

Annual Report 2023









ICNA Relief strives to uplift the underserved in the US through a nationwide network of women's Transitional Housing, Hunger Prevention, Health Services, Disaster Relief Services, Muslim Family Services and Back2School Giveaway.

ICNA Relief works to build healthy strong families, and create opportunities for those in despair, while maintaining their dignity and advocating for their basic human needs.



WE WORK WITH SOCIAL SERVICES ORGANIZATIONS ACROSS THE NATION TO MAKE AMERICA A BETTER PLACE TO LIVE FOR EVERYONE.



ICNA Relief works alongside several government agencies and major NGOs, the Federal including Emergency Management Agency (FEMA), National Volunteer Organizations Active in Disaster (NVOAD), American Red Cross, NECHAMA Jewish Response to Disaster, Habitat for Humanity, New York Disaster Interfaith Services (NYDIS), Catholic Charities USA (CCUSA), Lutheran Social Services Disaster Response (LSSDR), United Methodist Committee on Relief (UMCOR), and the New York State Chaplain Task Force.



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REFLECTING ON A YEAR OF IMPACT: A MESSAGE FROM THE DIRECTOR

I am delighted to extend my heartfelt gratitude to each one of you for your unwavering support and dedication to Shifa Clinic throughout 2023.

This year was truly a milestone for us, as we embarked on a significant journey of growth and development. The highlight of the year was our move to a spacious 5000 sq. ft. facility, a transition that has brought numerous benefits to our community and organization as a whole. This move not only provided us with increased space to serve our patients better but also boosted the morale of our staff, leading to increased productivity and a renewed sense of purpose.

In addition to our new facility, 2023 was a year of intensive team development and the initiation of new initiatives that have paved the way for our future growth. We recognize the importance of strategic development and enhancing partnerships with local organizations to ensure smoother and more cost-effective services in the years to come. We are committed to maximizing the impact of our work, and these efforts align with our vision for an even stronger and more resilient Shifa Clinic.

Your generosity, volunteerism, and ongoing support have been instrumental in making these accomplishments possible. We are excited about the opportunities that lie ahead and are immensely grateful to have you as part of our Shifa Clinic family.

Your dedication fuels our mission to provide quality healthcare to those in need, and we look forward to achieving even greater milestones together in the future.

With sincere appreciation and warm regards,

Reshma Khan

RESHMA KHAN MEDICAL DIRECTOR





MOVING IN TO NEW FACILITY

In January 2023, we commenced operations in a new 5,000-square-foot facility generously acquired by ICNA Relief USA, as our impressive annual growth rate necessitated the expansion to accommodate our flourishing operations better.



The advantages of our new facility were manifold, primarily stemming from the increased space it provided.

- Two separate entrances for the food pantry and clinic significantly enhanced traffic flow and operational efficiency.
- A notable benefit was running specialized services such as eye and primary care side by side without crowding the facility.
- Employees enjoyed dedicated workspaces, fostering a peaceful working environment conducive to increased productivity.
- With more space, we could also stock more food supplies and assist needy families.
- Furthermore, the expanded space allowed for more volunteer support, facilitating a smoother workflow that improved patient outcomes and overall operational efficiency.



36% In-kind donation



36% tal value c

total value of services



16%

Unduplicated patients



43% Food distribution



100% value of medications distributed









OUR IMPACT

Team work is the secret that helps common people achieve uncommon results



IN KIND DONATIONS

\$3,412,498.18



VOLUNTEER HOURS

\$900,227.5



IN HOUSE \$1,549,891.98

Total \$5,862,617.66

6



estimonial

Real-Life Stories of Healing and Hope

Patient's stories underscore the importance of community health programs, early detection, comprehensive care, and the need for personalized approaches in managing chronic conditions.

Eladio Bautista's health journey highlights the importance of community health initiatives and the challenges individuals face in managing chronic conditions. Notably, he participated in the Health Fair, leading to the discovery of his significantly elevated blood sugar levels.

The initial shock of Eladio's blood sugar reading at 580 and subsequent diagnosis emphasized the severity of his condition. Unfortunately, financial concerns prevented him from seeking an immediate emergency car. The quick response and scheduling of an urgent appointment after diagnosis demonstrate the dedication of the healthcare professionals involved. Monitoring Eladio's progress and implementing a holistic approach that addressed not only diabetes but also high cholesterol and triglycerides showcased a comprehensive strategy for his well-being.

