



# 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](http://www.orangecountyfreeclinic.org)



Louise Brock– OCFC Monthly Donor

## Staying the Course...Keeping Hope Alive!

*“I will never forget how they (OCFC) helped me when I needed it...that’s why I do what I can now, as long as I’m able!”...Louise Brock*

*...Mrs. Louise Brock, drives in monthly from Gordonsville with her financial donation and a few supplies for our “Corner Pantry”*

*You see, Mrs. Brock knows what it is like to go from having good healthcare coverage to not having any at all! Her situation was short term, but it is still the reason why she will continue to help the Clinic however she can... Mrs. Brock thoughtfully recalls that years ago the Clinic was there for her. “I will never forget how they (OCFC) helped me when I needed it...that’s why I do what I can now, as long as I’m able!” She said that she’ll continue to help us because she wants to do her part to keep services available for others.*

**OCFC depends** on the contributions of private individuals like Mrs. Brock, who believe like we do, that everyone should have access to healthcare when they need it!

*Thank you Louise, for your caring spirit of giving back in the best possible way...by helping others!!*



Maria Cabellero and Alvin Gardner receive their second dose of Moderna vaccines



## Being Mindful

### OCFC Delivers Vaccines

OCFC is one of the few Free Clinics in the state to receive a supply of precious Covid-19 vaccines from the Rappahannock-Rapidan Health District and quickly rallied to make sure all eligible patients had their chance to receive a vaccination! So far the OCFC has fully vaccinated over 200 Clinic patients and community residents. Thank you also to Orange Family Physicians for help with vaccinations in March for an additional 30 patients!

*Patient Jackie White said she could hardly wait to get her vaccination and was happy that she had the Clinic to come to...No waiting and no worries!*

## Staying the course...keeping hope alive!

### Board of Directors

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Meredith Beachy CPhT -  
Medication Assistance  
Caseworker

Crystal Nisly, CPhT -  
Sr. Medication Assis-  
tance Caseworker



**Dorren Brown,**  
**Executive Director**



**Left: Dr.**  
**Randy Merrick, Medical Director /Board Presi-**

### Letter from the Executive Director

Dear Friends of the Orange County Free Clinic,

**Staying the course** has been our strategy ever since the pandemic caused us all to modify and adjust our everyday lives. Covid did not stop patients from still needing to see our health providers for their chronic care management, or to treat a rash, or to check their labs or to take care of a variety of other patient care needs, including giving over 200 Moderna Covid Vaccines! Using safety precautions and screening processes, we have been able to continue to keep the doors open... providing both telephone visits and in-clinic visits...we have "stayed the course"!!! We continue to count on our Donors, Contributors and the Community as a whole so that the people we help, can count on us to be there in their time of need.

I know we are all looking forward to the days when without hesitation, we're maskless, can hug, shake hands or even high-five each other! Until then, please continue to be safe, healthy and...in your own way, Stay the Course!!!

**Dorren**



**Lisa Wilson, Office Mgr.**

### Ask us what a Healthcare Safety Net means to our patients...

- Primary Healthcare /Chronic and Diabetic Care Management /Open five days, with Provider appointments Monday-Thursday 9-5
- Corner Pantry (food, over the counter medicine and personal supplies
- Women's' Services
- Medication Assistance -Rx/Medications and supplies provided to OCFC patients
- MAP -Medication Assistance Program for higher costing generic and brand name medications that is also available to non-clinic patients
- Spanish Interpretation

...It means knowing that if you are uninsured, underinsured and living below the federal poverty levels, you have peace of mind with OCFC as your Primary Care Provider! We remain diligent in keeping health care services available and accessible to Orange County residents who find themselves in need, for any reason!

### Did you know a typical 30-day supply of COPD medications can cost upwards of \$600 ?

One of many medications needed are those that treat chronic COPD. Without our MAP services, the cost of these medications would make access difficult, if not impossible for most people. See inside for a story on how our MAP Caseworkers help to obtain this expensive medication for eligible residents in our area.

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







## OCFC –Staying the Course ...Keeping Hope Alive

### Coordinated Care and Medication Assistance Program

*"I am deeply grateful to the Clinic and that they stuck with me through all of this..."* Susan S. experienced the persistence of the Clinic's MAP Caseworker who made sure she received the medication needed to treat her chronic COPD.

Chronic obstructive pulmonary disease (COPD), which includes emphysema and chronic bronchitis, makes breathing difficult for the 16 million Americans who have been diagnosed with COPD. Millions more suffer from COPD (and Asthma), but have not been diagnosed and are not being treated. COPD can limit your ability to work or even perform simple daily tasks.

