



Free Clinic News

November 2009

414 N. FANT STREET, PO BOX 728, ANDERSON, SC 29622 ✦ 864.226.1294 ✦ WWW.ANDERSONFREECLINIC.ORG

Volunteers Make 25th Anniversary Brunch A Success

The Anderson Free Clinic celebrated its 25th anniversary with an outdoor brunch on Sunday, September 13. Over 200 people attended the event, which raised more than \$7,000 for the Free Clinic.

The brunch was held at the home

of **Mr. Jim and Dr. Elizabeth Boyer.**

The Boyers' home is one of the oldest houses in Anderson and is renowned for its elegant exterior and beautiful landscaping. Dr. Boyer serves on the Free Clinic's board and also volunteers at the clinic monthly.

A variety of foods were donated for the brunch.

Katie Tillman and **Valerie Lowe** from Friends at

the Cove ran omelet stations along

with Jim Boyer and **Tom Hancock. Joe and Marian Maxwell** prepared shrimp and grits with their own ingredients plus Timms Mill grits donated by **Dr. David Wortham.** A sampling of international foods was organized by **Dr. Gowdhami Mohan.**

A baked goods table was loaded with food prepared by **Gill Powell, Pam Roose, Sara Velez, Joyce Page, Judy Young, Margaret**

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Tom Hancock (left) and Jim Boyer (right) prepare omelets for Brunch guests

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Donors Across the Nation Help Improve Patients' Sleep

In a previous newlsetter, the Free Clinic asked for donations of CPAP machines. The response from the community was tremendous—so far 24 machines have been donated to the Free Clinic.

The request for CPAP machines was also posted on our website (www.andersonfreeclinic.org) which was read by people around the country. Donations have come from New Jersey, Pennsylvania, California, and Oregon. Thank you to everyone who has helped our patients ease their sleeping difficulties!

CPAP machines are Continuous Positive Airway Pressure machines. They are used to treat sleep apnea, which is caused by a narrowing of

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Dance Students Dedicate Performance to Charity

Two high school sisters celebrated a decade of dance training with a performance to raise money for charity.

Aarti and Avni Patel have been studying Bharatanatyam (one of the oldest classical dance forms of India) for ten years. The sisters used their Arangetram, which is a milestone in Indian dance, to raise money for U.N.I.C.E.F., the Anderson County Humane Society, and the Anderson Free Clinic.

The Arangetram, which literally means "to ascend the stage," marks the completion of a dancer's basic training, at which time they are presented to the audience by their teacher. Aarti and Avni have been training in Bharatanatyam since they were 7 and 5, respectively. They are students of Mrs. Sunitha Raj, the director of Nrithyanjali School of

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Volunteer Spotlight: Melissa Somers

Three afternoons each week, the Free Clinic is privileged to have volunteer Melissa Somers answering phones and helping staff member Jeff Sartini at the pharmacy window. The following is Melissa's view on her volunteer work at the Free Clinic.



Melissa at the pharmacy window



A few days ago Kathryn (the volunteer coordinator) asked if I would go with her to speak to a local group about volunteering at the Free Clinic. The group was interested in increasing their current involvement with the Clinic and Kathryn thought it might be a good idea to have an actual volunteer come along. As usual I said "yes"; however, although I always jump at the chance to talk about myself, I had no idea what I could possibly tell this group about volunteering that would entice them to contribute their own time and resources.

When you really think about it, volunteering is not the most glamorous job in the world – hard work, occasionally (sometimes frequently) difficult clients, and zero pay. I was somewhat hesitant to share my experience with this group, for the fear of scaring them away from the Clinic completely, but I had made a

commitment.

Ignoring my fear of turning them away, I proceeded to speaking with the group and the most amazing thing happened. . . I could not shut up! I couldn't say enough about how proud I am to be a volunteer at the Anderson Free Clinic, how rewarding it is, how great the staff and other volunteers are, and how important it is that this group commit to volunteering there. My enthusiasm was bordering on absurdity; however, it wasn't fake. The way I feel about volunteering at the Free Clinic is, in fact, genuine.

I truly love volunteering at the Anderson Free Clinic – and not just because it's for a good cause. Sure, that is part of it, but there is so much more! There has not been a day when I have volunteered where I have not been thanked, by both staff and patients, at least 5 times. Everyone knows my name and I am always greeted with smiles. I have never felt like I am just doing the "busy work" that the paid staff doesn't want to do – actually, I am positive that my (volunteer) job at the Free Clinic is pretty important.

So, why do I volunteer? Well, my reason is completely selfish. . . because it makes me feel good. And I can't think of anything that makes me feel better than volunteering at the Anderson Free Clinic.



Community members volunteer at the clinic in many capacities. If you are interested in volunteering, please contact our Volunteer Coordinator Kathryn Fedele at 864-226-1294, ext. 241 or Kathryn.Fedele@anmedhealth.org.

Volunteer Notes from Honea Path

The Honea Path office is open 4 days a month, the first and third Mondays for clinic and the following Thursdays for pharmacy hours. Monday clinics are in the evenings, and several of the volunteers come to

the clinic straight from their day jobs. At the time when many people are anticipating an end to their day, the volunteers in Honea Path clinic are just getting started.

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Donors Help Patients Sleep, continued from page 1

the airway when the muscles relax. The machines use positive air pressure to keep the airway open, greatly improving the quality of sleep for the patient. CPAP machines also improve sleep quality for partners of patients, due to the reduced snoring.