Incorporating Eladio into the TACM-2 Diabetic Monitoring program with MUSC, is a positive step. The improvement in Eladio's A1c levels and fasting glucose indicates the effectiveness of the care plan. Eladio's case also highlights the significance of understanding familiar and lifestyle factors contributing to diabetes.

Melissa C., a 16-year-old patient, first came to our clinic in 2021 seeking prenatal care for her first pregnancy at the tender age of 14. Living with her aunt and the baby's father, who later returned to Guatemala after the child's birth, Melissa faced unique challenges. A compassionate Charleston County ESOL parent liaison played a pivotal role by assisting Melissa throughout her prenatal care clinic. which dedicated journey. Our is to comprehensive care, ensured that Melissa received genetic testing screenings for abnormalities and provided free prenatal care. Beyond medical care, she received assistance from our food pantry for essential baby supplies and diapers. Following the birth of her baby girl at Bon Secours Roper St. Francis, she returned for her postpartum appointment at our clinic. During this visit, she received education on contraceptive methods available through our grant-supported services



Opting for Nexplanon due to its benefits, Melissa continues to follow up with our gynecologist for ongoing care. Melissa's journey highlights our commitment to holistic care for teenage mothers, ensuring their immediate medical needs and long-term well-being.



>>> VOICES OF IMPACT: VOLUNTEER STORIES

Pip Palmer's story is a testament to resilience, generosity, and the unyielding human spirit: a breast cancer survivor and a tireless volunteer.

Pip's journey has inspired our community. She ran a marathon to raise nearly \$3,000 for Shifa Clinic, embodying the power of determination and community support.

Beyond fundraising, Pip continues to give her time and energy to various initiatives, reminding us of the potential for unity and generosity, even in the face of adversity. We are grateful to have Pip in our community, and her commitment to making the world better is a true source of inspiration.



"I see those who work at Shifa and Volunteer as one family. We all come from different backgrounds, faiths, even nationalities and it gels together to support people in need. However we also learn from each other because of our differences. Volunteering at Shifa widens my view of the world and exposes me to the power of humankind and the rich diversity of individuals we are amongst.

At some places you can stand around feeling like a spare part with little to do. At Shifa if they need help they will ask you, they will show you what is needed and let you get on and provide it. You feel useful and helpful in a practical way. In addition you ALWAYS get thanked for your time and feel welcomed and appreciated."

Pip Palmer

SUSAN TAYLOR



Susan Taylor is an exceptional and dedicated volunteer who has been a pillar of support in our community. Her commitment to addressing child hunger prevention is truly commendable. Susan not only assembles and delivers supplies to children in need of weekend meals at Pinehurst Elementary School but has also been a consistent financial contributor to sustain the program over the years. In addition to her generosity, Susan volunteers her time to deliver food to other families in need on a monthly basis and supports community events through both her time and financial contributions. Her selflessness and unwavering dedication to serving the community make her a remarkable individual, always ready to provide the support needed.

"Volunteering with SHIFA is an honor and I am grateful to be a small part of the work there. It has given me greater insight into our community and the needs that exist here. Working with people who have such passion for their work is an awesome opportunity for any volunteer. Staff is always so grateful for your time and help and you know as you watch the faces of those you are helping you are making a difference."

Susan Taulor 555



CLINICAL VOLUNTEER HOURS For Pre-med/Health sciences college students



Our students get hands-on clinical experience that allows them to kickstart their careers in medicine and healthcare administration. Many of our pre-med college student volunteers are currently studying for the MCAT and working on their medical school applications! We are delighted to help them by giving them experiences through volunteering that will help to prepare them for any future endeavor.

The medical school application process can make you feel nervous and strapped for time, but volunteer work is an area where they learn the most valuable lessons. Volunteering helps them to find out where their passions lie and become a more well-rounded, caring, and empathetic person.

- + Pre-med clinical volunteer
- ★ Flexible schedule
- ★ Patient care experience
- ★ Onsite Volunteer Training



<u>Citadel Partnership:</u> Enhancing Community Engagement Through Volunteerism



Our partnership with Citadel has been instrumental in achieving our community engagement goals. With this collaboration, we have successfully secured a dedicated pool of volunteers for our outreach events while simultaneously providing students with valuable opportunities to earn service hours and contribute to community support. This partnership has proven to be a win-win for both parties involved.