Susan's unexpected COPD flare-up may not have been so unexpected because she had been skimping on her prescribed respiratory inhaler medication to make it last longer. She could no longer afford the monthly costs. Susan had been a patient at the clinic on and off throughout the years, and says the Clinic was always there when she needed help. Like so many of OCFC patients, Susan had lost her medical insurance through her work as a home care assistant and couldn't afford to continue her healthcare. She was transitioning and had not landed on her feet! Upon her return to OCFC, Providers started a new healthcare management plan for her worsening COPD and Asthma including prescribed inhalers and a nebulizer for regular and consistent treatment. To help with her medications, the Clinic's medication assistance program caseworker contacted partner **pharmaceutical companies** to find the specific medications for Susan, so she could resume a consistent healthcare regimen!

*"...there was no way we would let her fall back when she was doing so well with her medication regimen..."* Meredith Beachy (MAP Caseworker)

*"...I knew I could come back to the clinic when I needed help!"*

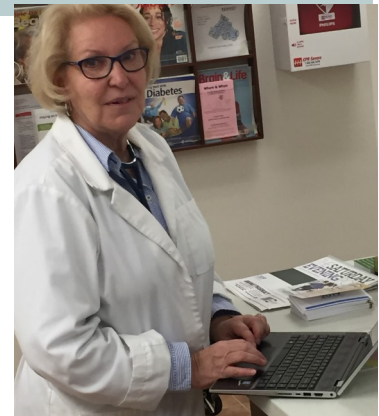


#### Symptoms of COPD include:

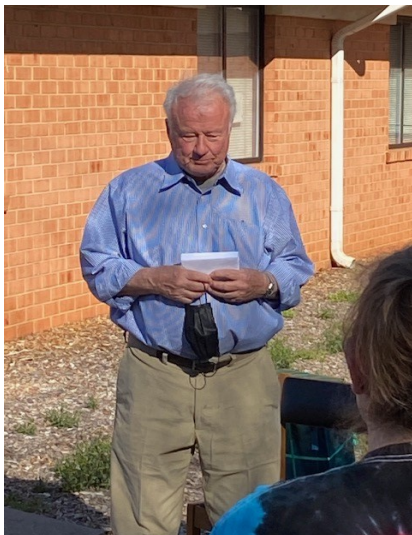
- Frequent coughing or wheezing
- Excess phlegm or sputum
- Shortness of breath
- Trouble taking a deep breath

**Pictured Above-** Left to right–Meredith Beachy and Crystal Nisly, MAP Caseworkers with Kim Sargent, Family Nurse Practitioner

**Pictured Right-**Leslie Raiford, Family Nurse Practitioner



**HMMM...A sneeze generates a wind of 166 km/hr (100 mi/hr), and a cough moves out at 100 km/hr (60 mi/hr).**



### Thank you to Andre Hinterman!

*(Left) Andre Hinterman, Founder Piedmont Regional Dental Clinic, speaks at a reception honoring him for his work and support of dental services in Orange County! Culpeper Wellness Foundation (CWF) assumed operation of PRDC and will continue offering dental services throughout the area! With a referral, OCFC patients receive emergency dental care through grants and in-kind assistance from CWF ! As Mr. Hinterman expressed his appreciation for PRDC staff and the Community, he also indicated that we haven't seen the last of him! We are thankful for that!!! Mr. Hinterman was also one of the benefactors who founded the Orange County Free Clinic in 2007! **Best wishes Andre...***



**Thank you for your investment in our mission and in the Orange County Community!** This list includes gifts/ contributions from **December 25, 2020-May 2021** . 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 by asking others to make this important commitment that helps so many!*

## ***Staying the course...Keeping Hope Alive***

### **Estate and Bequest**

Frank & Donna Mork Estate-\$10,000  
*Please also consider this valuable legacy opportunity*

### **\$25,000+**

Skyline CAP-Partnership Fund -at the Charlottesville Area Community Fnd.

Clark Family Foundation

VA Health Care Foundation (VHCF)  
VA Association of Free and Charitable Clinics (VAFCC)

### **\$10,000-24,999**

Thomas and Karen Bond  
Culpeper Wellness Foundation  
Local Initiatives Support Corp-VA  
Winchester Open MRI COPN  
Valley Charitable Trust (James Collins)

### **\$5000-\$9,999**

DHC, Inc. (Pernell & Perrie Williams)  
Gordonsville Presbyterian Church  
Sentara Martha Jefferson Hospital Fnd.

