



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

2020 Fall– Winter Newsletter

We’re all still making a difference!

...and we all have a story to tell...



“Thanks to Elinor, that’s how I came to the Clinic...”

OCFC Volunteer and Donor, Robert “Bob” Vasquez, Orange County resident and Woodberry Forest retiree, says **the Clinic “saves lives, and he’s seen it over and over”**. Bob credits his loving wife Elinor for his involvement with the Clinic. “Elinor, along with her friend Jean, joined the talks and movement to start a free clinic in Orange.” Bob says that when Elinor could no longer volunteer due to her health, she asked him to take over and says, “thanks to Elinor, that’s how I came to the Clinic, and the rest is history”! Bob is a volunteer, a supporter and contributes in so many ways. He is a valued friend to the clinic, staff and patients!! **Thank You Bob!**

*The Orange County Free Clinic opened its doors in 2006 to 87 patients, a small room in the Orange County Health Department and now serves over **900 patients annually in 4,500 visits...***

“Unexpected. Unprepared. Unbelieving. Hundreds of thousands of working Virginians suddenly become uninsured. Many had no way to pay for health care”...VHCF 2020 Annual Report.

Over the years, the Clinic has become a community resource used by many residents who became displaced temporarily i.e. loss of income, homeless, or without healthcare.

Dorren Brown and John Seymour - Orange Pharmacy and Your Gordonsville Pharmacy

Chronic Care Management, Acute Care and Medication Assistance– fall under the Clinic’s umbrella of services impacting how patients access care. OCFC’s Chronic Care Management Program is the primary vehicle to provide on-going health care to low income, uninsured and underinsured patients in Orange, VA with chronic diseases—diseases that don’t go away but where symptoms are lessened by regular and consistent medical care, lifestyle changes and *medications*. Chronic diseases like hypertension, diabetes and asthma makes up almost 85% of the Clinic’s patients’ diagnoses.

With an increase in newly uninsured patients during the COVID-19 pandemic, the Clinic has been charged with keeping up with the need, especially for medications to treat chronically ill patients. *Our partnership with The Orange Pharmacy and Your Gordonsville Pharmacy* helps us provide much needed medications.

We are distinguished by the programs we offer including equitable accessibility, health education, women’s services and most importantly, a separate **Medication Assistance Program (MAP)** that offers free brand name drugs to qualifying patients and community residents. Community support assures regular and consistent access to quality healthcare and prescriptions, especially for those residents with life threatening diseases.



Best wishes for a safe and healthy Christmas Holiday

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Resource Development
Director

Doris Hernandez
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Translator

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Catherine Kipps, RN

Leslie Raiford, FNP

Kim Sargent, FNP

Meredith Beachy CPhT
Medication Assistance
Coordinator

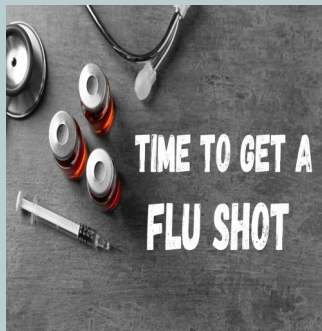
Crystal Nisly, CPhT
Sr. Medication Assistance
Coordinator



**Dr. Randy Merrick,
Board President**



**Dorren Brown,
Executive Director**



Yes, it's flu season...Don't forget! Flu shots
are available at the Clinic for everyone thanks to
a donation from the VA Department of Health...
Call for an appointment

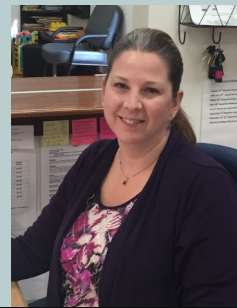
STAY SAFE AND STAY WELL

We hope that you and your loved ones are safe and well! As we say good-bye to 2020 (yay), I'd like to take time to reflect on this year of challenges and changes! I can honestly say, we didn't miss many beats. We modified our model a little and adjusted our workflow a lot....and I'm so happy to say that we are still here for anyone that needs our help! *We practiced our W's...we distanced, we wore masks and we washed our hands.* We also heard stories of hardship and tried to offer hope. All this, of course, is made possible by your continued support and caring, especially during these scary, uncertain times.

Please keep us in your thoughts and let us know if we can help someone that you know who didn't expect to be without healthcare! Stay safe, stay well, stay positive! --
Dorren

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination"
—*Jimmy Dean*

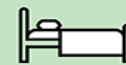
Lisa Wilson, Office Mgr.



How to get a better sleep



Control exposure to light



Comfortable bed



Learn to relax



Manage stress



Exercise early



Sleep schedule



Healthy snack before bed



Cut down caffeine



Go to bed when tired



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



Making a Difference...

