



# Spring 2016

Special Capital Campaign Edition

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## Orange County Free Clinic is Moving!

At the April 18th Orange County Free Clinic Board of Directors meeting, the board voted unanimously to approve the expansion and relocation of the Orange County Free Clinic (OCFC) to 103 Woodmark Street, in the Silk Mill building next to the Silk Mill Grille.

“We love our space here at the James Madison Highway location, but unfortunately we have out grown it. We have been bursting at the seams for quite a while now, our staff has grown and our patient load has doubled since our move to this location 5 years ago, says Dorren Brown. “We are at capacity and just plain out of space -we have no place for medical supplies, equipment or anything else for that matter.”

Kent Higginbotham, the owner of the Silk Mill building and his team, are doing a build out from the “ground up” to accommodate the growing needs of the free clinic.

The clinic is currently operating in 1,890 square feet. The new location will be 3,680 square feet - nearly

doubling the size of the current clinic space. The much-needed new space will include: four exam rooms, a nurse’s station, a nurse practitioner’s office, a counseling room, patient screening room and administrative offices. In addition, there will be new classroom/ conference space for ongoing educational programs, workshops, and cooking/ nutritional classes.

The OCFC is steadily increasing patient numbers each year. In 2007, the clinic had 86 patients, that number is now over 2,800 patients and rapidly growing. The free clinic moved from the health department to

their current space just five years ago. Since then, the free clinic has added 1,800 new patients. The OCFC averages roughly 400 new patients each year.

Services provided at the free clinic are in high demand. The OCFC is the *only* health safety net caring for the uninsured acute and chronically ill residents in Orange County.

Although the free clinic is located in the Town of Orange, the clinic serves the whole county. This includes Gordonsville, Barboursville, Rapidan, Lake of the Woods and everyone in between!

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**Staff:**

*Dorren Brown  
Executive Director*

*Alyson Hodge  
Resource Development*

*Janice Weaver, RN*

*Crystal Nisly  
MAP Caseworker*

*Meredith Beechy  
MAP Caseworker*

*Lisa Wilson  
Administrative Assistant*



OCFC Staff at new clinic site 103 Woodmark Street in Orange

## Letter from the President

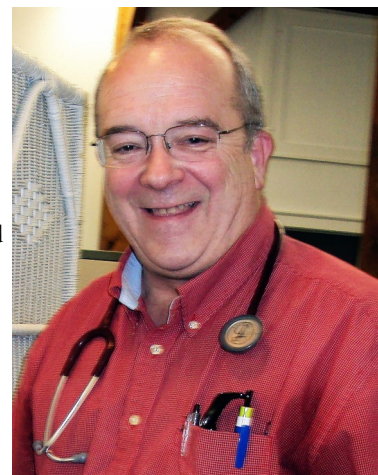
Dear Friends,

I'm sure you are aware of the important role that the Orange County Free Clinic plays in helping people whose lives are impacted by the medical care and prescription assistance we provide. This important work is supported largely by the support of our generous donors. Our patient numbers continue to grow, our services and programs have expanded, and we've simply outgrown our current space! Our new goal is to raise \$50,000 for the Clinic's move and build-out, which will allow the Orange County Free Clinic to have ample space and be able to accommodate the many much needed services to those in our community who are in need of assistance.

In order to continue making a difference in the lives of individuals affected by the work of the free clinic, it is vital for this year's capital campaign to be a success. Can we count on you to make a donation to this important cause? By making a tax deductible donation to our capital campaign, you'll be directly contributing to people struggling to cope with acute and chronic illness. Additionally, you'll be recognized for your generosity as a capital campaign supporter in the fall newsletter.

The Orange County Free Clinic is depending on your assistance and generosity. Please visit [www.orangecountyfreeclinic.org](http://www.orangecountyfreeclinic.org) to show your support, or fill out and return the enclosed envelope. Please be assured that your contribution will be put to good use providing help to individuals in need of assistance right here in our community. Thank you for your consideration and continued support.

-- Dr. Randolph V. Merrick, OCFC Board President



## Weight Loss Program in 2nd Month!

**"This starts with your mind and as soon as you make the choice to start living healthier you see the immediate benefits of that decision."  
—Donna White  
Volunteer Retired RN**

Thanks to the Culpeper Wellness Foundation's Healthy Living Grant, the clinic received \$5000 to start a 3-month Diabetic Weight Management Program.

Led by Donna White, a volunteer RN, Marty Smith, a volunteer nurse practitioner/dietitian and OCFC staff, the program was developed for pre-diabetic and diabetic patients struggling with obesity.

The program launched on April 1st with 25 patient participants.

The program includes diabetic nutritional education, an exercise and walking workshop and patient support and discussion groups. Patients have pedometers to track movement and nutritional journals to keep track of their food intake.

Donna White has even added meditation and yoga to the

program. She says, "This starts with your mind and as soon as you make the choice to start living healthier you will see the immediate benefits of that decision."

Classes are held Monday and Thursday from 3 pm– 5pm. Classes and workshops have excellent attendance and patients are responding positively.



## A Meal That Heals" Raises \$1500!

On Sunday, March 20, 2016 Elmwood at Sparks in Orange hosted the 7th annual "A Meal That Heals".

Elmwood at Sparks put on a fabulous three-course dinner paired with wine. Half of the dinner proceeds from the evening were donated to the Orange County Free Clinic.

"Chef Randy Cooper has been a long time

friend of the clinic, his generosity and talent is incredible, we just can't thank him enough for so many wonderful years of doing this event, it means so much to us", says Aly Hodge, Fundraising Coordinator for the free clinic.

