

# BJVIM NEWSLETTER

## Happy New Year!

Welcome all BJVIM staff and volunteers and a very Happy New Year to you all!! As always, lots going on at the clinics. First, I would like to thank Deb Hicks for hosting our Holiday Party. Delicious food, good fellowship and beautiful surroundings helped to kick-off the holiday season! It is always good to get together and Debbie's beautiful home is a wonderful place for celebrating friendships.



**Greater Bluffton  
Jasper County**  
VOLUNTEERS IN MEDICINE

## New Training Opportunities

Just after Thanksgiving, Ruth and a group of volunteers attended a training session on the new Optos machine which will screen for retina disease. Thanks to MUSC we have received the machine as part of their outreach telemedicine program. You will find a wonderful article about this program in the local magazine CH2. Screening will be for our diabetic patients and patients from the programs at Good Neighbor Free Clinic, Hilton Head VIM and Access Health of the LowCountry. The program has had a slow start but we are encouraged to have the volunteers, computer program up and running and patients.



## Surprise!

A surprise \$9,000.00 in-kind donation came from the Hilton Head Hospital Auxiliary fund in December. We were able to purchase some pneumonia vaccines and other needed medications not provided by the Dispensary of Hope.



**It is Spring Fling time! Join us on Tuesday, Mar. 12 for an exciting, fun-filled afternoon at Belfair Plantation where you can preview the latest spring fashions from Spartina 449, Eggs "N" Tricity and So Sandra. This is one of our signature BJVIM fundraising events; tickets are \$55.00, which includes lunch, with proceeds benefiting our clinics.**

## New Program

In December, our nutritionist Wendy Barron brought new programs to the clinic. The first program involved a collaboration with the Low Country Food Bank of Charleston. A group of patients attended a two-hour workshop on better ways to shop for healthy foods. After the program, each participant received all the ingredients needed to prepare the meals that were discussed during the workshop. We are planning to have additional programs in March.

The second program Wendy coordinated was an evening yoga class! Six people signed up for the class and though only two people showed up the four that were not able to attend were eager to participate in the future. Wendy has fliers posted in the Bluffton clinic for an on going 6-week program. At the completion of the 6 classes participants will receive a free yoga mat. Volunteers and patients are encouraged to attend, but space is limited so sign up now!

A \$3,500.00 grant from Women in Philanthropy has made these programs possible!



Congratulations to the BJVM Grants Committee for having been awarded 28 grants in 2018 totaling \$311,566.00!!

