



Orange County Free Clinic

“Community Based Care for
Those in Need”

2017 Winter Newsletter

OCFC Rewarded VHCF Grant

The Orange County Free Clinic (OCFC) is proud to announce it was awarded the Virginia Health Care Foundation (VHCF) Grant to fund the hiring of a second part-time Nurse Practitioner (NP), Leslie Raiford. Raiford comes to us with over 45 years experience in the medical field. Recently retired from Charlottesville Family Medicine, she resides here in the Town of Orange. “After retiring, I felt like I wanted to give back to the community, I feel like I have a lot of knowledge and energy to offer.” She started her career as an LPN then got her master’s degree as a Nurse Practitioner 15 years ago. Raiford is no stranger to the free clinic world. She has worked in several free clinics all over Virginia including the Charlottesville and Culpeper free clinics. “Rural community People need the help most and I feel like this is where I can contribute”. In her spare time she enjoys trout fishing, traveling, kayaking and golfing.



GOLF TOURNAMENT SURPASSES GOAL OF \$10,000!

September 17, 2017—It was a beautiful day for golf! The 15th Annual “Tony Fogliani Memorial Golf Tournament” to benefit the Orange County Free Clinic, was held at Meadows Farms Golf Course and raised over \$10,000!

Not only was our goal surpassed, the tournament had over 75 players and an additional 25 guests in attendance. The tournament was staffed by volunteers from both the clinic and the staff at Meadows Farms Golf Course. The delicious dinner was provided by Chef Randy Cooper of Zobird Catering.

All funds raised went directly to patient care.



Left to Right: Brian Hall, OCFC Board Member; Dr. Randolph Merrick, OCFC Board President; Aly Hodge, Tournament Coordinator; Dr. Elaine Fogliani, Tournament Volunteer; Doug Ponton, OCFC Board Member and Volunteer; Delegate Nick Freitas

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WHAT WE DO

The Orange County Free Clinic (OCFC) is dedicated to the belief that everyone should have access to health care services. Our mission is to continue to provide primary medical care and prescription assistance to the residents of Orange County who do not have the resources to meet basic health care needs. Most commonly diagnosed chronic illnesses among our patients are hypertension, diabetes, depression, asthma and COPD.

WHO WE SERVE

Patients must be residents 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 health status of each patient is determined and assessed by reviewing records, taking comprehensive medical histories and performing physical exams. The OCFC provides laboratory tests, through a partnership with LabCorp; X-rays, CT Scans and ultrasounds through a partnership with UVA Culpeper Medical Center; and counseling services provided in-house by Michele Neverdon.



Letter from the Director

It's hard to believe that the holidays are already upon us. 2017 has been quite a year! We've settled into our new space and have expanded both our staff and our services. This past July we celebrated our 10-year anniversary, what a milestone! Thank you to everyone who joined us for the party at Madison at the Mills, what a fun night of live music, delicious food, and great company. When I think about how far we've come, I find myself getting all "sappy". I think about all the people who have come and gone through the years. I have such fond memories of trying to squeeze 50 patients in the door at Tuesday night clinics and our volunteers trying to help each and every one with warm smiles and kind hearts. I think about all the tears shed by patients who felt like they didn't have anywhere to turn in order to get treatment and medications, and then later seeing the same patients shedding tears of relief and hope when they realized someone cared and they now had help.

I guess I have the best job in the world because I get to directly see the results of the kindness of our giving community. Every day I get to accept the gratitude and appreciation of our patients on behalf of our caring long-standing donors, grantors, Board members and of course, our wonderful volunteers. Even though it's been over 10 years, our mission is the same—community based care for those in need.

So at this time, I'd like to express **my** gratitude and appreciation to everyone in our community for your past gifts which have allowed us to keep our doors open and as this year ends, please include the OCFC in your year-end giving. Your gift provides important health care and hope to many for the New Year!

Happy holidays to you and your families!

Dorren



Enjoying the 2017 Orange Street Fair! Left to Right: Dorren Brown, OCFC Executive Director; Denise Boyce, Volunteer Nurse; Michele Neverdon, OCFC Counselor

*"It takes each of us to make a difference for all of us."
- Jackie Mutcherson*

THANK YOU TO OUR VOLUNTEERS!

