

Orange County Free Clinic

"Community Based Care for Those in Need"

Spring 2022

Newsletter

*Celebrate
15 Years*

15 Years Of Service

Moving Right Along....2007-2022

Photo by Jeanne Moon

May is Mental Health Awareness



15 years of Service...Moving Right Along

Thank You...

Board of Directors

Board of Directors

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Leslie Raiford, FNP
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Medication Assistance
Coordinators
Meredith Beachy, CPhT -
Medication Assistance
Caseworker
Crystal Nisly, CPhT-
Sr. Medication Assistance
Caseworker

Dorren Brown, Executive Director



Left: Dr. Randy Merrick, Medical Director /Board President



Barry Barr, Board Vice Pres.

Celebrate

...The Clinic continues to thrive all because of the remarkable generosity of this community and others! Thank You!

Since 2007 , the Orange County Free Clinic has provided uninsured , underinsured and low income residents with their health care needs. According to VA Rural Health, a community's health is reflective of the resources available to its most vulnerable residents! The OCFC exists today, after 15 years, because of the Orange County community! People who saw the need then, still donate today and the Clinic stands strong because of new and ongoing supporters who recognize the importance of the service to so many. Statistically, healthcare clinics like ours don't last! ... The Clinic's mission and belief that everyone should have access to quality healthcare, ties us to this community! The commitment of our Board of Directors and Donors like you, make it possible !

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

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!

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



Pictured above: Tatiana Cruz, Spanish Interpreter. Tatiana joined the Clinic to assist patients who may not be comfortable with English as their second language. This service is critical to communications resulting in optimum healthcare services!

Pictured Inset Above: Titiana with Lisa Wilson, Office Mgr.



This list includes gifts/ contributions for Calendar year 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!

January 2021 through December 2021 !

Estate and Bequest

Frank & Donna Mork Estate- \$10,000

\$25,000+

Clark Family Foundation (Sheldon and Rita Clark)

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

VA Health Care Foundation (VHCF)

VA Association of Free and Charitable Clinics (VAFCC)

\$10,000-24,999

Adiuvans Relief Fund

Thomas and Karen Bond

BAMA Works (Dave Matthews Band)

Charlottesville Area Community Fnd.

Culpeper Wellness Foundation

County of Orange

James H. T. McConnell, Jr.

Rural LISC-VA

Town of Orange

UVA -Culpeper Medical Center

Carlene Wilson

Winchester Open MRI -COPN

Valley Charitable Trust -James Collins and Family

\$5000-\$9,999

Beirne Carter Foundation

DHC, Inc. (Pernell & Perrie Frye Williams)

Dominion Energy Foundation

Gordonsville Medical Aide Fund

Gordonsville Presbyterian Church-Endow.

Inez Duff Bishop Charitable Trust

Perrigo Co. Charitable Foundation

Sentara Martha Jefferson Hospital Fnd.

Bill and JoAnne Speiden

Five for Five...

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

Baer Foundation

Brian R. Hall

Florence B. Fowlkes Fund

Carol Ann Mayer-Roddy

Anne Russell Gwyn &

A. Stuart Robertson, Jr. Fund

Mike and Nancy Miller

Battlefield Farms, Inc.

Manning Family Foundation

\$1,000-\$4,999

Anonymous

Anonymous

Anonymous

AARP Locust Grove

Dr. Eve Bargmann

Barry Barr

Eric and Jerry Lee Chafin

BIMA Corp.

Dellis & Sharon Compton

Ernest and Glenda Duncan

Emanuel Episcopal Church

Fried Companies

Barbara Gerock

Jim Gerock

Grelen Nursery

Joe and Marge Grills

Hantzmon -Wiebel, LLP

Wayne and Marie Harrell

James and Nash Hunsberger

Michelle and Larry Jackson

Jaske Family(Pamela A. Jaske Charitable Gift Fnd.)

Laughlin -Beers Foundation

Jan and Elizabeth Lodol -

(In Honor of Gail and John Marshall)

LOW Lions Club Foundation

Gail and John Marshall

Carol Ann Mayer-Roddy

Mary Washington HealthCare

Samuel & Mary Menefee

Mountain View Nursing Home

Kevin and Carla Passarello

Elaine Fogliani and Doug Ponton

JoAnne and Bill Speiden

Greta Shaw

John and Mary Lew Sponski

St. Thomas Episcopal Church

Charles and Mary Lou Seilheimer

Trinity United Methodist

Bill F. Thornton

UVA/VPR - (In Honor of Mary Jane 'Corky' Miller)

Robert "Bob" Vasquez

Walmart Distribution Center

Carol Wayner

Gene & Louise Whitaker

Frank and Zan Thomas

Martha and Howard Zaritsky

\$500-\$999

American Woodmark Foundation

Marta and Tony Buzzelli

Jessica Cifizzari

Community Bank of the Chesapeake-
(nominated by Sam Kessler)