There was an excellent turn out for the dinner, guests were wined and dined by the staff at Elmwood at Sparks and had an overall wonderful evening!

# OCFC Offers Counseling Services

The OCFC is pleased to announce the offering of counseling twice a week through a continued partnership with Fredericksburg Counseling Services. Every Tuesday from 1-6pm and Fridays 1-5pm volunteer resident counselors come from Fredericksburg to see our patients by appointment at the free clinic.

Depression is the 3<sup>rd</sup> most diagnosed illness among our free clinic patients. Often patients are also struggling with chronic illness and other medical problems. They might be facing job loss, family problems, financial stress, poverty and homelessness.

The Rappahannock-Rapidan Community Service Board (RRCBSB) provides service to District 9 residents. Unfortunately,

the RRCBSB had to close the local office in Orange; directly impacting our patients who used their behavioral health services. They can however, still see patients who have access to transportation at their Culpeper office.

With mental health services being limited or non-existent for the underserved and uninsured in the Orange community, the free clinic is trying to fill a void for those patients. Thankfully with help from friends at the Fredericksburg Counseling Services, patients are now receiving this vital service right at home in Orange County.

“I can’t tell you what a huge impact this has on our patients. We are booked solid every week and the response from our patients has been excellent”, says Executive

Director, Dorren Brown.

She continues to say,

“we’re already a medical home to our patients so it just makes sense to add the mental health piece, plus it’s convenient for those who have transportation issues and cannot get to RRCBSB in Culpeper.”

Currently the volunteer counselors are using the nurse practitioner’s office to see patients, with the OCFC expansion and move to the new building we will have a dedicated space for counseling services. This will provide counselors with their own work space and more privacy for the patients.

**“The OCFC is a medical home to thousands of Orange County residents who could not otherwise obtain basic health care needs”—Dorren Brown**

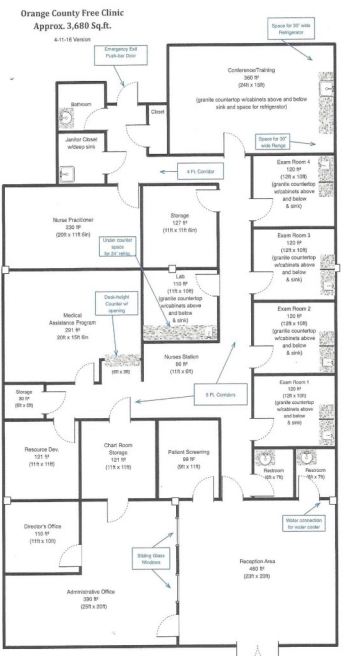
## Moving Continued from Page 1...

“We are so proud of how far we have come and of how many thousands of people we have been able to help over the past 9 years. This move and expansion will mean many more years of service to the people of Orange County who desperately rely on the clinic for their health care needs”, says Brown.

Every day the Free Clinic sees a pressing need to expand our services, reach more people and continue providing quality care to our patients. A new space for the clinic makes this a reality.

The move will come sometime in late summer. There

are plans for a ribbon cutting and open house ceremony. The OCFC board and staff members look forward to inviting all our friends, volunteers and community partners to visit the new space and celebrate our growth and success.



## New Venue for the Dinner-Dance!

The 2017 Valentine’s Dinner-Dance will be held at the Inn at Willow Grove!

After 8 years of great times at the StoneFire Station we received the announcement of its closing in March. Aly Hodge, Fundraising Coordinator for the OCFC said, “We are so grateful to StoneFire Station

for all the years they hosted our event and we will continue the tradition of fun for a great cause at the Inn at Willow Grove.”

The Inn at Willow Grove has been long supportive of the Free Clinic’s Mission and in the past has hosted *Dining For Donations*, a dining experience

where a percentage of the proceeds went to the OCFC. Owner and OCFC Board Member, David Scibal says he “has big plans to elevate the event” so stay tuned! The dinner-dance will be held Feb. 4, 2017.



Inn at the Willow Grove, Orange, Virginia





*Orange County Free Clinic*  
*P.O. Box 441*  
*Orange, VA 22960*

*Phone: 540-672-0793*  
*Fax: 540-672-3531*  
*E-mail: [ocfc@orangecountyfreeclinic.org](mailto:ocfc@orangecountyfreeclinic.org)*

*Visit us on the web:*  
[www.orangecountyfreeclinic.org](http://www.orangecountyfreeclinic.org)

*Community Based Care for Those In Need*

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## *What We Do:*

**Mission:** It is our mission at the Orange County Free Clinic to provide primary medical care, prescription assistance and patient education workshops to medically uninsured residents of Orange County, who lack the resources to meet basic health care needs. The Orange County Free Clinic is dedicated to the belief that everyone should have access to health care services.

**Who We Serve:** Patients must be a resident of Orange County with no health insurance and with a household income at or below 200% of the Federal Poverty Level.

**What We Offer:** The Orange County Free Clinic provides medical care, prescription assistance, counseling, nutritional education, specialist referrals and onsite procedures. In addition, we offer diabetes workshops and one-on-one nutritional consultations, weight loss and smoking cessation classes.

### ***In-Kind Services:***

- UVA Culpeper Hospital provides X-rays, CT scans, EKG's and ultrasounds
- UVA Mammogram van visits the clinic every 2nd Tuesday of the month
- Laboratory testing provided by LabCorporation
- Eye exams provided by Dr. Wasiuta at Total Eye in Culpeper
- Dermatology Services provided by Dermatology PLC in Orange
- FAHASS on site HIV Screening every 2nd Friday of the month

*“It takes each  
of us to make  
a difference  
for all of us.”*

*-Jackie Mutcherson*