Our organization benefits from a reliable source of volunteers who play a crucial role in the success of our outreach initiatives. These volunteers actively engage with the community, support event logistics, and contribute to our positive impact mission.

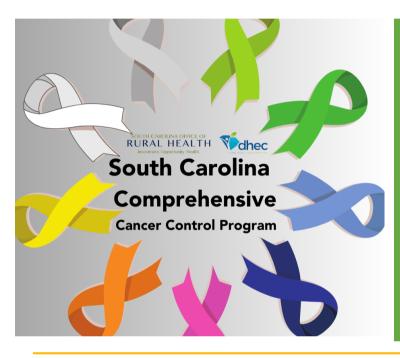
On the other hand, students from Citadel gain a valuable opportunity to give back to the community and accumulate service hours, which can be pivotal for their personal and academic development. Participating in our outreach events, they gain practical experience, develop essential skills, and build a strong sense of social responsibility.



Our Impactful Partnerships

The collaborative efforts between the <u>South Carolina Office of Rural Health</u> and the South Carolina Comprehensive Cancer Control Program from <u>SC DHEC</u> imply a significant step towards enhancing cancer survivorship care in South Carolina. With this joint initiative Shifa Clinic integrated cancer survivorship care plans into the patient's regular primary care.

By providing targeted and timely support, our patients can navigate the journey towards sustained well-being, starting right here in their health care home.



By emphasizing best practices for maintaining optimal health post-cancer treatment, the program aims to provide comprehensive support to individuals navigating life after cancer.

At the heart of this initiative is the commitment to delivering personalized survivorship care plans to patients.

These plans are crucial tools that encapsulate vital information about cancer diagnosis and treatment, fostering a more profound understanding between patients and healthcare providers. The plans delineate the necessary follow-up steps, empowering patients to know when and what care they require.

Enhancing Prenatal Care Through the Roper St. Francis Greer Transition Clinic Partnership

This partnership is crucial in optimizing patient flow within our healthcare facility. By transferring prenatal patients to Roper St. Francis Greer Transition Clinic at 32 weeks, we open up valuable spots for new patients, reducing wait times and ensuring that more expectant mothers can promptly access the care they need.

Furthermore, this collaborative approach streamlines the delivery process for our patients. It facilitates the completion of necessary paperwork, ensuring that all administrative aspects are in order, and allows for a controlled and well-prepared delivery experience. This enhances the overall patient experience and contributes to better health outcomes for both mothers and newborns.

By working together, we create a system that benefits patients by reducing wait times, streamlining administrative processes, and ensuring a smooth and controlled delivery process.

This collaboration underscores our dedication to the well-being of our patients and the efficiency of our healthcare services.





EXPANSION OF VISION PROGRAM

In the past year, we have made significant strides in expanding our vision services to meet our community's needs better. Our commitment to enhancing access to quality eye care has led to several noteworthy developments. We have successfully increased the availability of vision screenings by hiring a part-time optometrist as well as through generosity of our volunteer Dr. Wheeler with increased hours of service, enabling us to identify and address eye health issues at

an earlier stage.



2024 GOALS FOR OUR PROGRAM

Four key objectives that will enhance the quality and reach of our services:

A) Building a Reserve of volunteer Optometrists
B) Enhanced Post-Exam Services
C) Recruiting Vision Administrative Support
D) Sustainability Goals

. . .

114% INCREASE IN PATIENT VISITS AS COMPARED TO 2022

>>> PARTNERSHIPS AND GRANTS

Thanks to the generous support of **Trident United Way** and the **SC Physician Charity Network**, we've acquired two vital pieces of equipment:

The **Vision Spot Screener** enhances pediatric and health fair screenings with efficiency; we've streamlined our screening processes, making them quicker and more accessible to those needing eye care.

The **Retinal Camera** significantly improved our diagnostic capabilities. The Retinal Camera lets us detect eye conditions early, enabling more accurate assessments and timely interventions to protect our patient's vision and overall eye health.