Florence B. Fowlkes

Porter and Mariel Goss

Good Shepherd Lutheran Church

Jane Haltmaier

Craig and Donna Hartman (BBQ Exchange)

Prof. Wallace Hornady

Hulsey Family Fund

Little Zion Baptist Church

LOW Lionesses Club

Mary Beth Madison

Dr. Randy Merrick (Innovative Therapy)

Tom and Carol Merlo

Coles Merrick

Robert Mosolgo

Orange Baptist Church

Orange Rotary Club

REC

Anne and John Snyder

Grace Stillwell

The VA Country Lawyer- Wm. Torrico

Tiger Fuel- Orange

Town of Gordonsville

Walmart -Charlottesville

Ellen Wessel

\$250-\$499

Hilda B. Altman

Battlefield Automotive-Culpeper

Joyce and Michael Bosworth

Robert L. and Adrienne Burrus

Millard Wayne Dodson

Shirley Graham

Rebecca R. Grymes

Mary Dennis and Ray Herndon

John and Gina Pitrone Hotchkiss

Mason Insurance

Wm. Gordon Merrick

Joe & Glennah Moy

Thomas and Michelle S. Pajewski

Bill and Connie Queitzsch

Chip and Mary Stroh Queitzsch

John and Jeanette Walls Taylor

Charlotte Ticken -

(Honor of all at Waverly Farm)

Walmart -Ruckersville

Celebrate



Donors...continued

\$100-\$249

Randy & Heidi Akers
 Alcova Mortgage-Greg Dudley)
 Jerry & Suzanne Aiello
 Brook & Hilda Altman
 Carey Amberger
 Bill & Margaret Anderson-
 (Honor Dr. Randy Merrick)
 Sara Lee Barnes -
 (Honor of Dr. Randy Merrick)
 Beck -Cohen (Jim Beck Inc.)
 Belmont Farm Distillery
 Pen & Suzie Bresee
 Louise Brock
 Francis & Marilyn Buttmer
 Marty Caldwell
 David Clore (Clore's Repair Shop)
 Rebecca Coleman
 Michael Compton Collins
 Berenice Craigie
 Stephen & Sandra Cushman-
 (Honor of Dr. Randy Merrick)
 John and Margaret Moon Davies-
 (Honor of V. Rea Jones)
 John Davies
 Joan Davis
 Rudy & Cynthia DeCanio
 FFA -OCHS/Barboursville Ruitans
 Anne Mead Faulconer
 John Y. Faulconer
 Gayle & Curtis Fitzhugh
 Rita & John Flyzik
 Gerri Frantz & Will Stewart
 Catherine M. Gillespie
 Marty Gray
 Randy & Diane Grymes
 Megan & Eugene Hack
 ElizabethHughs Hall
 Leo Harden
 Madeleine Harvey
 Charlie & Stephanie Hess
 Tracy Jacobson
 V. Rea & Margaret Jones
 Gil Lanoue
 Frances Lapan
 Macedonia Christian Church
 Kevin Mann- State Farm Agent
 Keith and Deanne Marshall
 Chuck and Ann Mason
 Dr. & Mrs. Randy Merrick -
 (Honor of Mr. and Mrs. Bill Speiden)
 Wayne and Kim Modena
 Harriett Witt Moore
 John & Carol Nettles
 Native Son, LLC
 Carl & Barbara Owens
 Judith Peterson
 Jeff & Sarah Poole
 Richard C. Powers
 Preddy Funeral Home
 Harwood & Frances Purcell
 Hunter & Elizabeth Rawlings
 Karen Read
 Ruckersville Animal Hospital (Dr. Chip
 Godine)

Celebrate

Celebrate

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

H.B. Sedwick
 Rodney Sedwick
 Sue Sulzer
 Step Investments, Inc.
 Lisa K. Taylor, CPA, PLLC
 Charlotte Tieken-
 (Honor of Mr. and Mrs. Jeff Poole)
 Terry & Timothy Tigner
 Eloise Tucker
 Pauline Vismer
 Frank & Bernice Walker
 Mark & Jasmine Warren
 Weymouth,Swayzee & Corroon Ins.
 Lance Whittmore
 Marjorie Winkelmann
 Bryan Wisner
 Loraine Wright

