



CMAP *Spotlight*

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Winter 2007

Coastal Medical Access Project

...providing healthcare to uninsured residents of Camden, Glynn and McIntosh Counties

Navy Physicians Invited to Volunteer at Camden Clinic

Barbara Walters, manager of CMAP's clinic in Camden County, couldn't be happier. Physicians from the Navy stationed nearby could soon begin volunteering their time to treat clinic patients.

Located more than 40 miles from Brunswick, where most of the region's doctors live and work, the Camden clinic has long struggled to staff its clinic with volunteer doctors more than one evening a week.

The five physicians, two nurse practitioners, and physician's assistant who volunteer their time at the Camden clinic have treated hundreds of patients since the clinic opened in 2003. But the community's needs continue to grow much faster than the clinic can handle with its current volunteer staff.

As Navy physicians come on board, the clinic will be able to move patients from the waiting list to the exam room much faster. At the same time, physicians from Kings Bay Submarine Base will be able to become more involved in the local community and have a major impact on Camden County and CMAP.



CMAP Board member Navy Captain Walter Yourstone (Retired), with Commander Harrell-Parker from the Kings Bay Submarine Base and Camden Clinic Manager, Barbara Walters RN CCM.

Brunswick Clinic Helps Patients Manage Diabetes

Debbie Taylor* has struggled to manage her weight and high blood sugar since being diagnosed with Type II diabetes more than ten years ago when she was in her early 40s. Like many diabetics who develop the disease in adulthood, she found it almost impossible to change a lifetime of eating habits. Sticking to an exercise program - also essential for managing diabetes - proved challenging as well.

When Debbie came to CMAP last year, her blood sugar was out of control and her body was suffering the consequences. She was insulin dependent and her vision was seriously deteriorating.

Lucky for Debbie, she was able to participate in a pioneering program at CMAP's Brunswick clinic developed to help diabetics learn how to protect themselves from the devastating consequences of unmanaged diabetes.

The program provides chronic disease management so patients have the ongoing support and counseling they need to adhere to healthy lifestyle changes.

Lee Norvell, RN, program leader, and certified diabetic educators, Diane Ansley, RN, FNP, Debra Jones, and Pat Mobley, work with approximately 40 diabetics. The volunteer team

teaches free classes and works one-on-one to help patients set achievable goals and monitor progress. Volunteer pharmacist, Judy Lance, also plays a vital role in this program along with CMAP volunteer physicians.

With this level of care and support, Debbie has been able to accomplish more in one year, than in the entire decade since her diagnosis: she's managed to cut her blood sugar in half and is on her way to living a healthier, longer life.

In addition to diabetes education classes, the Brunswick clinic offers free women's health clinics and smoking cessation classes to help smokers kick the habit for good.

**Patient's name has been changed for this article.*

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From CMAP’s CEO, Pat Kota . . .

“It is amazing what a small group of dedicated people can do to change the world. Indeed – it is the only thing that ever has.”

- Margaret Mead

Since my arrival in July 2006, I’ve spent a lot of time getting to know CMAP, its work, volunteers, staff, and mission. I had already come to know CMAP during my two and a half years with the Georgia Health Policy Center in Atlanta. And while I respected CMAP – I really had no idea what a wonderful organization it was and is.

The visionary, Margaret Mead writes about small groups of people changing the world. This defines CMAP. Just five years ago a small group of dedicated people shared a vision for access to health care for people without health insurance. They next went about ‘creating something from nothing’.

Today, CMAP is a vibrant free clinic service, prescription assistance program, and chronic disease management provider. We’ve distributed more than \$10 million in free pharmaceuticals to residents of Camden, Glynn, and McIntosh counties and provided about 5,500 patient visits. 135 doctors, nurses, and other healthcare professionals have volunteered their services.

CMAP patients have received surgeries ranging from hip replacements to neurosurgery thanks to local physicians and our partnership with the Southeast Georgia Health System.

The first week I was on the job a lady stopped in to our Bay Street office in Brunswick to say thank you. She had been wheel chair bound until someone told her about CMAP. Following

neurosurgery and rehab she is moving about, driving a car, looking for a job, and pain free!

A gentleman from McIntosh County approached me at a community meeting to say thank you. He had enrolled as a CMAP patient when his vision deteriorated due to cataracts to the point that he could no longer drive. CMAP’s staff and volunteer physicians arranged for him to receive surgery. When I met him he couldn’t stop smiling and saying thank you.

