



Orange County Free Clinic

“Community Based Care for Those in Need”

The Orange County Free Clinic is a 501 (c) 3 non-profit organization/ www.orangecountyfreeclinic.org

YES

**WE'RE OPEN, TAKING
APPOINTMENTS**

AND TAKING STEPS TO HELP
ENSURE THE SAFETY OF PATIENTS

Spring Newsletter 2020

OCFC works through the Covid-19 Pandemic ...Busy as ever with Telehealth!

Telehealth is an accepted mode of caring for patients, especially in rural areas to ease the burden of traveling long distances for health care visits.

Now, it has become the norm for most of us and a life-saver for many. During the unprecedented outbreak of the novel Coronavirus (COVID-19) pandemic, the Orange County Free Clinic has remained open *practicing tele-medicine* with limited in-house appointments during the Covid-19 pandemic. Nurse Practitioners and Medication Case managers mostly work from home staying busy, with over 80 patient visits (via phone) weekly!

Leslie Raiford, Family Nurse Practitioner at the Clinic, follows up with a patient during a Telehealth appointment.

To keep staff and patients safe, the Clinic modified procedures to provide all services that patients are accustomed to, especially making sure they receive their medications and supplies! Over the past three months, the Clinic has coordinated over 800 patient visits to the Clinic including telehealth appointments and additionally, we help on average another 40 patients per day with prescription pick-ups, refills, in-house appointments for lab work and phone consultations. We've enrolled 205 new patients since last July and continue to enroll new patients most days. This includes new low-income patients just finding out about us, former patients who had jobs and insurance and now coming back without jobs or insurance and the “newly” low income patients who have lost their jobs and insurance. About 85% of patients suffer with chronic illnesses that require regular visits and consistent medications. During the pandemic, dealing with a chronic condition becomes more heightened as patients question symptoms and contact their provider to determine if they need testing for Coronavirus.

The Clinic will continue to implement safe practices, caution patients not to become complacent and to remain diligent in safety measures including using face masks, hand washing and social distancing at every opportunity.



Center for Mindful Self-Compassion

Learn how self-compassion practices might help you get through this challenging time. Everyone has been affected to some degree by the coronavirus, perhaps by anxiety about the invisible threat to our communities, loneliness from self-quarantine, economic hardship, difficulties when we contract the virus ourselves or need to care for a family member or other.

...www.centerformsc.org

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Dr. Randy Merrick,
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As the Clinic adjusts to changes brought on by the Covid-19 Pandemic, we are reminded of the continuous need for our services and what it means to our patients. Phone visits with their Nurse Practitioner and assurance that their medications and other services are available is a key component of daily operations. All while staying safe by practicing social distancing, which is critical during this time as we think of others. It has been a trying time to say the least, but our staff and family are healthy and doing what we love to do, helping our friends and neighbors who seek out the Clinic each day! Thank You !



Dorren Brown,
Executive Director

Creating the best possible environment to bring healthcare to our community continues to be our mission...we bring hope to so many of our patients who cannot afford healthcare or medications... Our Signature Fundraiser couldn't happen this year, as well as two other planned fundraising events that had to be cancelled. It is our hope that you keep us and those we help in your thoughts and please consider making a contribution so that services can continue. We look forward to getting together soon!



Lisa Wilson, Office Mgr.

Made us feel really special...

Big Thank You ... to **Real Foods** for providing staff with a delicious lunch and to **Sharon and Dellis Compton** who gave staff gift cards to use at Light Well Restaurant for carry out...!

Making Hand Sanitizer– Simple !!

2/3 cup of Rubbing Alcohol (at least 60% content isopropyl rubbing alcohol)

1/3 cup aloe vera gel

You can add 5-10 drops of your favorite essential oil if you like



He who has health has hope; He who has hope has everything" ...Thomas Carlyle



Hope Blooms ...See you next year!

We'd like to recognize and thank the individuals and businesses who donated auction items and services (Right): Even though the Hope Blooms GALA couldn't happen this year, our sponsors, ticket holders and contributors (see our donor list) generously supported and understood the need to postpone this years event(s)! We look forward to next year and planning for upcoming events...Golf anyone?!?

Thank You for your on-going support!

Allergy Medicine and Eggs??