Sleep studies must be done to identify potential candidates for CPAP therapy. Once diagnosed, treatment is prescribed, and the donated machine is cleaned and fitted to the patient. AnMed Health Lung & Sleep Center and Carolina Pulmonary and Sleep Medicine Consultants are partnering with the Free Clinic to provide sleep studies and CPAP fittings for Free Clinic patients.

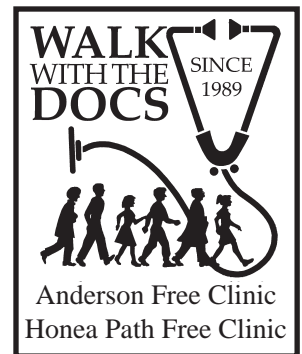
SAVE THE DATE

WALK WITH THE DOCS
SATURDAY, MARCH 20, 2010

Planning is underway for the 21st annual

Walk with the Docs. If you would like to be a part of this year's planning process, please contact Melissa Powell at

Melissa.Powell12@anmedhealth.org or 864-226-1294, ext. 222.



Tara Stone organizes medications in Honea Path

25th Anniversary Brunch, continued from page 1

Gibbs, Renee McCormick, Sandra Friddle, Sydney Friddle, Vickie Seawright, and Randy Sullivan.

Numerous other volunteers, such as **Lyman Golden**, donated their time and talent to make the event enjoyable for all attending. Mr. Golden, a music professor at Anderson University, performed musical selections on an acoustic guitar throughout the brunch.



Katie Tillman (left) and Valerie Lowe (right) stand ready to make omelets

The success of the Free Clinic is due in large part to its volunteers. The Free Clinic has been fortunate to have many volunteers who have each volunteered more than 20 years. At the



Joe Maxwell cooks grits for a crowd

brunch, each of these volunteers was presented with a personalized print of pen and ink drawings by artist **Mendi Poulson**. The artwork features the Free Clinic's original location on John Street and a drawing of its current facilities on North Fant.

Heartfelt thanks go to all of the donors, volunteers, and attendees who helped make the Free Clinic's 25th Anniversary Brunch a success.



Ovid and Vicki Culler serve Mimosas and Bloody Marys

Brunch photography donated by Steve Roos of Ashcraft Studio in Hartsville, SC

JOIN THE FREE CLINIC AT LIGHTS OF HOPE

From Thanksgiving Day through December 25, 2009, *Anderson Lights of Hope* will transform Darwin Wright Park into a Christmas fantasy in lights. Last year over 48,000 people visited *Anderson Lights of Hope* to experience an enchanting land of more than a million sparkling lights and 160 spectacular displays.

Proceeds from this fundraiser are given to local partner agencies, and this year the Free Clinic is fortunate to be one of those agencies. Free Clinic supporters can join the Free Clinic at

Lights of Hope, either as volunteers or as visitors to the light displays.

For more information on how to volunteer at *Lights of Hope* on behalf of the Free Clinic, please contact Free Clinic Volunteer Coordinator Kathryn Fedele at 864-226-1294, ext. 241 or Kathryn.Fedele@anmedhealth.org.

For more information on *Anderson Lights of Hope*, please visit their web site at www.andersonlightsofhope.org or contact Ben Phillips at 864-933-2547.

Honea Path, continued from page 2

At a recent clinic, **Sydney Friddle** and **Cathy Miller** signed in patients and kept the front desk organized while **Judy Young** and **Vickie Hall** qualified new patients and re-qualified existing patients. **Terra Brown** triaged patients for the doctor and nurse practitioner, and **Tara Stone** organized the pharmacy stock.

Although the Honea Path clinic is small, volunteers with varied skill sets are needed to keep it running smoothly. If you would like to volunteer at the Honea Path Free Clinic, please contact HP Clinic Coordinator Margaret Gibbs at Margaret.Gibbs1@anmedhealth.org or 864-226-1294.

Current List of Needs

GENERAL

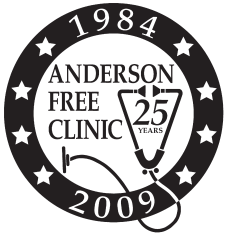
- First class stamps
- Small paper cups for water
- Toilet paper
- DVD player for patient education sessions

PHARMACY

- Diabetic test strips
- Insulin needles
- Lancets

MEDICAL CLINIC

- Canes (any kind)
- Stethoscopes
- Anti-bacterial wipes
- Hand sanitizer
- Micro tape cassettes
- Paper towels for dispensers
- Band-aids




Anderson Free Clinic
 PO Box 728
 Anderson, SC 29622
www.andersonfreeclinic.org

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Special thanks to the Free Clinic's 25th Anniversary Brunch Sponsors



New Patients Welcome!



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For information on sponsoring
 Free Clinic events, please contact
 Melissa Powell at 864-226-1294,
 ext. 222 or Melissa.Powell2@anmedhealth.org

Dance Students, continued from page 1

Dance.

Aarti and Avni's performance at Clemson University's Brooks Center for the Performing Arts was very successful. The sisters visited the clinic recently to donate the more than \$3,000 that was raised by the performance for the Free Clinic. The staff and volunteers of the Free Clinic would like to congratulate Aarti and Avni on their Arangetram and thank them for their generosity.

The Free Clinic News is a
 publication of the
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