ACADEMIC CENTER

We provide educational opportunities for future medical practitioners. We are a rotation site for graduating nurse practitioner students, physician assistant students, and family practice residents from MUSC, South University, Charleston Southernuniversity and online universities for NP students.

Internships for college students in public health at free clinics provide hands-on experience, skill development, and networking opportunities. They expose students to diverse populations and healthcare disparities, boosting their confidence and enhancing their resumes. These experiences nurture personal growth, encourage career exploration, and reinforce a commitment to community service, preparing students for meaningful careers in public health while benefiting underserved communities.



10,328

Why is this important? : There is a twofold reason a) There is a lack of clinical rotation sites available for the students to graduate.

By 2030, South Carolina is projected to require an increase of almost 30% in primary care physicians. By helping provide the rotation needed we keep our students in state.

b) The seed of altruism is planted, and they develop a new outlook on their impact when they become providers.







I am beyond grateful for being able to have a rotation at The Shifa Clinic! The experiences I gained here will be taken with me to multiple clinics I go to next. Being able to serve a community that otherwise would not have access to healthcare was so rewarding. Lastly, the amount of patient care I was able to provide made me so much more confident as a future PA!

PA Student







Shifa Free Clinic improves team performance by developing a shared sense of identity and purpose, leading to better collaboration and communication among team members.

In 2023, to encourage growth and development to bring diverse skills, perspectives, and experiences, we will coordinate training sessions such as cardiopulmonary resuscitation-CPR, Excel, selfcare, and active shooting. These efforts improved productivity, creativity, and resilience in the face of challenges and achieved progress effectively. However, the commitment must be shared for continuous improvement, understanding it as a journey rather than a destination.

AmeriCorps

SCFCA CHW PROGRAM

The Public Health AmeriCorps objective is to create a talent pipeline for the next generation of public health leaders ready to respond to the nation's public health needs. South Carolina Free Clinic Association (SCFCA) is a recipient of the first Public Health AmeriCorps grant. Our Public Health AmeriCorps program will:

- Improve access to care.
- Increase health knowledge.
- Improve health outcomes and
- Promote positive change in health behaviors for patients enrolled in the program at participating clinics.

Our AmeriCorps members serve as Community Health Workers (CHWs) and offer health coaching to their clients. Their clients include patients with a diagnosis of prediabetes, diabetes, and/or hypertension.

Additionally, our AmeriCorps members screen and address social determinants of health to reduce barriers to care for their clients. Social determinants of health include but are not limited to food insecurity, housing/unsheltered, lack of income/economic

SOUTH CAROLINA

FREE CLINIC ASSOCIATION

instability, language barriers, transportation barriers, lack of social/family support, and domestic/family violence.

Currently there are 10 AmeriCorps members serving as CHWs in clinics across South Carolina. Each AmeriCorps member supports approximately 50 - 100 clients. For the first year of the program (2022-2023), Shifa Clinic enrolled 79 clients in the program and had an overall improvement of 38% improvement in decreased A1c results and/or blood pressure readings for enrolled clients.





2023 ANNUAL FUNDRAISING BANQUET **The Heart Of Service** Sincerity and Sacrifice

The Annual Banquet serves as a cornerstone event for Shifa Free Clinic, embodying a multifaceted purpose that extends beyond fundraising. It stands as a testament to our gratitude for the invaluable time and financial contributions generously provided by our supporters.

This gathering is a fundraising initiative and a strategic platform designed to cultivate and strengthen our network. The evening commences with a warm reception featuring delightful Indian cuisine. This sets the stage for meaningful connections among guests, fostering a sense of community and shared commitment to our cause. As we reflect on Shifa Free Clinic's remarkable achievements and articulate our vision for the future, the banquet became a conduit for sharing these milestones with our cherished donors. Moreover, it is an occasion to express our gratitude to those who have played a pivotal role in our success. The event featured speakers such as Earl Bridges, the PBS Series The Good Road TV host, and the honorable Charleston Mayor John Tecklenburg.



MEDICAL OUTREACH





Our commitment to medical outreach extends to organizing multiple health fairs in underserved areas. These initiatives play a vital role in screening and identifying individuals who have not had the opportunity to access healthcare services, ensuring that we reach those in need and provide them with essential medical care and support.