"OCFC gave me help when I needed it..." L.J. was not expecting to be rushed to the emergency room or spend 4 days in ICU when he came in for his appointment at the Clinic. His life was literally being saved as he sat in the exam room with his wife and Nurse Practitioner, Kim Sargent.

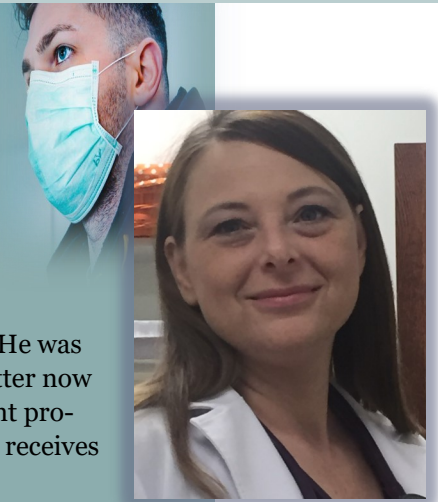
NP Kim made the call to send him to the emergency room after examination and evaluation of lab results. This was L.J.'s 2-week follow-up visit after being diagnosed with Diabetes. The Hospital called later to say that he was admitted and was very sick!

During his follow-up visit, it was apparent that he was not feeling well, he calmly expressed that he "just didn't feel quite right". When he was first diagnosed with Diabetes, he was given medications and instructions on his care. He was just beginning to understand the importance of his healthcare routine. L.J. is better now and his Diabetes is being managed through the Clinic's Chronic Care Management program, that includes nutrition education and how to administer the insulin that he receives through the Clinic's medication assistance program.

L.J. told NP Kim that his hours at work had been cut because of the pandemic, he and his wife were working two part-time jobs and had lost healthcare insurance. They had used up savings and didn't know how they would afford a doctor visit, let alone the bills that followed!

L.J. is like many of our new patients who come to us when health care has been set aside because they cannot afford "to get sick"! NP Kim says she did what she was trained to do, but really thankful that he came in when he did.

"...I thought I could put it off...I didn't feel quite right, but didn't know I was this sick!!"



In Kind Donor Support from the Community...making a difference!

May to November 2020

Walter Altman	Orange Food Pantry
Dr. Eve Bargmann	Orange Pharmacy
Meredith Beachy	Samantha Reynolds
Faith Mission Fellowship Church	Conner Rudy
Arthur Bryant	E. Paul and Nancy Williams
Marcia Colby	
Direct Relief International	
Paul Harry	
Mary Hicks	
Hartland Institute	
LAB Corp	
Kathy Leake	
Mary Beth Madison	
Dr. Randolph Merrick	
OBC and Ruth Kersey Circle	



Marcia Colby (Volunteer)

Big Thank You to Marcia Colby who continues to tear down and recycle hundreds of boxes for the Clinic. This is a huge job and we could not have managed without her help!!





Thank you for your investment in our work and in the Orange County Community! This list includes gifts/ contributions from **May 15-November 30**. We regret any omissions or errors. *Should corrections be necessary, please contact this office at 540-672-3530 (Kim).*

Thank you for giving when you can, making the commitment to give in the future and being ambassadors for the Clinic asking others to make this important commitment that helps so many!

All still making a difference

Estate and Bequest:

Ask how to make a bequest

Premier Partners \$25,000+

Adivans Relief Fund
Charlottesville Area Community Found.
Community Recovery and Catalyst Grant
Clark Family Foundation
VA Health Care Foundation (VHCF)
VA Association of Free and Charitable Clinics (VAFCC)

Partners -\$10,000-24,999

County of Orange
Gwathmey Foundation
IDA of Town of Orange
Town of Orange
Valley Charitable Trust
George and Effie Seay Foundation

Patrons-\$5000-\$9,999

Culpeper Wellness Foundation
Gordonsville Medical Aide Fund
Inez Duff Bishop Charitable Trust
Chuck and Ann Mason
Perrigo Company
William "Bill" Speiden
Titmus Foundation
Town of Gordonsville

A special thank you to the many friends who have been with us since the beginning. It goes almost without saying, we wouldn't be here without you!

We sustain services through friends and partners who give unselfishly and make a difference in the lives of Orange county residents! Thank You!

right: Gala 2010 – Mrs. Anne “Russ” Robertson and Mr. Andre Hinterman—Clinic Start up Contributors

Five for Five...

