to provide direct medical services to those in our community who don't have the resources to see a doctor. **Their support has helped CMC to grow** from seeing several patients a week in one room to having a **fully staffed medical facility, satellite offices, and three school-based health centers.**

KershawHealth





# GET INVOLVED

Join us in promoting health and wellness in Kershaw County! There are many ways you can support our work to provide free healthcare resources and preventative care to the uninsured in Kershaw County, empowering individuals to take charge of their own health and well-being.

## Community Engagement

We welcome new ideas and events that will help us to raise funds and awareness for CMC! Individuals, community organizations and businesses have hosted public and private events that directly benefit our patients and programs. Examples of community events benefiting CMC in previous years have been, (but are not limited to) the annual Attic Sale, the SHAG Blast, Music for Mission and the Lyttleton Street United Methodist Men's Fish Fry.

If you would like to create, sponsor, or host a public or private event to benefit CMC, please contact us for further information or to assist you with event arrangements.

Some event options include:

- ✓ Gather and Give
- ✓ Local Concerts
- ✓ Sports Tournaments
- ✓ Community Car Wash
- ✓ Private Dinner Parties
- ✓ Business After Hours
- ✓ Silent Auctions and Raffle
- ✓ Online Social Media Party

## Volunteer

CMC is supported by 200 well-trained and highly dedicated volunteers contributing 10,000 hours to the clinic each year. Our volunteers play a vital role in providing quality care to our patients. We are always in need of support at our front desk, in patient advocacy, at our special events and much more. We also need volunteer nurses! Learn about open opportunities by contacting Susan Didato at [sdidato@cmcofkc.org](mailto:sdidato@cmcofkc.org) or 803-669-5174 or by going to [cmcofkc.org](http://cmcofkc.org).

## Make a Donation

Your financial or in-kind donation can make a huge difference in the lives of Kershaw County's uninsured community members. You can donate securely online with a credit card at [cmcofkc.org](http://cmcofkc.org) by clicking on the "make a donation" option under "donate" on the menu at the top of the page. If you would like to make an in-kind donation of supplies or other resources, please contact us.

## Participate

CMC hosts two events annually to raise both money and awareness of CMC's mission.



The Clinic Classic is a 1-mile, 5k and 8k race that takes place in late April. The course winds through the beautiful historic district of Camden and encourages health and wellness. In 2018, more than 300 runners and 50 volunteers contributed to a successful event!



The Annual Oysters & BBQ Bash, a staple event in mid November, brings a diverse crowd to Camden to enjoy steamed oysters, BBQ with all the fixings, and a live band. Year after year, this celebration continues to be a sell-out event.

## Leave a Legacy

You can ensure that countless people in Kershaw County have access to healthcare for generations to come by willing your estate to CMC. Creating a legacy in your will is easy. Talk with your attorney about including CMC in your will or contact us with your questions.

## Join the LiveWell Kershaw Coalition

LiveWell Kershaw is a coalition of local partners and individuals passionate about community healthcare. LWK is leading the charge to make Kershaw the healthiest county in South Carolina. By joining the coalition, you'll work with an engaged group on a variety of interventions and programs designed to promote population health. Teens welcome! Register to become a member at [livewellkershaw.org](http://livewellkershaw.org).

# Our Strategic Plan 2019-2021

## SAME PAGE, SAME PATIENT

- Enhance accountability framework to create successful leaders
- Implement daily case management huddles across all satellites
- Monitor communication feedback loops across system

