



Fall 2006

Spotlight

The newsletter of the **Coastal Medical Access Project**

CMAP welcomes its new CEO

Patricia J. Kota, RN, MSPL, formerly director of the Community Health Systems Development program at the Georgia Health Policy Center, Atlanta, recently became Chief Executive Officer of the Coastal Medical Access Program. She succeeds Francis X. Selgrath, who died in February after serving as CMAP's leader since its founding in 2002.

Kota brings to CMAP's administration over 20 years of leadership experience in the healthcare field. Since 2004 Kota led a team of community health system developers that provide technical assistance to more than 200 community health networks in 47 states. Prior to joining the Georgia Health Policy Center, Kota directed a successful rural community health



network in New York State, which led to the establishment of a regional network that linked urban and rural communities across an eight-county region.

From 1990 to 1995 she served as New York's rural representative on the Public Health Council and was a founding member and first president of the New York State Association for Rural Health.

Kota has a Master of Science in Leadership from St. Bonaventure University. During her studies there, she led the development of a Rural Leadership Fo-

rum using a three phase approach she designed that included a required community development initiative within a team format. She later introduced and implemented these concepts at the Georgia Health Policy Center.

She earned a bachelor's degree from Empire State College and is a registered nurse. Kota began her career as a rural nurse, and states this "gave me a deep appreciation for rural people and the unique perspectives of both rural providers and consumers using rural-based health and human services."

Kota notes that her greatest level of satisfaction has been achieved when she has helped a community become empowered to shape its own destiny in creative and innovative ways.



Diabetes education, smoking cessation, added to clinic services

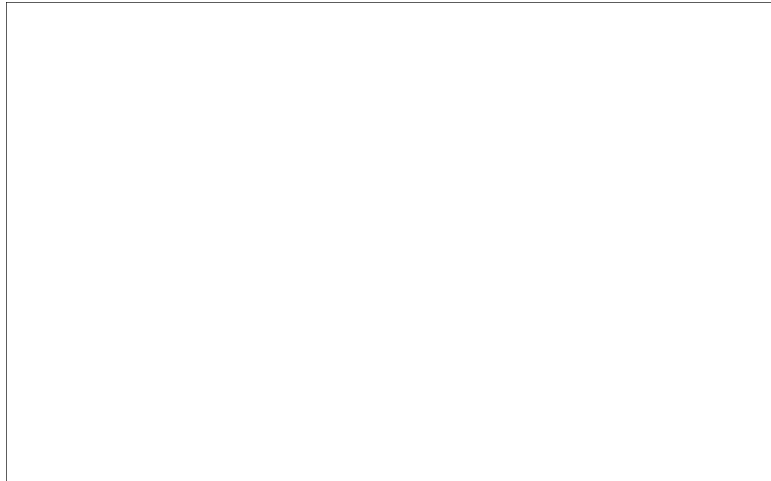
The three most often diagnosed chronic conditions at both the Brunswick and Camden clinics are hypertension, obesity and diabetes. In its first efforts to advance the clinics' case management service to a proactive disease management program, diabetes education and counseling and smoking cessation programs have been added to the array of clinic sessions at both locations.

At the Brunswick site, nurses do one-on-one diabetes counseling sessions, and there are group classes for diabetes education. Ginger Buel, RN, the supervisor at the Brunswick clinic, reports that the classes are well attended and patients are very appreciative of the support in understanding the lifestyle changes, such as daily exercise and dietary requirements needed to manage their chronic condition.

At the Camden clinic, diabetic patients are case managed with the assistance of local volunteer physicians and nurses.

A special thanks to all who are making this possible. The Coastal Health District donated \$3525 to purchase materials. Dr. Niegos, Diane Ansley, RN, Wendy McNair, RN, Lee Norvell, RN, Deborah Jones, CDE, Evelyn Tatum, RN, CDE, Judy Lance, pharmacist, Pat Mobley dietitian, Gayle Brown and Bob Natzke, personal trainers are all giving of their time and talents.

Smoking cessation programs are offered periodically at both clinics in partnership with SGHS. Participants must attend a series of four classes for best results.



Volunteer Dr. Rizzo and volunteer nurse, Carol Healy, with CMAP patient.