### **\$1,000-\$4,999**

Anonymous  
AARP Locust Grove  
Dr. Eve Bargmann  
BIMA Corp.  
Dellis & Sharon Compton  
Jaske Family—  
(Pamela A. Jaske Charitable Gift Fnd.)  
Jan and Elizabeth Lodal -  
(In Honor of Gail and John Marshall)  
James H.T. McConnell, Jr.  
LOW Lions Club Foundation  
Samuel & Mary Menefee  
Greta Shaw  
St. Thomas Episcopal Church  
Trinity United Methodist  
William F. Thornton

### ***Five for Five...***

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

Karla Baer  
Brian R. Hall  
Florence B. Fowlkes Fund  
Carol Ann Mayer Roddy

Anne Russell Gwyn &  
A. Stuart Robertson, Jr. Fund

Ann B. & R. James Thornton, Jr  
(Family)

Battlefield Farms, Inc.



***Battlefield Farms Inc. Our newest Five for Five Donor 2021***

### **\$1,000-\$4,999 continued...**

Town of Gordonsville  
UVA/VPR - (In Honor of Mary Jane 'Corky' Miller)  
Robert "Bob" Vasquez  
Walmart Distribution Center  
Walmart - Warrenton  
Walmart—Ruckersville  
Martha Zaritsky

### **\$500-\$999**

Marta and Tony Buzzelli  
Jessica Cifizzari  
Community Bank of the Chesapeake-  
(nominated by Sam Kessler)  
Florence B. Fowlkes  
Jane Haltmaier  
Prof. Wallace Hornady  
Dr. Byron and Jennifer Hulsey  
Little Zion Baptist Church  
LOW Lionesses Club Foundation  
Mary Beth Madison  
Coles Merrick  
Robert Mosolgo  
Orange Rotary Club  
Grace Stillwell  
Walmart -Charlottesville  
Carol Wayner  
Ellen Wessel

### **\$250-\$499**

Salaar Ali (OCHS )  
Robert L. and Adrienne Burrus  
Good Shepherd Lutheran Church  
Rebecca Grymes  
Mary Dennis and Ray Herndon  
Charlotte Tieken -  
(Honor/Appreciation of Everyone at Waverly Farm)

*"I'm not kidding...Sometimes you have to keep working no matter how you feel and don't know how sick you really are, my heart almost gave out on me"...I'm thankful for everyone at the Clinic!"—Patient S.N.*

***"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 we depend on the consistent generosity of individuals and businesses like you to keep us going. We are happy to tell you all about the life-saving services of the OCFC and how your donations make a difference....Best to you and Thank You"...Kim Frye Smith, Resource Development Director***



## Donors...continued

### \$100-\$249

Jerry & Suzanne Aiello  
 Brook & Hilda Altman  
 Sara Lee Barnes -  
*(Honor of Dr. Randy Merrick)*  
 H.P. & Suzanne Bresee  
 Louise Brock  
 Francis & Marilyn Buttmer  
 Marty Caldwell  
 Rebecca Coleman  
 Stephen Cushman  
 John & Margaret Moon Davies-  
*(Honor of V. Rea Jones)*  
 Rudy & Cynthia DeCanio  
 Janet Faulconer  
 John Y. Faulconer  
 Rita & John Flyzik  
 Catherine M. Gillespie  
 Megan & Eugene Hack  
 Elizabeth H. Hall  
 Leo Harden  
 Madeleine Harvey  
 Tracy Jacobson  
 V. Rea & Margaret Jones  
 Macedonia Christian Church  
 Mary and Tony Hodge-  
*(Honor of Dr. Randy Merrick)*  
 Dr. & Mrs. Randy Merrick -  
*(Honor of Mr. and Mrs. Bill Speiden)*  
 Joe & Glennah Moy  
 John & Carol Nettles  
 Orange Baptist Church  
 Carl & Barbara Owens  
 Elaine Fogliani & Doug Ponton  
 Judith Peterson  
 Jeff & Sarah Poole  
 Richard C. Powers  
 Harwood & Frances Purcell  
 Gilbert & Mary Stroh Queitzsch  
 Hunter & Elizabeth Rawlings  
 Karen Read  
 Larry & Alyson Sappington

### \$100-\$249...cont.

H.B. Sedwick  
 Eloise Tucker  
 Sue Sulzer  
 Charlotte Ticken-  
*(Honor of Mr. and Mrs. Jeff Poole)*  
 Terry & Timothy Tigner

