OCFC works through the Covid-19 Pandemic

Telehealth is an accepted mode of caring for patients, especially in rural areas to ease the burden of traveling long distances for healthcare 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!

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
The OCFC Newsletter ...

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!

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!

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
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 year’s 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!

**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, R.N.  
Mary Brooks, RN  
Louise Brock  
Marcia Colby  
Randy Cooper  
Joanna Davis, R.N.  
Direct Relief  
Maire Ni-Chuiv Frederick  
Sean Gregg, Esq.  
Germanna Nursing  
Elizabeth Hall, R.N.  
Vicki Howard  
Sue Hromyak  

tony hodge  
dr. dena jennings  
martha joyner  
David Kilps  
kathy leake  
mary beth madison  
Karen McDowell  
Dr. Randolph Merrick  
Caroline Merrick  
Mark Miller  
Crystal Nisly  
Orange Seventh Day Adventist Church  
Orange Baptist Church (WMU Circle and Ruth Kersey Circle)  
vici parrish  
ben pereira  

jeannette rentch  
samantha reynolds  
samuel sarceño, FNP  
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  

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)**

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!!**

<table>
<thead>
<tr>
<th>Gala Sponsors</th>
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<tr>
<td>Edward Stevens “Steve” Matthews (Joanne We. Matthews)</td>
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<td><strong>Estate and Bequest:</strong></td>
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<td>Direct Relief and National Association of Free and Charitable Clinics (NAFCC)</td>
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<td>Adiuvans Relief Fund</td>
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<td>Beirne Carter Foundation</td>
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<td>Community Endowment Fund at Charlottesville Area Community Foundation (CACF)</td>
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<td>*Novant Health UVA Health Systems Culpeper Medical Ctr</td>
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<td>VA Health Care Foundation (VHCF)</td>
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<td><strong>Partner-$10,000-$24,999</strong></td>
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<td>CACF- Community Emergency Response Fund (CERF)</td>
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<td>*Mary Washington Healthcare Foundation (Paul and Diane Manning)</td>
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<td>Martha Jefferson Healthcare Foundation</td>
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| **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 Guynn and A. Stuart Robertson, Jr. Fund |
| Ann and Jim Thornton |

| **Colleague-$1,000-$4,999** |
| AARP - Locust Grove Chapter |
| American Woodmark Foundation |
| Beirne Carter Foundation |
| CACF- Community Emergency Response Fund (CERF) |
| Dr. Eve Bargmann |
| Eric and Jerry Lee Chafin |
| *Dellis and Sharon Compton |
| Emmanuel Episcopal Church |
| *Teel and Linda Goodwin |
| *Dr.’s Richard and Caroline Godine |
| *Tina Gordon |
| Wayne and Marie Harrell |
| Wallace Hornady |
| *Mary Washington Healthcare Foundation (Paul and Diane Manning) |
| Martha Jefferson Healthcare Foundation |

| **Resident-$500-$999** |
| AARP - Locust Grove Chapter |
| American Woodmark Foundation |
| Beirne Carter Foundation |
| CACF- Community Emergency Response Fund (CERF) |
| Dr. Eve Bargmann |
| Eric and Jerry Lee Chafin |
| *Dellis and Sharon Compton |
| Emmanuel Episcopal Church |
| *Teel and Linda Goodwin |
| *Dr.’s Richard and Caroline Godine |
| *Tina Gordon |
| *Mary Washington Healthcare Foundation |

We all make a difference. Please continue to include us in your giving and know that your gifts are truly “Gifts of Life”. 
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, 2020. 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.

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 Craige
Robert and Cam Leigh Crump
Conway and Joanne Faulconer
Good Shepherd Lutheran Church
Garnett Supply (Nancy Williams)
Linda Hoffman Gallup
Rebecca Grymes
Jim and Patricia T. Hopkins
Dr. and Mrs. Byron Hulsey
Jan and Elizabeth V. Lodal
Macedonia Christian Church Sunday School
Mah-Jong Group of Orange County
Gail and John Marshall
John and Carol Nettles
Orange Baptist Church
Gilbert and Mary S. Queitzsch
Anne and Jack Snyder
Steven and Pam Speelman
John and Mary Lew Sponski
Philip and Merrill Strange
Frank and Bernice Walker
Ellen Wessel
E. Paul and Nancy G. Williams
Perrie Frye Williams

**Supporter-$100-$249**
Marilyn Allman
Brook and Hilda Altman
Bill and Margaret C. Anderson
Sara Lee Barnes – In honor of Dr. Randolph V. Merrick
Belmont Farms of VA (Jeanette and Chuck Miller)
Marty Caldwell
Jessica Cifizzari
John Davies and Margaret Moon
Rudy DeCanio
Bernard Friesz
John Y. Faulconer
Megan and Eugene Hack
Andre Hintermann
Carter and Martha Jacobs
Chuck and Ann Mason
WGM Financial Services
Orange Tire, Inc.
Judith Peterson
Jeff and Sarah Poole
Bill and Connie H. Queitzsch
Elizabeth T. Rawlings
Leslie Raiford and Joe Friedman
Dr. Timothy and Jerelene Scott
Rodney Sedwick
Pauline Vismer
Marjorie Winkelmann

**Friend-$1-$899**
Cary S. Amberger
Lynne Baines
Christine M. Brooks
Louise Brock
Francis and Marilyn Buttimer
S&I Dulin (Kevin Dulin)
Harold and Anne Mead
Faulconer
Janet Faulconer
Martha Grasty—In honor of Ms. Dana Faulconer
James Goaler (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

**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
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 Mattheus, 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, notification s are sent to families.

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

Thank You!

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

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

- **Chronic Care:** The lion’s 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.

$1800 Awarded in response 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

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.

COMMUNITY BASED CARE FOR THOSE IN NEED

Thank You for Investing in a life!
Our Health Care Partners
LabCorp
Novant Health -UVA Heath 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
Germanna Community College
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