CMAP helps over 350 enroll in drug plan

A joint effort by CMAP and the local Area Agency on Aging (AAA) earlier this year helped more than 350 seniors enroll in Medicare's new Part D prescription drug program.

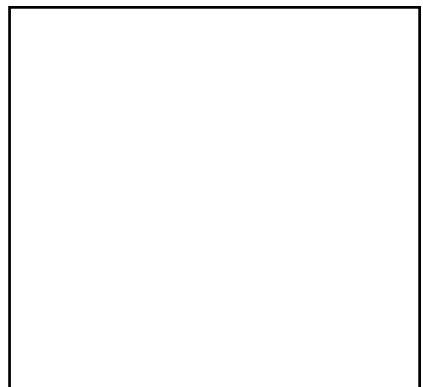
Maggie Williams, Medbank supervisor; Amanda Edenfield, CMAP disparities coordinator; and Mary Babington, former volunteer coordinator, were trained by staff at AAA to use Medicare's website in selecting drug plans.

AAA and CMAP's Medbank team then notified its constituents that they would conduct four workshops in Brunswick, one in Kingsland and one in Darien to help seniors choose a drug plan.

Williams explained that after a general presentation by the Agency about Part D, the three staff members from CMAP individually helped enrollees compare prescription drug plans described on the Medicare website and then choose one plan

that best met each senior's personal needs, from among the bewildering array of plans available. Once a plan was selected, the CMAP staffer helped individuals navigate the on-line enrollment process.

Williams feels the assistance given to CMAP Medbank patients was especially appreci-



Volunteer Susan Plaisted and patient ated, since "many people were so confused about what they were supposed to be doing, that they were very happy to have someone who could explain everything to them."



CMAP volunteers are honored at annual luncheon

CMAP held its annual Volunteer Appreciation Luncheon in May at the Southeast Georgia Health System Brunswick Campus to thank the more than 200 volunteers who so graciously gave their time and support to CMAP in 2005.

CMAP's success is achieved with the help of these dedicated volunteers who have given more than 30,000 volunteer hours since our founding in 2002.

Since 2003, thanks to its dedicated volunteers, CMAP has provided over 1,380 patients for more than 5,500 clinic visits. In 2005 alone, with volunteer help, the Brunswick Clinic was able to see 254 new patients, and the Camden Clinic was able to see 122 new patients. To date, our

Medbank Program has accessed over \$9.8 million in free medications, helping more than 2,625 patients. All of this is made possible with the assistance of our volunteers.

Board chair, Dr. Timothy A. Jamieson, and board members Dr. R. Neal Boswell and Becky Rowell presented the awards.



Dr. Jamieson and Marlene Selgrath

The **CMAP Miracle Award** was renamed this year in honor of Dr. Neal Boswell and presented posthumously to Frank Selgrath, whose dynamic leadership and vision enabled CMAP to continue fulfilling its mission to provide access to health care for those less fortunate in our communities.

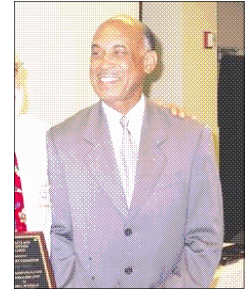


Dr. Boswell and Dr. Manning

Physician of the Year: Dr. Hubert Manning. Dr. Manning has been a dedicated volunteer with CMAP since the very beginning and his work is crucial to CMAP's mission. He volunteers behind the scenes, reading all of the x-rays for our patients from both of our clinics.

Camden Physician Volunteer Award: Dr. Albert Thompson. Dr.

Thompson has been a devoted volunteer since 2003. He is a compassionate physician who volunteers his time, talents and experience routinely in the clinic. His dedication to CMAP's mission is obvious by the amount of time and consideration he gives to each patient.



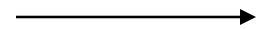
Brunswick Physician Volunteer Award: Dr. Erick Bournigal. Dr.

Bournigal, a rheumatologist, has volunteered once a month as a specialist for over a year, providing patients a proper course of treatment and referring patients for surgeries. Patients, clinic volunteers and staff all appreciate Dr. Bournigal's warm smile and positive attitude.