Pauline Vismer  
 Mark & Jasmine Warren  
 Weymouth, Swayzee & Corroon Ins.  
 Frank & Bernice Walker  
 Bryan Wisner  
 Loraine Wright

### \$1-\$99

Lynne Baines  
 David Brizzolara  
 Nancy & Pete Cameron  
 Richard Clore  
 Cynthia Colvin  
 S&I Dulin  
 Gayle Fitzhugh  
 Linda Hoffman Gallup  
 Ben C. Hale  
 Wanda Jones  
 Jean & Joseph Kube  
 Raymond & Barbara Lonick  
 Lucille Moubray  
 William McClellan  
 Charlene Moonen  
 Pamela & Larry Norem  
 Mr. and Mrs. V.R. Shackelford III  
 Emily Winkey  
 Karen Wheeler  
 Annie Washington



## Memorial Gifts

Gifts made in 'Memory' of the following friends and loved ones: December 2020 through May 2021..

**Pat Caudell**  
**Dana S. Faulconer**  
**G. Harold Faulconer**  
**Robert O. Grymes**  
**Margaret & Kenneth Gallup, Sr.**  
**Jeanne Delores Harrison**  
**John Jaske**  
**James "Jimmie" McDaniel, Jr.**  
**Frank & Donna Mork**  
**Jeremy Ryan Norem**  
**Ann Belfield Thornton**  
**R. James Thornton, Jr.**  
**Elinor Vasquez**  
**Robert "Bob" Wright**

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



*A beautiful "Memorial Plaque" is displayed in the front waiting area.*

*Left- Thank You to **Orange Rotary Club** for inviting the OCFC to "Zoom" at their May 18 meeting! Barry Barr coordinated the virtual tour of the Clinic ... Barry is a rotary Club Member and also an OCFC Board Director.*

[www.orangerotaryva.org](http://www.orangerotaryva.org)

***Thank You for keeping us in your thoughts when planning your annual, quarterly and monthly giving...We all make a difference to the people who look to us for their healthcare. Please continue to include us in your giving and know that your gifts are truly "Gifts of Life".***



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

### Thank You to our In-Kind donors (December 2020 through May 2021)

Mary Askew  
Dr. Eve Bargmann  
K. Bertolino  
Louise Brock  
Marcia Colby  
Irene Coleman  
Culpeper Wellness Foundation  
Direct Relief International  
Faith Mission Fellowship Church  
Linda Grayson  
Yvonne Letsome  
Hartland Institute  
David Kipps and Family  
Betty Lou Poff  
Lab Corp  
Mary Beth Madison  
Dr. Randolph Merrick  
Orange Food Pantry  
Orange Pharmacy  
Orange Rotary Club  
**Samantha Reynolds**  
E. Paul and Nancy Williams  
Michael Wilson  
Women's Circle- OBC  
Your Gordonsville Pharmacy



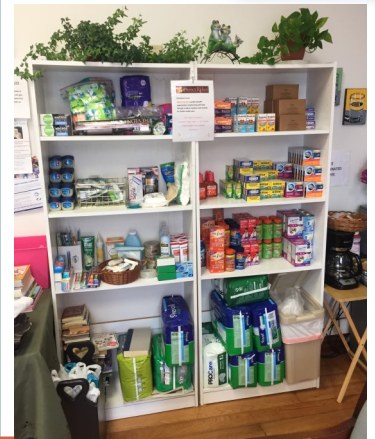
Thank you Samantha !  
Volunteer Counselor- Samantha Reynolds

Individuals volunteer their professional skills (like Samantha Reynolds), donate clothes, food, medical supplies and equipment. Just recently, for example, **Mrs. B. Poff** donated a "Vascular Therapy System" to help with blood flow in the legs, especially useful for a diabetic patient!! **Patients tell us how much the extra help means to them!!...Thank You!**

We depend on our healthcare volunteers and look forward to the days when we can fully resume our volunteer programs ...thank you for your readiness and phone calls to see how we're doing!



Hens are laying...Thank You **David Kipps and Family** for Fresh Eggs!!



**OCFC's Corner Pantry is small but a mighty big help!! Direct Relief International, community individuals and organizations donate consistently...Thank You!!**

## Staying the course ...Possible Because of You

**Our bi-annual newsletter** is one way to say that we appreciate your gifts of support. Our newsletter helps us to reach past, present and new community residents... Thank You!