Partnering with local community organizations and engaging volunteers, including pre-med students from institutions like Citadel, is a mutually beneficial strategy. It enhances community involvement and extends the impact of healthcare initiatives. Volunteers gain valuable insight into community needs, potentially solidifying their healthcare career aspirations. This collaboration fosters stronger community connections and a more comprehensive approach to addressing healthcare disparities and promoting well-being.





Vision screenings at health fairs are vital for identifying potential vision problems early, as many issues may not exhibit symptoms initially. These screenings help individuals recognize their need for eye care, particularly if they lack insurance coverage. Offering services like refraction and glaucoma testing, as well as partnerships with organizations like "Needy Eyes" to provide free eyeglasses, can break down financial barriers to accessing care. A well-structured referral process ensures individuals receive follow-up care after a positive screening.







HUNGER PREVENTION PROGRAM

Despite being one of the wealthiest nations in the world, South Carolina struggles with food insecurity, meaning they need consistent access to enough food for an active and healthy life. Our Food pantry is critical in addressing food insecurity by providing monthly free food to individuals and families in need and helping supplement their monthly grocery budget, particularly during financial hardship or crisis.



Number of Pick ups 10,388



Pounds of food distributed 419,078



Number of Diapers distributed 62,619



Number of Individual served 28,968

INNOVATIONS IN HUNGER PREVENTION PROGRAM CHANGING LIVES TAKES A COMMUNITY

HOME FOOD DELIVERY THROUGH AMAZON PARTNERSHIP

We are delighted to express our profound gratitude for the invaluable partnership with Amazon Home Food Delivery, which has enhanced our ability to serve the community. Over the past 3 years, this partnership has proven to be an extraordinary asset, allowing us to extend our reach to those who are homebound due to various reasons, including age, disability, or transportation challenges. Their commitment to our mission goes beyond logistical support, as they have generously contributed \$40,000 in financial support toward food supplies and operational expenses. This support has been instrumental in sustaining our mission, and we look forward to continued collaboration with Amazon Home Food Delivery in making a meaningful difference in the lives of those in need within our community. Together, we are making a positive impact, one meal at a time.

amazon

Increasing Access to fresh produce and meat

We are thrilled to acknowledge the remarkable partnership facilitated by the **Lowcountry Food Bank** with esteemed retail giants such as Publix, Target, Opie, and Costco. This collaborative effort has proven to be a game-changer in our mission to alleviate hunger within our community. Through this partnership, we have gained access to an abundant supply of quality food products, enabling us to maintain a well-stocked food pantry that caters to the diverse needs of our clients. The generosity of Publix, Target, Opie, and Costco has not only helped us provide essential staples but has also allowed us to offer fresh produce, ensuring that we meet the nutritional requirements of those we serve

These partnership is a shining example of how collective efforts can create a meaningful impact, and we are profoundly grateful for the support of these retail giants in our ongoing quest to combat hunger and promote food security in our community.

ƏPIE 🥯







Drop



HONOR AND AWARDS

YEAR 2023

Rising Beyond The Ceiling

100 Inspiring Muslim Women of India in the United States

Rising Beyond the Ceiling

Dr Khan named is one of the 100 honorees in USA

Rising Beyond The Ceiling (RBTC) is a global initiative to shine a spotlight on achievements and contributions of Muslim women of India, both in the country and in countries around the world. The vision of RBTC is 3 Cs- Celebrating Achievements, Changing Stereotypes and Creating Leadership Opportunities. The United States RBTC 100 Global Inspirations List spotlights Muslim women from India who have made their mark in different professions in the USA.

The 100 stories capture the resilience, challenges and their immigrant experience in building a career in a new environment and country.

The book is available on Amazon.



10 Most Beautiful People in Charleston by Charleston Magazine

This award highlights 10 residents who embody the beauty of the human spirit and personify attributes such as Integrity, Reliability, Grace, Harmony, Determination, Faith, Creativity, Optimism, Generosity, and Wisdom.

Dr Khan was nominated and selected for your continued work with and growth of the Shifa Clinic and the impact her work has on the community. She was selected for the attribute of grace.



FINANCIAL REPORT 2023



In the pursuit of our mission as a non-profit organization, Shifa Free Clinic remains committed to the principles of health and hunger prevention.

The recent expansion of our operations to include a new location has been a pivotal step in enhancing our impact and efficiency. This strategic decision has empowered us to broaden our reach and amplify our ability to provide crucial medical services and food distribution to those in need.

