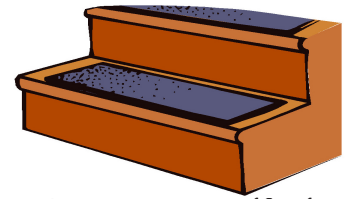


UCMAC

United Christian Ministries
of Abbeville County.



A step up to self reliance!

The Crisis Ministry , Food Pantry & Free Clinic of Abbeville County

Summer 2016

UCMAC

Ruth Bacon

Executive Director

Jane Agan

Financial Director

June Prince

Crisis Ministry Director

Mike Shirley

Food Pantry Director

Connie Normand

Free Clinic Director

Ann Davis

Newsletter Editor

United Christian Ministries of Abbeville County

is a non-profit organization made up of member and supporting churches in Abbeville County dedicated to showing the love of God through helping families in crisis remain or become self-reliant. UCMAC could not care for Abbeville County citizens in crisis without the regular support of our member churches. **Become a New Member Church today.**

Board of Directors

Nancy Barlow, Chairman

Ken Tinsley, Vice-Chairman

Marilyn Little, Secretary

Cindy Price, Treasurer

Board Members

Louise Aikens

Henry Greene

Brian (BJ) Johnson

Mark Meyers

June Prince

Ernest Ruddock

Betty White

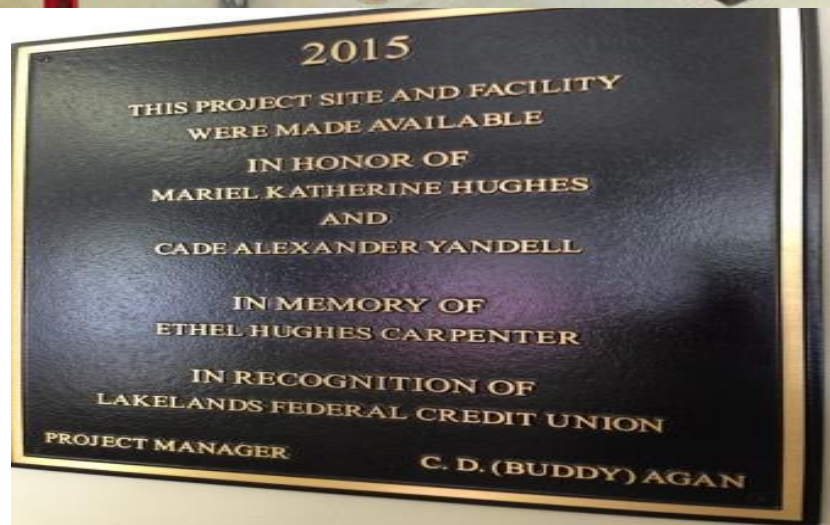
Thelma Woody

Riley McLane, Chairman Emeritus

UCMAC Celebrates Grand Opening and Dedication of new location



Our ribbon cutters are Mariel Hughes and Cade Yandell



The inscription on the plaque reads: This Project Site and Facility were made available in honor of Mariel Katherine Hughes and Cade Alexander Yandell - In Memory of Ethel Hughes Carpenter - In Recognition of Lakelands Federal Credit Union - Project Manager C.D.(Buddy) Agan.

Supporting Churches

Abbeville/Mt. Carmel A.R.P.*
 Abbeville Pentecostal Holiness
 Abbeville Presbyterian*
 Bells United Methodist*
 Bethlehem A.R.P.*
 Beulah Baptist
 Calhoun Falls Church of God*
 Calhoun Falls Pentecostal Holiness*
 Calhoun Falls Presbyterian*
 Calhoun Falls United Methodist*
 Campfield Baptist*
 Cold Spring Chapel*
 Cold Springs Mennonite
 Due West A.R.P.*
 First Baptist, Abbeville*
 First Baptist, Calhoun Falls*
 First Creek Baptist, Iva
 Glovers AME, Calhoun Falls*
 Grace Chapel AME*
 Grace United Methodist*
 Greenville Presbyterian, Donalds*
 Lighthouse Ministries
 Little Mountain Presbyterian*
 Lowndesville Baptist*
 Main Street United Methodist*
 Midway Baptist
 Mount Olive Church of God Holiness, C.F.*
 Mt. Olive Baptist*
 Mt. Pleasant Baptist
 New Faith Presbyterian
 New Hope Presbyterian*
 New Life Worship Center
 Northside Baptist, Calhoun Falls*
 Providence Presbyterian, Lowndesville
 Rice Memorial Baptist, Greenwood
 Sacred Heart Catholic*
 Sharon United Methodist*
 Smyrna United Methodist, Lowndesville*
 Springfield Baptist, Calhoun Falls*
 Solid Rock Community, Calhoun Falls*
 Southside Baptist*
 The Renaissance Church, Due West*
 Trinity Episcopal*
 Upper Long Cane Presbyterian*
 Warrenton Presbyterian
 Willington Presbyterian