Camden Nurse Volunteer Award: Sheron Shuler. Sheron has faithfully

volunteered once a month with Dr. Wilson for about two years. Sheron goes out of her way for both the patients and the staff of the Camden Clinic.



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Patricia J. Kota, CEO



Brunswick Nurse Volunteer

Award: Wendy McNair. Wendy has volunteered with CMAP for over two years. Besides volunteering as a nurse, she also has collaborated with Dr. Lee Heery and Ginger Buel to develop a diabetic education program.

Camden Lay Volunteer Award:

Cindy Butler. Cindy has been a dedicated volunteer for over two years, and has attended trainings and offered innovative suggestions to improve the volunteer program. She is always willing to lend a hand at the clinic.

Brunswick Lay Volunteer Award:

Bonnie Lee. Each week for the last year Bonnie provided vital help by filing labs and x-rays in patients' charts, calling patients when their medications are ready and sharing her experience as a medical administrator.



Tim Meredith and Tim Lucas

The Tim Meredith Volunteer of the Year Award: Tim Lucas. CMAP renamed the Volunteer of the Year Award to honor the countless hours of work Tim Meredith has given to CMAP as a volunteer. This award goes to another volunteer who gives of his time so generously, Tim Lucas, a dedicated discharge counselor in the Brunswick Clinic. Tim usually volunteers two or three times a month, and often picks up volunteer shifts when others are not available. He also helped create a training program for other volunteer discharge counselors.



Marge Winsor, Becky Rowell, Dottie Grover

Medbank Lay Volunteer Award: Dottie Grover and Marge Winsor.

Dottie and Marge have volunteered weekly and often twice weekly for over a year to help with distributing medications and with data entry. They bring a positive attitude to their work with CMAP, and the staff looks forward to working with them each week. Dottie and Marge also are CMAP ambassadors who routinely recommend their friends and neighbors to our volunteer program.

Board Member of the Year: Elizabeth Hinely. Elizabeth has been a dedicated volunteer with CMAP since the beginning. She faithfully served on the Board of Directors and the Volunteer Committee, as well as being an active volunteer herself. Unfortunately, Elizabeth recently stepped down from the board and Volunteer Committee due to an increased workload at her fulltime job

CMAP Staff Member of the Year: Ginger Buel, R.N. The members of the Volunteer Committee wanted to recognize a staff member who went above and beyond to help CMAP provide free healthcare to the uninsured. Since July 2003, Ginger has provided excellent service to the community as an employee of CMAP.

Also recognized for their loyal service to CMAP were outgoing board members **Elizabeth Hinely** and **Mayor Kenneth Smith.**



Dr. Jamieson and Ginger Buel

Please accept our apology if any oversight has occurred in recognizing our many generous supporters and volunteers.



CMAP thanks its generous supporters

Since the passing in February of Executive Director Frank Selgrath, residents of the Golden Isles have been magnificently forthcoming in their support of CMAP. The Board of Directors, Staff, Volunteers and Clients wish to extend their deepest gratitude to community members for the faith they have shown in the Coastal Medical Access Project and its continued success in serving the underinsured and uninsured of Camden, Glynn and McIntosh Counties.

Gifts to CMAP at the half-way point in 2006 have been highlighted by a \$250,000, one-year contribution from Southeast Georgia Health System and a \$350,000, four-year donation from St. Mary's United Methodist Church Foundation.

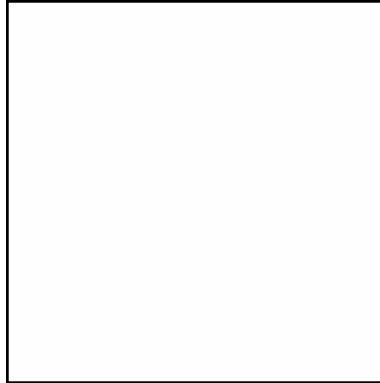
The hospital donation marks the second year it has supported CMAP with a \$250,000 gift. "It's something that they've done twice in addition to all previous support, and that is just fantastic," Claire Wilcox, CMAP director of development, said. "The hospital staff is very supportive and we are extremely appreciative.

"They realize the impact we have on lessening the burden on the emergency room," she added. "The only recourse people without health insurance have is the ER. Now, they can come to us."