In-Kind Donors ...Keep the Clinic's "little corner" well stocked...

Direct Relief Supplies – If you've ever been to the Clinic, you'll notice a shelf with various over the counter supplies for adults and children, like personal hygiene items, eye drops; allergy and cold medicines, vitamins, nutrition bars, pain and headache relief; Ensure, adult diapers and seasonal supplies like suntan lotion . These are all free to patients and donated by Direct Relief ...www.directrelief.com

Beautiful Fresh Eggs– Patients also can take home fresh eggs! For many years now, cartons of fresh farm-raised eggs are donated weekly by ***Mr. David Kipps and family (daughter Catherine is an R.N. at the Clinic)*** .

Patients come early not to miss the occasional "duck" eggs, best for baking cakes, so they say!! Patients have come to rely on the variety of items that are available and typically in good supply. We are more than a Clinic for our patients!



Hope Blooms GALA Auction Donors

Ann's Kitchen and Bath Design
Art Center of Orange
Barbeque Exchange– Craig and Donna Hartman
Country Club of Culpeper
Dellis Compton Artwork
Digital Skinz– Tom Klimptzak

Early Mountain Vineyard
Faye's Office Supply
Forked on Main
Grelen Nursery
Andre Hintermann
Inn at Willow Grove
Iron Pipe Alewerks
Jeanne Moon Photography
Meadows Farms Golf Course
Mike and Nancy Miller
Montpelier Hunt Races
Montpelier Foundation
My Avocado
Orange Chamber of Commerce
Orange Coffee Roasters
Objects on Main
Ruckersville Animal Hospital (Dr's Godine)
Silk Mill Grill
Senator Bryce Reeves
William "Bill" Speiden
WJMA

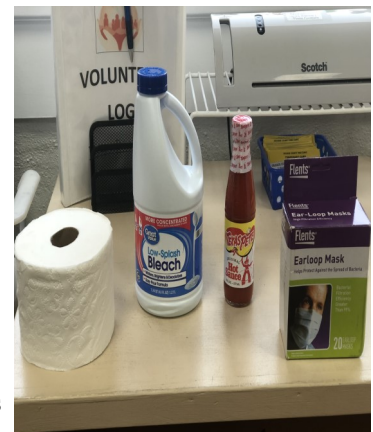
Thanks also to the following who graciously offered their services : **Jude Christian with Dusty Hedgehog (Music)** and **Pete's Auction Services (Auctioneer)**

In –Kind Donors and Volunteers...Thank You for all you do!!

Ellouise Atchison
Dr. Eve Bargmann
Janice Beach
Meredith Beachy and
Faith Mission Fellowship Church
Barry Barr
Joan Baumgardner,,
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Ben Pereira

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Shady Grove Baptist
Susan Southard
John Stanley
Sue Sulzer
Dr. Michael Silvester
Dr. Ilene S. Terrell, DPM
Trinity United Methodist
Robert Vasquez
E. Paul and Nancy Williams
Joanne Yoder



Above: Donated supplies of all sorts come in to help during the Covid-19 pandemic! All the necessities plus a little something extra...Hot sauce, according to the donor "can't hurt"! We are grateful!



Thank you for your investment in our work and in the Orange County Community! This list includes gifts/ contributions from December 1,2019– May 15. This list does not include raffles or other items purchased at events. We regret any omissions or errors. *Should corrections be necessary, please contact this office at 540-672-3530.*

Individual Donors and Foundations

Thank You!!

*Gala Sponsors

Estate and Bequest:

*Edward Stevens "Steve" Matthews
(Joanne We. Matthews)*

Premier Partners \$25,000+

Direct Relief and National Association of Free and Charitable Clinics (NAFCC)

*Clark Family Foundation—Rita and Sheldon Clark)

Partner-\$10,000-24,999

Adiuvans Relief Fund

BAMA Works Fund of Dave Matthews Band

Beirne Carter Foundation

Community Endowment Fund at Charlottesville Area Community Foundation (CACF)

*Novant Health UVA Health Systems Culpeper Medical Ctr
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VA Association of Free and Charitable Clinics (VAFCC)

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Florence B. Fowlkes Fund

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Gordonsville Medical Aide Fund

*Horst and Elisabeth Kohlstadt

Manning Family Foundation (Paul and Diane Manning)

Martha Jefferson Healthcare Foundation



Five for Five...