There are multiple ways to show your support of the clinic's mission! Please go to our website to find out more! Giving on line, donate in person and the good old fashion "checks in the mail" is always appreciated!

[www.orangecountyfreeclinic.org](http://www.orangecountyfreeclinic.org)

**Give Monthly through Pay Pal : An Opportunity to help pay for life saving services...** [www.orangecountyfreeclinic.org](http://www.orangecountyfreeclinic.org)



**IMPACT OF THE PANDEMIC ON FREE CLINICS IN VIRGINIA**  
Increase in Patient Demand



of free clinics are experiencing an increase in patient demand

You continue to support our commitment and this tells us that you value our services and understand the reason we are here! Thank you for being here for so many hard working residents who look to the clinic for support !

Best to you,  
Kim Frye Smith,  
Resource Development







Thank You...Grants from Foundations and Corporations are used to supplement individual donations! ...**Your ongoing support makes all the difference!**



CULPEPER WELLNESS foundation  
RURAL LISC

Thank You to the **Culpeper Wellness Foundation**, the **Lake of the Woods Lions Club**, and the **Local Initiative Support Corp-VA (LISC)** for supporting the clinics **OCFC Cares** project that provides medications and critical medical supplies to patients with chronic diseases like Diabetes and COPD! OCFC provides medical supplies like glucose strips, pen needles, lancets and alcohol swabs for all diabetic patients. Devices like oximeters, blood pressure cuffs, and nebulizers are provided to patients who are most in need because of the severity of their illness.

## Tee Up...Golf Is Back!

### SAVE THE DATE

**Friday, October 1, 2021/9:00 Meadows Farm Golf Course, Locust Grove VA**

"Golf is back"...Doug Ponton and Elaine Fogliani are inviting golfers back to Meadows Farms Golf Course for the **18th Annual Tony Fogliani Memorial Golf Tournament to benefit the Orange County Free Clinic!!**

It will be a Friday morning "T-Off" this year...All for a very good cause! Doug Ponton, chairman of the Golf Committee says "it's long overdue and we are excited that Meadows Farms Golf Course will host again this year, keeping the same great standards for a great day of golfing! Look for "Save the Date" postcards coming soon and Sponsorship/Team sign ups in the mail around July 1.

Sponsorships are available to help us make this a successful fundraising event!! Contact OCFC for more information... or [www.orangecountyfreeclinic.org](http://www.orangecountyfreeclinic.org)



"Dominion VA Power—Team 2019"



## Supporting the Every Day!!

Grants like the one received through **Skyline CAP Partnership Fund** at CACF will help support salaries and programs at the Clinic...

Having to pause fundraising events put a strain on the Clinics ability to cover operating costs. Having funding that supports operations for patient care is critical... Thank you to Skyline CAP Partnership Fund at CACF for making this grant available to OCFC and others!

## THANK YOU SALAAR ALI!!

Community Service Project for OCFC!

Salaar Ali, is a Senior at Orange County High School and part of The Blue Ridge Virtual Governors School. Through a community service project, Salaar raised \$300 to benefit the Orange County Free Clinic! !



ORANGE COUNTY HIGH SCHOOL  
We are O.C.



## New look for OCFC Patient Entrance

*Below: VA Cares Grant from VAFCC provides protection from the elements for patients ...*

**Patient W. D.** says he prefers to stand outside when the waiting room is full. Now, he says he can be outside in the shade or not get wet when it is raining!

...Benches coming soon! Thank you to the **Orange Rotary Club** for this fantastic gift!!



## Orange County Free Clinic

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

Non-profit Org  
US Postage PAID  
Orange VA  
Permit No 97

## COMMUNITY BASED CARE FOR THOSE IN NEED

### WHAT WE DO

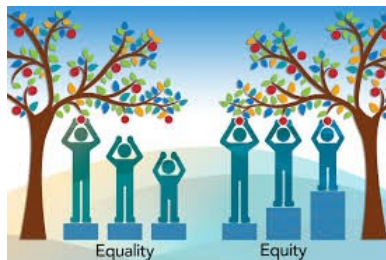
**We do Healthcare...** Creating the best possible environment to bring healthcare to our community by providing access to free primary medical care and prescription assistance to adult residents of Orange County.

### 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  
Piedmont Regional Dental Clinic  
Rapidan Rappahannock Community Services Board  
Virginia Department of Health  
Virginia Association of Free and Charitable Clinics  
Virginia Health Care Foundation

Visit us at [www.orangecountyfreeclinic.org](http://www.orangecountyfreeclinic.org)

PHONE: (540) 672-0793