

Barrier Islands Free Medical Clinic (BIFMC), a free clinic in Charleston, SC, is a non-profit 501(c) 3 organization that provides continuing primary health care to uninsured adults who **live or work** on the Barrier Islands or serve Charleston's Downtown Hospitality Industry. Determining income eligibility is based on household size; an example would be a single-person household with an annual income of \$37,345 or less (*the gross income level increases by \$13,216 per each additional family member.*) To qualify for our free healthcare, you must:

- Live or work on Johns, James & Wadmalaw Islands; Folly Beach; or work in the Hospitality Industry on the Charleston Peninsula.
- Have no health insurance, Medicare, Medicaid or VA medical benefits
- Have household income at 299% of the Federal Poverty Level or less annually within a single person household.

<https://www.bifmc.org/patient-services/eligibility/>

Our Lady of Mercy

We offer programs that meet the needs of our community ranging from financial assistance and emergency food and clothes to dental and OB/GYN care and GED, ESL and youth education. Our focus is on creating lasting, systemic change. Both Neighborhood House and the Johns Island Campus offer various programs. The Johns Island campus serves residents of Johns, James, and Wadmalaw Islands, and Neighborhood House serves downtown Charleston. Click below to find out more.

Wellness

Outreach we believe in treating the whole person. Residents of James, Johns, and Wadmalaw Islands who lack insurance or the means to pay can take advantage of our services. Emergency dental clinic is for all Charleston, Berkeley, and Dorchester County residents who have no insurance. Call [843-559-4493](tel:843-559-4493) for more information. These are some of the programs we offer:

- Dental Services (Mon-Thurs) by appointment and (Tuesday) Walk-in Emergency Clinic, registration starts at 3pm and only ten patients will be accepted.
- Women's Health Services (Mondays by appointment) - pre-natal and gynecological
- Health Education
- Walk with Ease
- Prenatal Care
- Yoga Classes
- Quilting Lives
- Neighborhood House Wellness Program - blood pressure screening, diabetes screening, Q&A (Third Thursday of each month)
- Dental Screenings at Neighborhood House with follow-up (quarterly)

Education

Education is one thing that can never be taken away. At Our Lady of Mercy Community Outreach, we believe education is a key ingredient to self-sufficiency and

independence. In our efforts to offer the best programming possible, we collaborate with many other nonprofit organizations, agencies, and businesses. GED and ESL programs are offered through a partnership with Charleston County Adult Education. We offer a variety of classes for all age groups, call [843-559-4109](tel:843-559-4109) for more information about the following programs:

- Budgeting Classes
- Child Learning Center (ages 18 months to 4 years; offered to children of adults enrolled in our programs)
- Community Speakers Series
- English as a Second Language Classes
- GED Classes (ages 22 and older)
- Yes, I Can! After School Homework Assistance
- Yes, I Can! Summer Camp

Outreach Services

Our Lady of Mercy Community Outreach Services focuses on the whole individual. With social workers on staff at both Neighborhood House and Johns Island, we provide basic needs to help people get back on their feet and get through challenging times and we work with them to set goals to get on the path towards self-sufficiency. Clients can access the Food Pantry and / or Clothing Closet once every two months and receive financial assistance once a year. We also partner with other non-profit agencies via referrals to make sure our neighbors get the assistance they need.

Call [843-559-4109](tel:843-559-4109) for Johns Island and [843-805-8064](tel:843-805-8064) for downtown Neighborhood House:

- Emergency Financial Assistance
- Food Pantry
- Clothing Pantry
- Free Lunch Program (offered daily at Neighborhood House from 12pm-1pm; no appointment needed)
- Agricultural Farm Worker Services
- Senior Food Box Distribution
- emPOWER - Work Force Development Program (by appointment)
- Bridges out of Poverty Support Group (Neighborhood House only)
- Senior Fellowship Program (Neighborhood House only) 1st and 3rd Wednesday of each month

<https://www.olmoutreach.org/programs>

Low Country Food Bank

Hebron Zion Emergency Food Pantry

Hebron Zion Presbyterian Church, 2915 Bohicket Rd, Johns Island, SC operates a weekly 60-Day Emergency Food Pantry that provides food for a short period of time to families and individuals who are in need of emergency food. This pantry initially started as a food closet in 1990 and has expanded into a full fledge pantry that serves the community on Wednesday and Thursday weekly from 10:00 AM to 2:00 PM. On Saturday and Monday the pantry distributes vegetables and bakery goods. During 2015 this pantry distributed 47,994 pounds of food to

1,116 families representing 3,121 individuals. As of February the pantry has distributed 7,894 pounds of food serving 148 families representing 425 individuals.

Contacts:

sezion@aol.com

843-559-0865 - church

843-509-6232 - Leo Smith

Meals On Wheels of Charleston

Meals on Wheels (meals to the Sea Islands) is a program of Charleston Area Senior Citizens, 259 Meeting Street, Charleston, SC 29401. They currently deliver an average of 35 home-delivered meals, Monday - Friday on Johns and Wadmalaw Islands with an increasing need for expansion. There are meal drop off locations at Our Lady of Mercy and Wadmalaw Island Community Senior Center. The meals include a hot entrée, milk, bread and fruit. For more information: www.charlestonareaseniors.org or 843.722.4127.

Meals On Monday at Rockville Presbyterian Church

The Meals on Monday is an interdenominational faith-based program designed to prepare and deliver one nutritional meal a week to the senior citizens who live on Wadmalaw Island. The program is based out of Rockville Presbyterian Church. We use fresh locally grown produce, meats and fish whenever feasible. Volunteers meet on Mondays at the church kitchen and prepare and deliver 85-100 meals weekly. The program is funded by donations and a grant from the Kiawah-Seabrook Exchange Club.

Contacts: kiawahcason@gmail.com

843-559-1056 - Church / Susan Cason

Sweetgrass Garden

Sweetgrass Garden at 3121 Plow Ground Rd., Johns Island provides fresh, nutritious produce to the hungry on Johns and Wadmalaw Islands. Every Saturday morning from 8:00 am until noon volunteers plant, harvest, weed, water, teach, learn, work and play. A pumpkin patch should be ready for the fall fundraiser that will focus on building a Sweetgrass Garden Hunger Awareness Center. This pavilion will support the Sea Islands Hunger Awareness Foundation (SIHAF) and the entire community by hosting educational opportunities related to hunger including canning, pickling, cooking, nutrition and beekeeping classes. Please come join us any Saturday and work in the field or take a tour of the farm including the DHEC kitchen where we provide economic development opportunities for growing small businesses. www.facebook.com/sweetgrassgarden.

Contact: Dale at (843) 270-0089 or Jennifer at (843) 330-7164.

St. James Bethel Food Pantry

Open 2nd and 4th Wednesday 10:00am - 2:00pm

Director Louise Brown

5305 Maybank Hwy, Wadmalaw Island

Temple Take-Out

The Temple Take-Out Ministry of Wesley United Methodist Church at 2718 River Road, Johns Island, SC prepares homemade meals and sandwiches for Seniors, 65 or older in need or with disabilities, living in the Johns and Wadmalaw Island communities. On the second Sunday of each month, homemade meals and sandwiches are delivered to homes or picked up after church services.

Wesley United Methodist Church: (843) 557-0316 - Mary D. Hill

[https://www.lowcountryfoodbank.org/findhelp/?
_ga=2.145967095.2123324100.1588109217-766975672.1588109217](https://www.lowcountryfoodbank.org/findhelp/?_ga=2.145967095.2123324100.1588109217-766975672.1588109217)