* Member churches with agreements on file

NEEDED

**VOLUNTEERS FROM CHURCHES, ORGANIZATIONS,
 OR COMMUNITY TO KEEP GRASS MOWED
 DURING SUMMER MONTHS AT THE UCMAC OFFICE!
 WILL NEED TO PROVIDE THEIR OWN LAWN MOWER
 AND WEED WHACKER (FOR SMALL HILLY AREA).
 CONTACT RUTH BACON AT 554-9475**



UCMAC Food Pantry

Letter Carriers Food Drive
 Provided Over 2 Tons of Food for UCMAC

The UCMAC Food Pantry would like to express it's gratitude to the Postal Letter Carriers who collected all the food from the citizens of Abbeville County who were so generous with their donations and to the Volunteers who sorted, loaded and transported the food to the food pantry.

"Cooking Matters" Class



**Sign your church
 up today !**

Become a church who participates in the **designated** food program.

Assigned a specific food item, that will be the primary food your church will donate along with any additional items you may wish to donate.

Contact Mike Shirley @
 379-1233

for your assigned food item.

A Big Thank You

to **Due West ARP Church** for providing the meal for **UCMAC's Annual Meeting Banquet** and **The Renaissance** for providing the location for the Meeting and Banquet

Want to learn about UCMAC? Need a Program for Your Organization?

Would your church, group or organization like to learn more about UCMAC and the Services provided? Is your organization planning it's programs for this year? We are available for speaking engagements to help the citizens and church organizations of Abbeville County learn more about the Crisis Ministry, the Food Pantries and the Free Medical Clinic. **To schedule a speaker for your group contact Ruth Bacon, Executive Director, at 366-6525.**

“Cooking Matters” - Grant targets Disease Management and Prevention for Free Clinic Patients

Grant funding through Blue Cross Blue Shield of SC Foundation and SC Free Clinic Association for 2016-2017 was awarded to SC free clinics to increase capacity or fill “gaps” in our health care communities. A “gap” is defined as the disparity between the health care needs and the services available to address those needs in a community.

Healthcare gaps identified included Nutrition/Access to Health Foods and Obesity; Diabetes; Behavioral Health; and Smoking, to name a few. Findings for UCMAC FMC patient population show 52% are hypertensive, 25% diabetic, and 56% have BMI(body mass index) over 30 (Obesity). UCMAC chose Disease Management and Prevention as its project healthcare gap, and targeted its patient population with BMI over 30, impacting needs identified in the community assessment -nutrition, obesity, hypertension, diabetes - areas directly related to unhealthy lifestyles, poor eating habits, and lack of good nutrition.

In partnership with Abbeville Area Medical Center Food Service Director/Clinical Dietitian, John Brundt; Josh Hobbs, Nutrition Educator, SNAP-Ed/Clemson University “Cooking Matters”; and Jeff Garrett, Wellness Center Director, the program through UCMAC FMC includes hands-on evidence-based nutrition program to help selected patients target their nutrition, increase their exercise, and in effect target diabetes, hypertension and obesity. “Cooking Matters” attendees meet once a week for 6 weeks. During that time they receive education on nutrition and healthy eating, as well as work together and prepare meals in class. One class includes a grocery store tour where participants learn how to shop smart and healthy: read ingredient labels (sugar, sodium, carbohydrates, etc.), value of fresh vs canned vs frozen, understand unit pricing, etc. They are provided a gift card to purchase food and prepare a meal and have “show and tell” at the next class of their experience. Their stories and pictures are priceless.

The desired outcomes of the program include improved test results, improved weight management, with an overall improved personal understanding and responsibility for health care needs. Not only are our patients healthcare needs met, hopefully they will enjoy the journey. Comments like “this is fun”, “that helped a whole lot”, “tastes better than I thought it would”, “making me stop and think”...

We are forever grateful to funders who provide for those who are less fortunate and in some cases unable to provide for themselves. It is written, “And the King will answer them, ‘ Truly I say to you, as you did it to one of the least of these my brothers, you did it to Me.’” (Matthew 25:40) As we bear witness that Jesus Christ is in our hearts, we are obedient when we consider those on God’s heart.