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Spiced Lemon Yogurt Chicken Tenders



INGREDIENTS

Serves 4

8 chicken tenders (or tenderloin), rinsed and patted dry (about 1 pound)
1 cup nonfat, plain Greek yogurt
Grated rind and juice of a large lemon
1 tablespoon paprika
1 tablespoon grated gingerroot
1 teaspoon ground cumin
1/2 teaspoon garlic powder
1/2 teaspoon salt
1 medium lemon, quartered

DIRECTIONS

Combine all ingredients, except the lemon quarters, in a gallon resealable plastic bag. Seal tightly and toss back and forth until well coated. Refrigerate 8 hours.

Heat a grill pan liberally coated with cooking spray over medium-high heat. Remove chicken from marinade, discarding marinade, and grill 3 minutes on each side or until no longer pink in center. Serve with the quartered lemon, if desired.

From Two-Step Diabetes Cookbook by Nancy S. Hughes



Volunteer Spotlight

Susan Southard

In 2007, the OCFC opened its doors in borrowed space at the Health Department in Orange, one day a week on Tuesday evenings for walk-in patients. With the incarnation of the free clinic came a group of dedicated volunteers, both medical and administrative. Susan Southard is an administrative volunteer. Southard has devoted her time every Tuesday evening since! Southard signs new patients up for services, puts together patient charts, files charts and assists with various administrative tasks. Southard is an invaluable volunteer and we thank her for all she does!

Q: What made you first want to volunteer with the free clinic?

A: A good friend asked me if I could help out the new free clinic in town and I said, sure why not, sounds like a great cause! I understand the struggles and I'm proud to help the people in our community with their basic medical care.

Q: How long have you been with the free clinic and what makes you keep coming back all these years?

A: I have volunteered with the clinic for 10 years. I love the people I get to work with and the dedicated staff. On Tuesday nights other volunteers and friends Bob Vasquez, Sue Hromyak and the volunteer doctors and nurses are all here too, so it's great.

Q: What's it like working with the patients when they first come to the free clinic?

A: The patients are always very nice and thankful we are here to help them, it's always been a pleasure to work and help the patients at the free clinic.

SAVE THE DATE!

9th Annual "Share Your Heart For Health Care" Gala
Saturday, February 10, 2018



Benefiting the Orange County Free Clinic
14079 Plantation Way ~ Orange, Virginia

Welcome to the OCFC Staff!



OCFC is proud to welcome Michele Neverdon, licensed counselor, to our staff! Neverdon has volunteered at the clinic for the past two years while she completed her residency with the Fredericksburg Counseling Services.

Mental health services are hard to come by, especially for the uninsured. This is a valuable service we are proud to be able to offer. Thanks to the generous contributions from individual donors, we were able to fund our mental health program 15 hours a week.

Neverdon sees patients twice a week on Tuesdays and Thursdays. This program has provided mental health services over 55 individuals.

Neverdon says she has always been dedicated to her patients and really feels at home here at the free clinic. "I feel like it's a family atmosphere between the staff and the patients, I am very happy here", says Neverdon. She goes on to say, "I have lived a blessed life and this is the opportunity to give back".

~ WHY WE NEED YOUR SUPPORT ~

OCFC provides primary medical care, prescription assistance, women's health care and counseling services to Orange County's low-income, uninsured residents. We help our patients to manage their acute or chronic conditions, keeping them out of expensive emergency rooms and enabling them to get healthy and back to work. 70% of the patients at the free clinic work, but do so in low wage, part-time positions that do not offer benefits or the benefits are too much for them to afford. We are grateful for all of the individuals, businesses and foundations that support our efforts!

Office Hours: 9 am - 5 pm Monday - Friday ~ Clinic Hours: Monday - Thursday 9 am - 2 pm Walk-in Clinic: Tuesday evening 4 pm - 7 pm

SAVORY APPLE-CHICKEN SAUSAGE RECIPE



These easy, healthy sausages taste great, and they make an elegant brunch dish. The recipe is also very versatile. It can be doubled or tripled for a crowd, and the sausage freezes well either cooked or raw.

INGREDIENTS

- 1 large tart apple, peeled and diced
- 2 teaspoons poultry seasoning
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1-pound ground chicken

DIRECTIONS

In a large bowl, combine the apple, poultry seasoning, salt and pepper. Crumble chicken over mixture and mix well. Shape into eight 3-in. patties.

In a large skillet coated with cooking spray, cook patties over medium heat for 5-6 minutes on each side or until a meat thermometer reads 165° and juices run clear. **Yield:** 8 patties.

Recipe by Angela Buchanan of Longmont, Colorado

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