## ONE TEAM, ONE DREAM

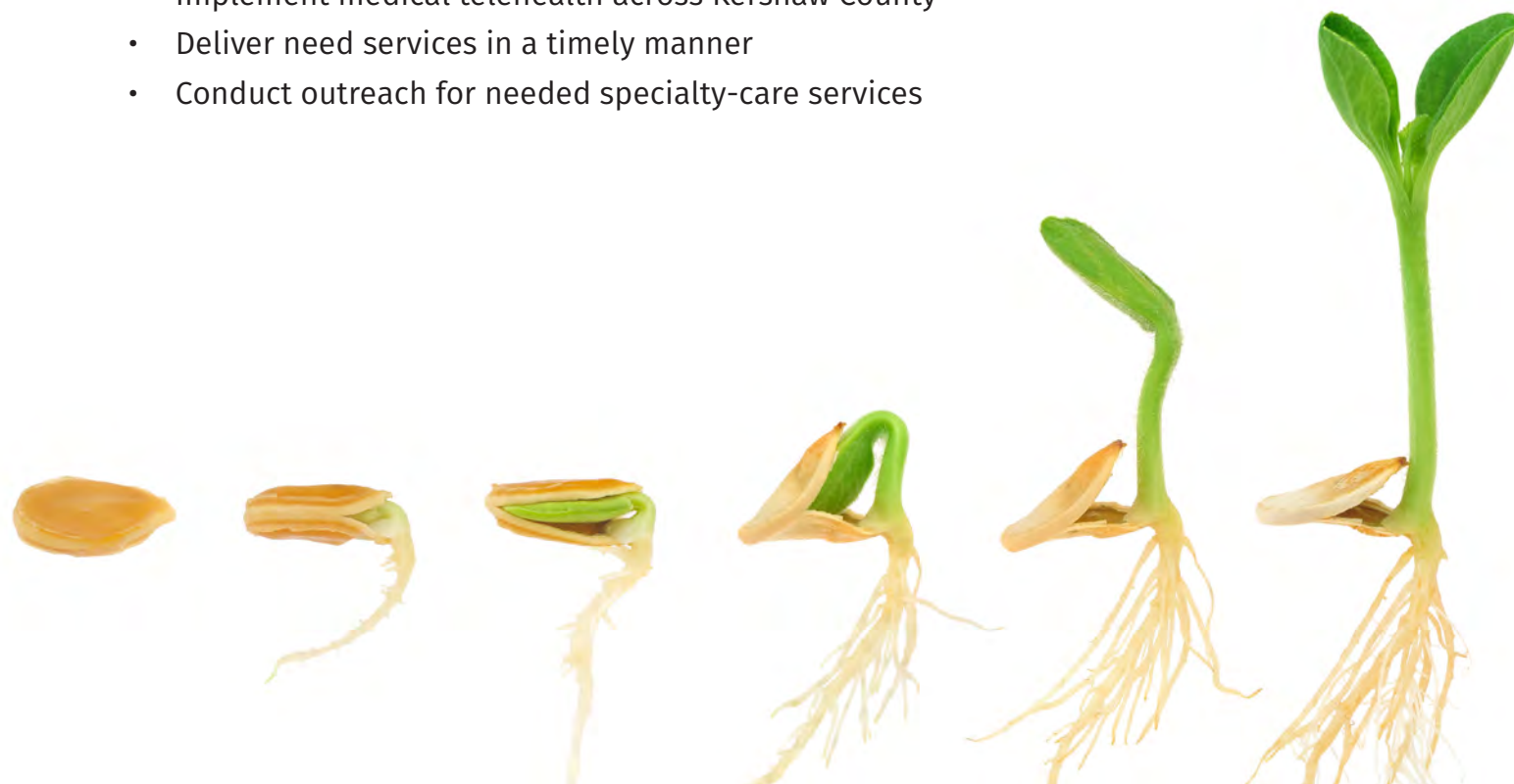
- Create unified branding
- Create and deliver messaging based on targeted audience
- Engage an effective Board

## MAXIMIZING PEOPLE POWER

- Develop high performance teams
- Recruit volunteers who align and support the culture
- Provide a high performance team in every satellite based on need
- Test and Implement chronic-disease specific circuit training

## EXPANDING RESOURCES BASED ON NEEDS

- Implement medical telehealth across Kershaw County
- Deliver need services in a timely manner
- Conduct outreach for needed specialty-care services



# Meet the Team

**Mary Lee Addis, FNP-BC**  
Nurse Practitioner

**Carol Baker**  
SBHC & Satellite Nurse

**Sheri Baytes RN**  
Community Care Coordinator

**Sarah Beth Bradley, FNP-BC**  
Nurse Practitioner

**Geraldine Carter**  
Office Manager

**Kimberly Cogdill, MSN, APRN, FNP-C**  
Nurse Practitioner

**Christie Derrick**  
Counselor

**Susan Didato**  
Development Director

**Haylin Duran**  
Office Assistant

**Bethany Gilliland, LPN**  
Community Care Coordinator

**Susan Grumbach, FNP**  
Nurse Practitioner

**Mary Hill**  
Business Office Manager



**Shelley Janssen, MD**  
Medical Director

**Kathryn Johnson, MA**  
Livewell Kershaw Coalition Director

**Mariana Martinez, CNA (Bilingual)**  
Nursing Assistant

**Yolanda Roary, MA**  
Community Care Coordinator

**Jodi Rodgers, CHW**  
Community Health Worker

**Rachael Sladek**  
Community Health Worker

**Beckie Thompkins, BA, CHW**  
Care Coordination Team Support Coordinator

**Wilfredo Velez CHW**  
Community Health Worker

**Jessica Wilkes DNP, FNP-BC**  
Nurse Practitioner

**Susan Witkowski CHCQM**  
Chief Executive Officer

**Becky Yarborough RN, BSN, CEN**  
Clinic Operations Director

## Board of Trustees



Torill Nelson,  
FNP, Chair



Shelley Janssen, MD  
Vice-Chair



Hank Green,  
Treasurer



Tim Hudson,  
Secretary



Roy Fakoury



William Cox



April Wach, RN



Cathy Forrester



Harvey Galloway



Helping people thrive  
not just survive.

**CMC**

**COMMUNITY MEDICAL CLINIC**  
—  OF KERSHAW COUNTY  —  
OUTREACH - ACCESS - MEDICAL HOME

PO Box 217 Camden, SC 29021

803.713.0806

[www.cmcofkc.org](http://www.cmcofkc.org)



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