Connie Normand
Free Clinic Director

Gifts given to Honor

Connie Normand
by
Patricia Norris
Dr. Chris Oxendine
by
Dr. Douglas Moore
Ruth Bacon
by
Agnes Rogers Circle
Main Street UMC
UCMAC Board of Directors
by
Rose-Marie Williams

Memorial Gifts

Jim Hester
by
Vicki Loyd
David Lewis
by
Franklin & Ann Pursley
Barbara Sumner
by
BJ & Melaine Johnson
Annie P. Hannah
Jessie C. Ellis
by
Armena Ellis &
Millen Ellis

Give A Special Gift

Consider a donation to UCMAC to honor your loved ones and friends by giving a gift that will provide assistance to so many in need during these difficult times.

Memorial gifts are also a wonderful way to remember someone special in your life.

I would like to give a gift ___ in Honor of ___ in Memory of _____

Acknowledge to:

Name _____

Address _____

Person/s making donation: _____

Address: _____

An acknowledgement will be sent on your behalf, if requested. You may mail donations to:
UCMAC, P.O. Box 502, Abbeville, SC 29620.
All donations are tax deductible.

New Options for Making Donations

You may make a gift with your credit card through the web site www.ucmac.net and go to the “ways to help” page.

UCMAC has an account at Edward Jones Inc. to receive donations of stock and/or other similarly traded securities. Gifting low basis shares of stock rather than selling them is a good way to avoid capital gains tax and at the same time benefit your favorite charity. If you are interested in donating stocks or bonds call 864/366-6525 and leave a message for Jane Agan, our Financial Director.

UCMAC
 United Christian Ministries
 of Abbeville County
 P. O. Box 502
 Abbeville, SC 29620

Summer 2016 Edition

Mission Statement

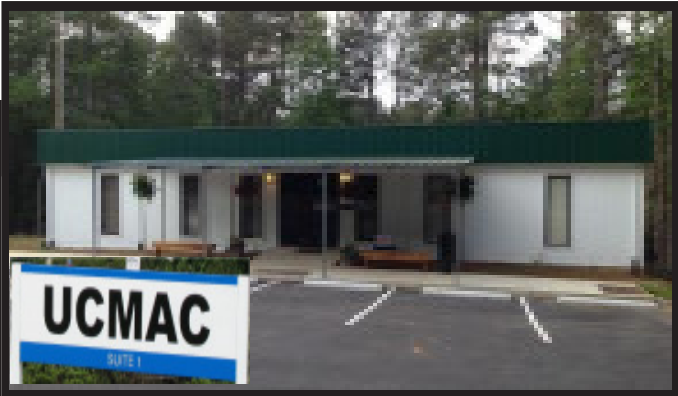
The mission of the United Christian Ministries of Abbeville County is to provide services that promote and help maintain the spiritual and physical health and welfare of qualified citizens of Abbeville County.



Give. Advocate. Volunteer. LIVE UNITED

In an effort to be good stewards, please help us maintain current records to help with mailing costs. Please make corrections on the label and mail or email them back to us.

Name Change
 I receive more than one copy
 Address Change
 I'd like to receive this newsletter by email
 Please remove me from the mailing list

<p>Crisis Ministry 864-366-6525 www.UCMAC.net ucmac@wctel.net</p> <p>Mailing Address P.O. Box 502 Abbeville, SC 29620</p>	<p>UCMAC United Christian Ministries of Abbeville County</p> 	<p>Free Clinic 864-366-0365 864-366-6526 Fax ucmacfmc@hotmail.com</p>
<p>CRISIS MINISTRY</p> <p>Thursday Morning 9:30 am Sign-In First Come-First Served <i>Check phone message at 366-6525 for the paperwork you must bring.</i></p>	<p>New Location 101 Center Street</p> <p>Directions At the intersection of Thomson Circle and Hwy 72, turn toward the hospital. Turn left just past the Abbeville Nursing Home.</p>	<p>FOOD PANTRY</p> <p>Abbeville Fridays 9:30 - 11:45 am Main Street United Methodist Church 300 North Main St. Can receive food every 6 weeks</p>
<p>FREE CLINIC</p> <p>Monday, 3:30 pm intake Tuesday, 5:00 pm sign-in Tuesday appointments begin at 5:30 pm. Please arrive prior to your appointment time to be seen by the doctor.</p>	<p>Calhoun Falls* 1st and 3rd Thursdays 3 - 5 pm American Legion Bldg N. Gordon Ave. (next to Fire Dept.) *Calhoun Falls Residents Only Can receive food every 4 weeks Must meet eligibility guidelines</p>	