Thank you to our Five for Five “Partners” for their 2021 annual donation of \$5,000:

*Beirne Carter Foundation
Florence B. Fowlkes Fund
Carol Ann Mayer Roddy
Anne Russell Gwyn and
A. Stuart Robertson, Jr. Fund*



Carol Ann Mayer, Five for Five Donor, with Dorren Brown, Executive Director

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

American Woodmark Foundation
Dominion Energy Charitable Found.
Emmanuel Episcopal Church
James and Barbara Gerock
Grelen Nursery– Dan Gregg
Porter and Mariel Goss
Wayne and Marie Harrell
Wallace
Hornady



Colleague continued...

Laughlin-Beers Foundation (Ashe and Tracy Laughlin)
Dr. Samuel and Mary Menefee
Mountain View Nursing Home
Kevin and Carla Passarello
RX Outreach Partners of VA
Greta Shaw
St Thomas's Episcopal Church
Frank and Zan Thomas
William F. Thornton (Family of Jim and Ann B Thornton)
Robert “Bob” Vasquez – *In Honor of Elinor Vasquez, Mary Beth Madison and Lisa Wilson*
Walmart—Locust Grove, VA
Walmart -Ruckersville, VA

Resident-\$500-\$999

Anonymous
Susie and Phil Audibert
Battlefield Farms
Pamela A. Jaske Charitable Gift Fund
Mike and Betty Long– *In Honor of Anthony Hodge*
Tom and Carol Merlo
MJ “Corky” and Allen Miller
Orange Rotary Club
Michelle and Thomas Pajewski
Brian Smith





Advocate-\$250-\$499

Robert J. Brennan (In Memory of his friend James Starks)
Good Shepherd Lutheran Church
Shirley Graham
Rebecca Grymes
Dr. and Mrs. Byron Hulsey
Robert Mosolgo
Orange Baptist Church
Anne and Jack Snyder
Philip and Merrill Strange
University Physicians Orange— *In Honor of Dr. Eve Bargmann*

Supporter-\$100-\$249

Brook and Hilda Altman
Bill and Margaret C. Anderson
Anonymous
Louise Brock

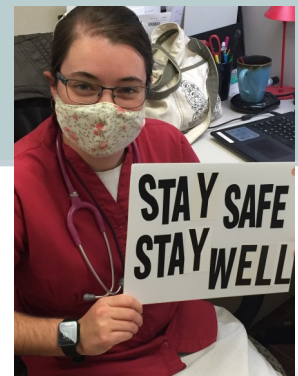
Supporter-\$100-\$249...cont.

Charlotte Buttrick
Joan Davis
Joanna and Don Davies
Donald and Mary Jean Foss
Bernard Friesz
Elizabeth Hughs Hall
Carter and Martha Jacobs
Pamela and Larry Norems
Bill and Connie H. Queitzsch
Hunter and Elizabeth T. Rawlings
Karen Read
Frank and Adair Somerville
Dr. Timothy and Jerelene Scott
Shady Grove Baptist Church
Jack and Ann Snyder
Louise and Edward Tayloe
Janice and Dale Wise

Friends- \$1-\$99

Carey Amberger
Elaine and A.T. Baskerville
Christine M. Brooks
BelleVette Butler
Francis and Marilyn Buttmer
Robert and Bobbye Davies
Belinda Gough
Carol Hallman
Gayle and Curtis Fitzhugh
Emily Fitzhugh
Bernard Friesz
Joyce Kipps
Raymond and Barbara Lonick

William McClellan, Jr.
WMU Valiere Payne Circle-OBC
Lorraine Wright



“Your support is so important ...OCFC works hard everyday to keep patient services flowing. We leverage every dollar to make sure no one gets turned away and depend on the generosity of individuals and businesses like you to keep Orange County healthy...There is so much we do and so many stories to tell...Please let me know if we can tell you more...Thank You”...Kim Frye Smith, Resource Development Director

Patient “JW” was cutting her thyroid medication in half to save money, she tells us how much the clinic has changed her life, she thanks us for being here for her!

Patient “AJ” brings fresh blueberries in season to thank us for saving his life when he had no insurance and couldn't afford his medication for his heart condition!



In Memory Gifts

Memorial Gifts were made to the Clinic between May through November 2020 to recognize the following who leave cherished memories, not to be forgotten:

Paul "Buddy" Amberger, Jr.
Patricia Redmon Coleman
Ann Belfield Thornton
Dana Fitzhugh Smith Faulconer
G. Harold Faulconer
Jeanne Delores Harrison
John Jaske
Elinor Vasquez
Robert "Bob" Wright
Robert O. Grymes
Gayle M. Ryder
James Stark

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



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

Thank you for giving when you can, making the commitment to give in the future and being ambassadors for the Clinic asking others to make this important commitment that helps so many!