\$1-\$99

Lynne Baines
 A.Terrell Baskerville
 David & Michelle Brizzolara
 William & Christine Brooks
 Brown Exterminating
 Nancy & Pete Cameron
 Richard Clore
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 Reggie Cox
 Robert & Cam Leigh Crump
 S&I Dulin
 Janet Faulconer
 Bernard Friesz
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 Linda Hoffman- Gallup
 Martha Joyner
 Wanda Jones
 Joyce Kipps
 Jean & Joseph Kube
 Raymond & Barbara Lonick
 Dr. & Mrs. Randy Merrick -
 (Honor of the Bresee Family)
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 William McClellan, Jr.
 Charlene Moonen
 Pamela & Larry Norem
 Michael Ridgeway
 Mr. and Mrs. V.R. Shackelford III
 Howell L.T.D Taylor
 Jane Ware
 Danielle Warren
 Emily Winkey
 Karen Wheeler
 Annie Washington
 Deborah Wiegel
 Christine Yurechko

Memorial Gifts

Gifts made in 'Memory' of the following
 friends and loved ones:

January 2021- December 2021

Buddy Amberger
 Pat Caudell
 Anna Collins
 Christopher Ernest Duncan
 Dana S. Faulconer
 Harold Faulconer
 Robert O. Grymes
 Margaret & Kenneth Gallup, Sr.
 Brian Ralph Hall, OBE
 Jeanne Delores Harrison
 Carl, Doris and Rodney Hoffman
 John Jaske
 Bruce Allen Lawson
 James W. McDaniel, Jr.(Jimmy)
 Michael Miller
 Benny Moubrey
 Donna and Frank Mork
 Jeremy Ryan Norem
 Carole Jean Roddy
 Michael Roddy
 Ann Belfield Thornton
 R. James Thornton, Jr.
 Elinor Vasquez
 Robert "Bob" Wright

Patient Story

*Patients tell us how having OCFC as their
 healthcare home has improved their lives:*

RG is a 63-years-old male and had not been to a primary care provider for a few years because of a lack of funds and insurance. Several years ago, RG's wife had a horse-riding accident that left her wheelchair-bound and with one hand amputated.

RG left his job as a prison guard to take care of his wife and they support each other on a small early retirement pension. He does not qualify for medicaid, does not have enough income to purchase insurance, nor is he old enough to qualify for Medicare. He explained that he's been doing it on his own!

He came to the OCFC in November 2021 for a skin problem and received a general check-up with lab work. When his Hemoglobin A1c came back as 11.1, he was given a new diagnosis of uncontrolled Type II diabetes mellitus and was started on Diabetic medications, given supplies and a glucometer to monitor levels at home.

Three months later, his Hemoglobin A1C is improved to 7.6, and RG is motivated to take care of his health, improve this number further, and be a healthy caregiver for his wife!



15 years of service... Moving Right Along



May is Mental Health Awareness Month... after the last few years of living in pandemic times, many people are realizing that stress, isolation and uncertainty have taken a toll on their well-being! This, according to Mental Health America (MHA) is the reason that the theme for 2022 is "Back to Basics" ...fundamental knowledge about mental health and mental health conditions.

The Orange County Free Clinic provides a holistic approach to healthcare that includes assessing patients for signs of depression and other mental health concerns. Most often patients can benefit from understanding their own emotional and physical behaviors. There are resources available to see qualified counselors, and other mental health providers.



Speak with your Primary Care Provider for guidance and referrals to a mental health professional!

Not to replace professional care, but having an effective self-care routine has been shown to have a number of important health benefits. Some of these include:

- ⇒ Reducing anxiety and depression
- ⇒ Reducing stress and improving resilience
- ⇒ Improving happiness
- ⇒ Increasing energy
- ⇒ Reducing burnout
- ⇒ Stronger interpersonal relationships



Each year, many organizations choose to host awareness observances and campaigns throughout the month of May and over the course of the year. For more information: lehighcenter.com

Interesting Facts:

In the 1800's, green was the color used to label people who were considered insane! Mental Health Awareness Month was started in the United States in 1949 by **the Mental Health America organization** (then known as the National Association for Mental Health).

Significance of the Butterfly, The symbol for Mental Health Awareness is also the Butterfly. According to Mental Health America, Butterflies often represent a natural growth and transformation, starting life as a caterpillar then developing into a vibrant, colorful insect with the power and freedom to fly. This shows us that we always have the ability to change and evolve into something greater.



Above: The endangered Monarch Butterfly is from Jeanne Moon Photography. Jeanne has supported the Clinic through her beautiful photography over the years.



Left: Leslie Raiford, FNP



Right: Kim Sargent, FNP

Thank You to our Nurse Practitioners!

FNP's Leslie Raiford and Kim Sargent are very often the first to hear about a patients' mental health concerns and take steps to reassure each patient that help is available!



Moving Right Along-

Thank You to our In-Kind donors (January 2021– December 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
Hartland College
David Kipps and Family
Yvonne Letsome
Jeanne Moon
Betty Lou Poff
Lab Corp
Mary Beth Madison
Julio Mazierogos
Dr. Randolph Merrick
Orange Food Pantry
Orange Pharmacy
Orange Rotary Club
Samantha Reynolds
John Sponski
E. Paul and Nancy Williams
Michael Wilson
Women's Circle– OBC
Walmart—Zions Crossroads
And the many more that donated without any recognition... *Thank you to all!!*

Thank You for Investing in a life!