Of course, I always walk away from these encounters feeling a little guilty since their thanks really belong to CMAP’s dedicated staff, dynamic board of directors, invaluable volunteers, generous donors, and most especially to Henri Woodman and Frank Selgrath.

We’ll be highlighting personal patient centered stories in our upcoming newsletters to illustrate how CMAP makes a difference in our community. It’s truly remarkable.

We also hope you’ll tell others about us and invite them to use our services and support our mission. Together, we’re making a difference - one person at a time. I think even Margaret Mead would say that it’s the only way to get the job done.

Peace and All Good Things,

Patricia J. Kota, RN MSPL
Chief Executive Officer



MedBank Distributes More Than \$10 Million in Meds

Since CMAP began the MedBank program in 2002, staff and volunteers have helped over 2,800 low-income elderly and chronically ill people receive free medications from pharmaceutical companies. The combined retail value of these medications exceeds \$10 million.



Because of MedBank, people who were forced to choose between buying groceries and their medications, or who were taking less than their prescribed dosage now receive regular free refills of the medications they need to stay healthy.

Any patient of a MedBank participating doctor who practices in Camden, Glynn, or McIntosh counties may be eligible to join the program.

In the new year, MedBank has expanded its membership program to include patients of the CMAP clinics. The members pay a nominal fee between \$0 and \$15 a month to cover the administrative costs of the services. This membership fee is based on monthly income.

If you think you might be eligible for assistance from MedBank, or if you would like to learn more about the program, contact Maggie Williams, MedBank supervisor, at 912-554-3559 or email magcmap@yahoo.com.



Maggie Williams, MedBank Supervisor



Steer Clear of Colds and Flu This Winter

Few things can bring you down faster than a cold, or worse, the flu. Both are more common during the winter months when we spend more time indoors.

Fortunately, there are effective ways to reduce the chances of catching a bug from family members, co-workers, and students - so you can stay healthy and active this winter.



- **Eat a healthy diet.**
- **Wash your hands frequently.**
- **Avoid putting your hands near your eyes, nose or mouth.**
- **Get enough rest.**
- **Don't smoke.**
- **Drink plenty of water & limit alcohol.**
- **Get a flu shot.**

If you do catch a cold or flu this winter, remember to take it easy and drink plenty of fluids so that you can recover as quickly as possible. With a cold, you should feel better in a week or so, but congestion may linger for several more days. The weakening effects of the flu may keep you down for even longer.

For viruses such as colds and flu that must run their course, antibiotics won't help. However, call your doctor immediately if you experience any of the following symptoms, as they may indicate a bacterial infection:

- **Sore throat and a temperature of 101° or more.**
- **Symptoms worsen after the third day.**
- **Coughing up thick discolored mucus.**
- **Lymph nodes are swollen.**
- **Difficulty swallowing.**

Volunteer Marge Winsor Makes a Difference for CMAP

CMAP leadership and staff extends a heartfelt thank you to Marge Winsor for the hundreds of hours she has committed to CMAP. By supporting staff and physician and nurse volunteers, Marge and others like her, make CMAP the lifeline we are for those who depend on us for their healthcare.

Marge began volunteering with CMAP shortly after our doors opened in 2002. She enjoys working in the office where she can support CMAP's busy staff, keeping everyone organized and productive.

Most recently, Marge has been assisting the MedBank program. This is a particularly challenging role due to the complexity of the work and its importance for our patients. MedBank staff and volunteers prepare applications for medications to over one hundred pharmaceutical companies, all of which have their own forms and requirements.

CMAP relies on volunteer physicians, nurses, and physician assistants to treat patients in the clinics, and we rely on additional volunteers to support the staff with administration and community outreach.

To learn more about how you can help make a difference at CMAP, contact Jeris Wright at jwright@cmaga.org or phone 912-554-3559 ext. 26.



Administrative Volunteer, Marge Winsor



Bon Voyage to former development director, Claire Wilcox, and her husband, as they embark on a year-long sailing trip.

Best Wishes to Amanda Edenfield on her new endeavors in Atlanta.

Welcome to new staff members Nana Brannon, Mandi Crean, Peggy Graverson, Gwen McLeod, Jen Rowland, and Jeris Wright.



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This gift is in [memory/honor] of: _____

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Please make check payable to the CMAP. All gifts are tax-deductible.

CMAP *Spotlight*

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Our Mission:

*Coastal Medical Access Project
(CMAP) helps build healthier
communities focusing primarily on
Coastal Georgia through programs
that increase access to healthcare.*

- Adopted 2006

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