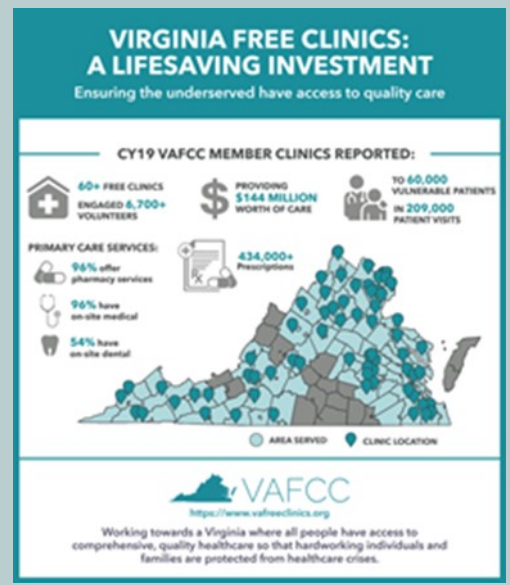
Our bi-annual newsletter is a way to say that we appreciate your gifts of support. Because our fundraisers have been "paused" due to the pandemic, our newsletter helps us to reach out to past, present and new community residents. Thank You!

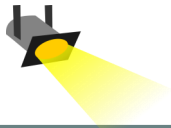
We are the primary healthcare provider for those who must maintain their routine appointments and medications for a chronic disease.

The Clinic strives to help each patient maintain their healthcare as always, so we keep our doors open and phone lines available!



Give Monthly through Pay –Pal :
An Opportunity to help pay for life saving services...
www.orangecountyfreeclinic.org





Grants are used to supplement individual donations!
Your ongoing support makes the difference!



ORANGE COUNTY
VIRGINIA



The **Community Recovery and Catalyst Grants Program** through **Charlottesville Area Community Foundation (CACF)** awarded funding in response to a request for help with our **Chronic Care Management program** and **Office Assistant /Translator position** to work with our **ESL patients**.

Being Mindful

This year has been challenging for all of us, and especially for those who have lost jobs and health insurance. OCFC has seen an increase in new patients this year, averaging 20 new patients monthly, including essential workers from the County's Hispanic population.

Our newest staff members at the Clinic came prepared to help meet our commitment to serving all patients.

Eva Sanchez (left), and Doris Hernandez (right), Office Assistants and Translators. Both provide critical administrative duties and offer communication support to our Spanish speaking patients.

OCFC is committed to its mission of equal and equitable access to healthcare for all who come to the Clinic and this is just one way the Clinic strives to remove barriers to healthcare!



Local CARES ACT Funding:

Thanks to grants from **Orange County Bounce Back Grant** and **IDA of Town of Orange and Town of Gordonsville**, the OCFC Clinic was awarded grants to help keep patients and staff (and community) safer. The funds purchased Personal Protection Equipment (PPE) and helped with operating losses due to the covid-19 pandemic. Consumable masks, gloves and cleaning supplies were purchased and Air Purifiers like the one shown here, were purchased for every room, all keeping with OCFC protocol. Support like this helps the Clinic navigate the economic hardships of the Covid-19 pandemic.



TOWN OF
ORANGE VIRGINIA
SWEET LIVING STEADY PROGRESS



OCFC–

Being Careful

Being Watchful

Being Mindful

We're open five days a week !

1. **Keep in mind the 3 W's** : Wear a Mask/
Wash your hands/Watch your distance
2. **Telehealth**– 75% of patient care is by phone appointments, skype or other formats. Providers are available Monday –Thursday.
3. **Covid-19 continues** to impact the Clinic and patients. New Patient enrollment increased over the summer and continues to grow throughout the Fall. We are averaging 20 new patients monthly. Many new patients have lost jobs, healthcare and are adjusting to changes !
4. **All of our community fundraising** efforts have been paused until further notice. This includes our annual Gala 2021 held in the Spring.

Your support for OCFC services makes a difference now more than ever for those 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 adult residents of Orange County.

WHO WE SERVE

The Underserved... Low-income Adult residents of Orange County who are un-insured and medically underinsured.

WHAT WE OFFER

Peace of Mind... Everyone deserves quality, equitable 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. Denna Jennings
Dr. Randolph V. Merrick, Innovative Health Care & Laser Therapy
FAHSS
Culpeper Wellness Foundation
Germanna Community College
Direct Relief International
Mt. View Nursing Home
National Association of Free and Charitable Clinics
Rapidan Rappahannock Community Services Board
THRIVE
Virginia Department of Health
Virginia Association of Free and Charitable Clinics
Virginia Health Care Foundation

Visit us at www.orangecountyfreeclinic.org

PHONE: (540) 672-0793