



The Clinic Beat

Social Welfare Board
904 S 10th St, Ste A

Our Mission: To promote and provide quality and timely healthcare to the underserved population residing in the City of St. Joe and Buchanan County in a safe, respectful and compassionate manner.

February 2022
Volume XI, Issue 8

7 strategies for a Healthy Heart:

FEBRUARY



Learn Your Health History: Know your risks and talk to your family and doctor about your health history

Eat a Healthy Diet: Make healthy food choices like more fruits, vegetables, whole grains, lean meats, and low fat dairy products. Eat less salt, saturated fats and added sugar.

Move More, Sit Less Get at least 150 minutes of moderate-intensity aerobic activity every week, plus muscle-strengthening activities at least 2 days a week.

Quit Smoking Call 1-800-QUIT-NOW for free help and take the first step on your journey to quit.

Take Medicines as Directed— If you take medicine to treat high cholesterol, high blood pressure, or diabetes, follow your doctor’s instructions carefully. Always ask questions if you don’t understand something. Never stop taking your medicine without talking to your doctor, nurse, or pharmacist.

Rethink Your Drink Substitute water for sugary drinks to reduce calories. If you drink alcohol, do so in moderation by limiting consumption to no more than 1 drink a day for women (2 for men) on days that alcohol is consumed.

Monitor Your Blood Pressure at Home—Self-measured blood pressure monitors are easy and safe to use, and your doctor can show you how to use one if you need help.

A heartfelt thank you to ALL who help fulfill the mission of the Social Welfare Board: Staff, Volunteers, Board members, the City and Buchanan County, Donors, Mosaic, Friends of the Free Clinic and our LifeChangers!

February 2022 Dental Clinic	Scheduled Appointments	Appointments Kept	Walk-ins	Referrals to SWB Emergency Clinic	Referrals to ER or other*	Total Seen	Value of Dental Services Rendered
Dental	234	165	32	20	1	197	\$62,449.57

February 2022 Medical & Westside Clinic	Scheduled Appointments	Appointments Kept	Walk-ins	Referrals to Other Clinics	Referrals to ER	Total Seen	Total Capacity
Medical	514	309	58	2	1	367	535
Westside	257	143	9	0	0	152	304

\$ Value of Miscellaneous Donated items:		
AmeriCares & Direct Relief		\$63,778.95
Utilities/Rent		\$6,833.33
Medical Professionals		\$28,600.00
Value of Specialty Physician Referrals		\$59,860.00
Total Value of All in-kind and donated goods & services: (including dental)		\$221,521.85

February 2022 Medications dispensed this month with a wholesale market value of \$407,085.29	Total Value Saved Mosaic through averted ER Visits: \$ 123,600.00 Formula: 50% of dental walk-ins +100% of Dental Emergency Clinic+80% Medical Walk-ins) x \$1500 \$1500 is the average cost of Emergency Room Visit
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Total Value Saved Mosaic through averted ER Visits for the past 6 months:

September 2021	October 2021	November 2021	December 2021	January 2022	February 2022	Total
\$142,350.00	\$138,300.00	\$127,800.00	\$147,300.00	\$132,600.00	\$123,600.00	\$811,950.00