Thank you to our *Five for Five* 2019-20 "Partners" with their annual donation of \$5,000:

Karla Baer (Baer Foundation)

Mike and Carol Roddy

Beirne Carter Foundation

Mike and Nancy Miller

*Anne Russell Gwynn and
A. Stuart Robertson, Jr. Fund
Ann and Jim Thornton*

Colleague-\$1,000-\$4,999

AARP - Locust Grove Chapter

American Woodmark Foundation

Dr. Eve Bargmann

CACF- Community Emergency Response Fund (CERF)

Eric and Jerry Lee Chafin

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*Dr.'s Richard and Caroline Godine

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*Dr. Randolph and Caroline Merrick
Orange Seventh Day Adventist Church
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Charles and Mary Lou Seilheimer
St Thomas's Episcopal Church

Bob Vasquez - *In honor of Dr. Eve Bargmann, Dr. Randolph Merrick, Dr. Michael Sylvester and Mrs. Dorren Brown*

Walmart—Locust Grove ,VA

Walmart -Ruckersville, VA

Resident-\$500-\$999

Berry Gen & Mech Contracting (Phillip Berry)

Robert and Adriane Burrus

Florence B. Fowlkes

*Grelen Nursery (Dan Gregg)

Duncan Hill

Pamela A. Jaske Charitable Gift Fund

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*Mary Beth Madison

NAACP– Orange County Branch

Brian Smith

Charlotte Tieken– In Honor of Jeff and Sara Poole

*Walmart– Culpeper

Jackie Westerbeck



We all make a difference. Please continue to include us in your giving and know that your gifts are truly "Gifts of Life".



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It all comes together for good!

Thank You!!

Advocate-\$250-\$499

Barry and Jane Barr
 Steven and Catherine Brooks
 Tony and Marta Buzzelli
 Mayor Robert and Jaqueline Coiner
 Berenice Craigie
 Robert and Cam Leigh Crump
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 Dr. Randolph V. Merrick
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 S&I Dulin (Kevin Dulin)
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 Janet Faulconer
 Martha Grasty—In honor of Ms. Dana Faulconer
 James Goalder (Bloomerang)
 Carol Hallman and David Laylin
 Ray Herndon and Mary F. Dennis
 Joyce Kipps
 William McClellan, Jr.
 Charlene Moonen
 Margaret Neale
 Preddy Funeral Home
 H. Harwood Purcell
 Karen Read
 Mr. and Mrs. V.R. Shackleford III
 Howell L.T.D. Taylor
 Lorraine Wright



Kim Frye Smith

Your support is so important ...OCFC works hard to secure other funding (grants, fundraising) to leverage with private and individual donations to help sustain programs and services...Thank You

**For more information on donation specifics, Contact : OCFC- 540-672-3530
 Kim Frye Smith, Development office or Dorren Brown, Executive Director**

Gifts to OCFC in Memory

Memorial contributions were made to the Clinic to recognize the following men and women who leave cherished memories, not to be forgotten:

Melvin Brockman “Fish” Amos, b.1928-2020
Mrs. Ann Belfield Thornton b.1938– 2020
Dana Fitzhugh Smith Faulconer, b. 1942-2020
Elinor Vasquez, b.1934-2019
Steven Matthews, b.1929-2019
Robert O. Grymes –1938-2014
Edward A. Winiarski, Jr., b.
Paul “Buddy”Amberger, Jr., b.1943-2019
Virginia Bliss Trester Mason, b. 1931-2019

Donors received letters of acknowledgement and when requested, notifications are sent to families.

Thoughtful gifts made in this way honors loved ones while helping others!



Above: A beautiful Memorial Plaque is displayed in the Clinic waiting room.

Thank You !

Support the work we do with a donation to dedicate a room like the Clinic Lab (above) to honor a loved one.



About 70% of our patients come from working households. This has changed as the coronavirus pandemic sweeps through communities.

We are seeing an increase in former patients who have come back to us after losing their jobs and insurance. We are also seeing new patients who now need our services.

OCFC is the primary healthcare provider for those who must maintain their routine appointments and medications. As more businesses open up, patients are still worried that employers will find it difficult to reestablish work environments and benefits as before the pandemic.