The budget presented predominantly focuses on financing ongoing projects and programs within the organization. However, it's essential to highlight that the budget doesn't fully capture the financial backing from ICNA Relief's headquarters for crucial back-office functions. Expenditures related to human resources, IT infrastructure, marketing, legal and accounting services, and other operational areas are vital for sustaining the overall functionality of the organization.

Income Statement 2023		Total
 GRANTS AND DESIGNATED DO Foundation Governmen Others 	S	\$ 171,153.00 \$ 76,856.71 \$ 133,436.53
Subtotal		\$ 381,443.24
• COMMUNITY DONATIONS/FUNDRAISERS		\$ 313,174.53
	Income	\$ 694,620.8
 THE DEFICIT INCURRED HAS BE COVERED BY ICNA RELIEF HEADQUARTERS. 	EEN Total Income	\$ 57,507.95 \$ 752,128.75
Expenses Statement 2023		Total
 Personnel Occupancy Contractual services Operational Costs Building and equipments Fundraising 		\$419,749.51 \$ 31,639.23 \$ 4,365.00 \$170,407.47 \$ 90,531.54 \$ 35,436.00
	Total Expenses	\$ 752,128.75



GOALS 2024

In pursuit of our annual goals, we are committed to achieving two-fold success:

a) strategically allocating resources to support sustainable clinic expansion, which will enable us to provide essential healthcare services to a broader population without imposing a burden on our financial stability, and

b) enhancing community health through comprehensive outreach and education initiatives.

These efforts will not only improve our service quality but also ensure the long-term financial health of our organization, reinforcing our commitment to sustainable growth and community well-being.

Strategic Resource Allocation for Sustainable Clinic Expansion

- Through our established collaboration with Carmiheal Medical Training and the pre-med student program, we aim to refine patient intake processes, offering a more streamlined experience for both healthcare providers and students, thus optimizing our operational efficiency.
- Building upon our partnership with CCPN, we are dedicated to boosting colon cancer screening rates by a significant 15%, further advancing our commitment to early detection and prevention of this critical health concern.
- Through the strategic development of our resources for the Eye Clinic, we aim for a 20 % rise in patient volume, enabling us to reach and serve a larger community with critical eye care services.

Enhancing Community Health Through Outreach and Education Initiatives

- Through research identify food desert areas in the tri-county region and establish monthly community events. These events will include food distribution, health screenings, and educational sessions to empower the community with vital health information.
- Implement a senior meal distribution program to improve access to nutritious food for senior citizens in our community, addressing their nutritional needs and reducing food insecurity among this vulnerable demographic.

Our Team



Medical Director	Dr. Reshma Khan, MD
Office Manager	Lupe Barragan-Moser
Primary Care Provider	Hailey Libengood, PA-C
Food Pantry Manager	Brandon Kenney
Volunteer & Outreach Ma	anager Meredith Sussman
Dispenser Manager	Kelly Trejo
Outreach and Hunger 🗕	
Prevention Coordinator	Yassin Mohamed

Administrative AssistantEvelin EncisoAdministrative AssistantIris MaldonadoAdministrative Assistant IntakeMagali J. NunezHunger Prevention AssistantMarlene LovoHunger Prevention DriverDomonique ManigaultMedical Outreach TeamJose Godoy & Heidy ReveloCommunity Health WorkerMitzi Herrera

Kathleen Murphy - Chairman Board
Suparna Qanungo - Vice Chair
Maureen Cannon - Board Member
Lupe Barragan-Moser - Treasurer

Dave Smoley- Board Member Kathy Smoley - Board Member Colin Smoak- Board Member Renee Smoak - Board Member Kristin Kroll - Board Member Simone Chinnis - Board Member Sshune Rodes- Board Member Reshma Khan- Board member

"Unity is strength. . . when there is teamwork and collaboration, wonderful things can be achieved." Matte Stepanak

We couldn't have done it without your generous support.

"I want to express my immense gratitude through these lines for all the effort you have put into improving my health. I thank you very much for all your help, your concern, and your attention. God bless you all."

Orlan Salvador Laguna Patient Shifa Free Clinic

Thank you to all our donors, volunteers and our collaborating organizations.









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