All the time and every day!! Our *Health Care Partners* provide essential and lifesaving services for our patients

Referrals, Labs and diagnostic testing, Specialty care including dental, diagnostic and medical procedures...**Partners include:**

- Culpeper Wellness Foundation
- Direct Relief International - *Funding support and medical and personal hygiene supplies*
- Dermatology PLC
- District Supply
- District Healthcare
- Dr. Randolph V. Merrick , Innovative Health Care & Laser Therapy
- Every Woman's Life
- UVA Mammogram Mobile Unit
- FAHSS
- LabCorp (all labs and testing)
- Mary Washington Healthcare
- Mt. View Nursing Home—Medical volunteers
- Orange Pharmacy—Patient Prescriptions
- Your Gordonsville Pharmacy— Patient prescriptions
- Rapidan Rappahannock Community Services Board
- Radiologic Association of Fredericksburg
- Sentara Martha Jefferson Hospital
- UVA Culpeper Medical Center
- Virginia Department of Health
- Virginia Health Care Foundation (VHCF)
- The Virginia Association of Free and Charitable Clinics (VAFCC)



April 2022-Colon Cancer Screening Day at the Clinic– Early Diagnosis is key to survival!

Thanks to the Phillips Cancer Center at Sentara MJH.

OCFC patients were evaluated and sent home with a “FIT Test” to screen for Colorectal Cancer. Patients really appreciated the opportunity to learn more about prevention and the importance of screening and risk factors. As Cancer Program Manager Crystal Chu mentioned, 1 in 5 colon cancer patients are diagnosed under age 54 and usually early colorectal cancer does not cause pain.

Pictured left to right: Susan Driskell, RN Patient Navigator, Catherine Kipps, RN, OCFC, Crystal Chu, RN Cancer Program Mgr. and Steve Wikoff, RN Research Nurse/

OCFC is a healthcare safety net for residents in Orange County...providing crucial services like this everyday!

sentara.com/coloncancer

[ColonCancerCoalition.org/Get Screened](https://ColonCancerCoalition.org/GetScreened)

Thank you for your investment in our work and in the Orange County Community

Consider supporting the Clinic in the way that feels right for you...

The need is greater than ever! There are multiple ways to show your support of the clinic's work and help sustain services for residents who look to us for a hand up!

Please go to our website to find out more!
www.orangecountyfreeclinic.org

Endowments and Estate Requests help sustain services

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

Challenge Grants...

Consider participating in the Five for Five Challenge or offer another challenge to donors to support the Clinic's work!

Support Events



Dedicate A Room or Space at the Clinic:
Below: Front Waiting Room and Patient Room



Kim Frye Smith— Resource Development

540-672-3530



Gifts can be made in Memory or to honor

A beautiful Memorial Plaque is displayed in the Clinic Waiting Room...contact us to learn more!



Don't forget...**Our bi-annual newsletter** is one way to say that we appreciate your gifts of support. Hopefully we reach those who need us...please continue to send in your gifts to help keep services available in our community!! Thank You for your on-going support!

Save the date



Tee Up for Healthcare

...Golf 2022!

SAVE THE DATE

Sunday October 16, 2022- Meadows Farm Golf Course, Locust Grove, VA

"Shotgun start at 12:00"...Doug Ponton and Elaine Fogliani are inviting golfers back to Meadows Farms Golf Course for the **19th Annual Tony Fogliani Memorial Golf Tournament to benefit the Orange County Free Clinic!!**

We're back to Sunday Golf...All for a very good cause! Look for "Save the Date" postcards coming soon

Sponsorships are available to help us make this a successful fundraising event!! Contact OCFC for more information... or www.orangecountyfreeclinic.org

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.

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.

Se Habla Espanol



VAFCC
VIRGINIA ASSOCIATION OF FREE AND CHARITABLE CLINICS



Save the date



Benefit Concert

May 20, 2022—Orange Baptist Church 7:30

The *Hartland College Choir*, the *Orange Baptist Church Bell Choir*, and guest musicians present "Sing the Story"—a musical narrative journey through the religious history of Virginia, the cradle of American religious liberty. Friday, May 20, 7:30 pm. Light reception to follow.

Donations will be accepted to benefit the work of the Orange County Free clinic.



TOWN OF
ORANGE VIRGINIA
SWEET LIVING STEADY PROGRESS



ORANGE COUNTY
VIRGINIA



Visit us at www.orangecountyfreeclinic.org

Phone: (540) 672-0793