The Clinic strives to help each patient (and new patient) maintain their healthcare during this time, so we keep our doors open and phone lines available!!



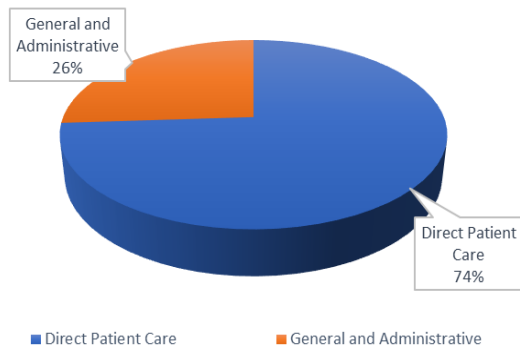
For more information on how you can support the Clinic and services , call Kim Frye Smith or Dorren Brown at 540-672-3530

Adiuvans Relief Fund



Above– Batten School's Philanthropy Program Students present \$20,000 to OCFC from **Adiuvans Relief Fund** for Chronic Patient Care Management program.

Your Dollars At Work



- **Chronic Care:** The lions share of our budget goes to the care of patients with chronic diseases and their medications and supplies like insulins for diabetics.
- **Acute Care:** Patients with immediate needs can come to the office and are assisted with their medications and supplies.
- Diabetes, Hypertension, Depression are our three most diagnosed diseases. During the spring and summer months, seasonal allergies spike medication needs.

Love in the time of Covid-19...Private Foundation Grants, help to keep us going!



\$1800 Awarded in re-sponse to Covid –19 emergency needs. The **Community Emergency Response Fund (CERF)** Grant from **Charlottesville Area Community Foundation (CACF)** to help with supplies and Telehealth cost.

In uncertain times, the Clinic has learned to “pivot” as the need requires...

We're open five days a week !

1. **We've Gone to Telehealth**– Phone appointments are scheduled with Providers Monday –Thursday. Most patients don't have access to the internet or a computer and use “track” phones for communication. Providers use “skype” or other viewing vehicles when they can.
2. **Labs and Wound Care Visits**– RN's and an NP are available Mondays and Wednesdays for patients who have been evaluated and need lab work or wound care.
3. **Medication Assistance**– Our Medication Assistance Program Case workers (MAP), working from home, screens patients for eligibility and submits applications to pharmaceutical companies to keep medications coming (for high costing Rx's)
4. **Covid-19 Education and Masks**– OCFC makes sure everyone coming into the Clinic is provided a mask, AND education material on the coronavirus and ways to keep safe.
5. **Many, Many phone calls from concerned patients and the community**– Looking to us for advice and information. **We are who they know and who they trust!**

Your investment in OCFC supports Individuals and families who need our help...Please remember the Clinic and the need that continues to rise!



Orange County Free Clinic

P.O. Box 441 / 101 C Woodmark St
Orange, VA 22960

Non-profit Org
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COMMUNITY BASED CARE FOR THOSE IN NEED

WHAT WE DO

We do Healthcare... Creating the best possible environment to bring healthcare to our community by providing access to free primary medical care and prescription assistance to the adult residents of Orange County.

WHO WE SERVE

The Underserved... Low-income Adult residents of Orange County who are un-insured or under-insured.

WHAT WE OFFER

Peace of Mind... Every one deserves quality, accessible healthcare regardless of ability to pay.



Thank You for Investing in a life!

Our Health Care Partners

LabCorp
Novant Health -UVA Health System Culpeper Medical Center
Mary Washington Healthcare
Sentara Martha Jefferson Hospital
UVA Mammogram Mobile Unit
Orange Pharmacy & Your Gordonsville Pharmacy
Dermatology PLC
LOW Lions Club Sight & Sound Mobile Unit
Dr. Samuel Schustek, Podiatry
Dr. Randolph V. Merrick, Innovative Health Care & Laser Therapy
FAHSS
Culpeper Wellness Foundation
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Direct Relief Supplies
Medical Educators Inc
Mt. View Nursing Home
National Association of Free and Charitable Clinics
Virginia Association of Free and Charitable Clinics
Virginia Health Care Foundation
Rapidan Rappahannock Community Services Board

Visit us at www.orangecountyfreeclinic.org

PHONE: (540) 672-0793