In addition to monetary donations, the hospital provides clinic facilities and other services to CMAP, Wilcox said.

The St. Mary's United Methodist Church Foundation has been a strong supporter of CMAP from its beginning and was instrumental in the establishment of the Camden Clinic.

CMAP also received its 2nd year allocation of \$180,000 from a federal Health Resources and Services Administration (HRSA), three-year, \$540,000 grant. The funds are designed to help



Frank Selgrath

strengthen rural health networks. HRSA is an agency of the Health and Human Services Department.

The Azalea Foundation and the Georgia Baptist Health Care Ministry Foundation both awarded grants of \$50,000 each, and strong support continued for CMAP from the United Way of Coastal Georgia with a \$35,000 grant. "They were very generous this year to the point of giving us \$5,000 more than we requested," Wilcox noted. "They said that the United Way wants their donations to be as effective as possible by giving added support to agencies that truly make a positive impact in the community."

Among other donations, the Rotary Club of Glynn County provided more than \$1,000 for medications, and \$250 from their Chili Cookoff.

A special thank you to the following friends who gave in memory of Francis X. Selgrath.

Southeast Georgia Health System
 Healthcare Georgia Foundation
 United Community Bank
 St. Williams Catholic Church
 The Rotary Club of Brunswick
 Glynn Count Board of Health
 Schell and Hogan, CPA
 Lee and MacMillan Attorneys at Law
 Coastal Georgia Regional Development Center
 National Association of Free Clinics
 St. Simons Land Trust
 Volunteers in Medicine Institute
 Mrs. Marion Bant
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 Mr. Georgia Sutor
 Mr. Larry H. Thompson
 Mr. John W. Thompson
 Mr. Robert C. Ussery
 Mr. David V. Vandersall
 Mr. and Mrs. Sam Wilcox
 Mr. Sid Willis



from the Chairman of the Board

I am proud to welcome Patricia Kota as the new CEO of CMAP! Pat joins us from Atlanta where she was Director of Community Health Systems at the Georgia Health Policy Center. She brings a wealth of experience and a great desire to carry on the mission of CMAP as we expand our scope and capabilities. We have known Pat for a few years as CMAP collaborated with the Health Policy Center, and we are grateful that she enthusiastically elected to lead us.



Pat will build on the legacy of our previous leader, the late Frank Selgrath. Frank's energy and passion for CMAP enabled us to rapidly grow into a major provider of healthcare and medications for the uninsured working poor. He was a great friend and mentor to the staff and the board of CMAP. His presence continues to be felt by us all, as we remember the lessons he taught us by his words and the way he led his life. He is greatly missed, but his ideals live on in CMAP and give us new vigor to carry on his vision.

Dr. Tim Jamieson

On behalf of the Board of Directors, I wish to thank our many generous supporters and volunteers for their unstinting faith and investment in CMAP. In addition, CMAP's dedicated and talented staff all deserve our many thanks: Claire Wilcox, who stepped in as Interim Director, Ginger Buel, RN and Barbara Walters, RN who supervise the Brunswick and Camden clinics respectively; their office managers, Kristi Underwood and Gail Blanton; Carolyn Morgan, RN and Betty Smith of the Brunswick clinic; Amanda Edenfield, Information Systems; Maggie Williams, Medbank supervisor, and Lee Davis, Brunswick clinic Medbank; Mary Babbington, our former Volunteer Coordinator; and, Emmaline Cotton, Administrative Assistant. Thanks, also, to Dr. Eric Andreae, who volunteered as Medical Director for the Brunswick clinic and to Dr. Lee Heery, who retired as staff Medical Director, but continued to offer her time as a volunteer. And, of course, thank you to my colleagues on the Board who all provided their constant support.

With the wonderful volunteers, diverse active board, dedicated staff, and stellar new CEO who is committed to making CMAP a strong viable presence, we look forward to further enhancing the healthcare of the communities we serve.

*Special thanks to Julian Plaisted
for production of Spotlight.*

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is a nonprofit volunteer organization that strives to ensure quality healthcare and access to prescription drugs for low to moderate income individuals without health insurance, in Glynn, Camden, and McIntosh counties.