

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

Fall -Winter 2022 Newsletter

Health Care... All Year Long...



Sometimes the questions are complicated and the answers are simple.



“self care...a gift to you”

“I don’t have insurance, I’m barely managing to make ends meet with my two children, it’s just very hard. I’ve put my own health on the back-burner! The Clinic takes some of the pressure off and I can get the care I need to keep taking care of my family”...I.P.

“I.P.” 37 year old female, was referred to the Clinic after several elevated blood pressure readings at her local pharmacy. She had been suffering with headaches, and during her first visit to OCFC, admitted to feeling exhausted and down! At the time, I.P. worked full-time nightshift at a community group home. She said she was unable to get much sleep between her job and caring for her own young children as a single parent. Her chronically ill mother who also lives with I.P and relies on her to run errands and get her to frequent medical appointments. I.P.’s obvious stress resulted in a tearful visit as she told her story and reported difficulty in handling her many responsibilities.

Once her overall health was assessed, a health care plan was developed. This included a regiment to control her chronic hypertension, a recommendation for future counseling and she was enrolled in the Clinic’s Medication Assistance Program (MAP) to receive her higher costing medications at no costs.

At her last appointment, she was cheerful and optimistic, and reported a change in her schedule at work that allows her to better care for her children, her mother, and herself.

Healthcare ...all year long!

Fundraisers, like the Tony Fogliani Memorial Golf Tournament helps the Clinic to keep services available all year ...and thankfully, available to residents for the past 15 years!

The OCFC is open to any resident who find themselves in the difficult position of putting their healthcare on hold or ignoring symptoms that need attention . This issue highlights pieces of good news that we are excited to share with you!



Meadows Farms Golf Course, Locust Grove, VA...Sunshine and an absolutely beautiful day to play! Dorren and MaryBeth watching for the “hole in one”...

So Grateful



Sentara Martha Jefferson Hospital Foundation granted the Clinic \$20,000 in August to support Chronic Care Management programs and services!

Above: Second from Left: Dorren Brown, Executive Director receives a grant from Sentara MJH Foundation President, Kim Skelly and MJH Community Outreach Staff

...We’re all in this together... Orange County Free Clinic

Health Care ...All Year Long

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Resource Development
Director

Tatiana Cruz, Spanish Interpreter/
Office Assistant

Magie Zamora
Community Health Worker

Faye Coffey, LPN

Catherine Kipps, RN

Leslie Raiford, FNP

Kim Sargent , FNP

Gin Eborn, LCSW –Counselor

Crystal Nisly, CPhT
Sr. Medication Assistance Coord.

Meredith Beachy CPhT
Medication Assistance Coord.

So Grateful

Have a safe and peaceful holiday season!
... Board of Directors and OCFC Staff

So Grateful

Celebrate the Season...thank you to our loyal donors, contributors, healthcare partners and all who support the business of healthcare and serving others!

Dr. Randolph Merrick,
Board President

Dorren Brown,
Executive Director

Welcome Community Health Worker

Magie Zamora, Community Health Worker

A grant from the **Virginia Department of Health– Rapahannock District** gave the OCFC and other Free Clinics in the District, the opportunity to hire a dedicated Community Health Worker to promote overall community health! Magie regularly assists patients with resources for healthcare, food, utilities, housing, transportation concerns and an assortment of needs that go from routine to out of the ordinary.

Welcome Mental Health Counselor

Gin Eborn, LCSW

Mental Health Counseling resumes at the OCFC...

Helping patients live their best lives...

Gin Eborn, helps patients with coping strategies to navigate through life's challenges...she brings years of experience to the Clinic as she quickly acclimated to the Clinic's routine and backlog of counseling appointments. Patient's are expressing how thankful they are for this service ...No different than having help for a physical illness, having a consistent source of mental health counseling also allows a patient and counselor to monitor and understand what is needed to move toward **FEELING BETTER ! Thanks to a grant from the CWF (see below)**



A grant from **The Culpeper Wellness Foundation** supports a part-time **Mental Health Counselor at the Clinic.**

This position has been vacant since 2020. Shari Landry, President CWF said she was "happy to share that the Board approved a \$25,000 grant to get the Clinic's mental health counseling underway"....and further, said CWF is so happy to support our work in this way. This is an exciting time for the Clinic also because its' helping to fill a gap left wide open by increased demand for services and the lack of access to mental health professionals (even with health insurance) in our area . **Thank You to everyone at CWF who made this possible!!**

Your Generous support, together with foundations, Community Organizations, Businesses and the **Orange Town and County Government** and municipalities work together to make it all happen, creating a healthier stronger community!! **Thank You!**

Wishing you happy holidays!! Good Health to you and yours...

"Almost everything
will work again if
you unplug it
for a few minutes,
including you."
- Anna Laetitia

Thank you for supporting fundraising events!

Thank You



Players, Sponsors, Contributors and Volunteers...The 19th Annual Tony Fogliani Memorial Golf Tournament ...A BIG SUCCESS! RAISING \$10,000 for OCFC programs and services.

See our Spring Edition for a complete list of Sponsors, Contributors and volunteers

...Thank you all!

*Doug Ponton and Elaine Fogliani organized the tournament over 20 years ago (Right)

Golf Fundraiser 2022



Andrew Brown and Lori Carter (below)



Going for it...50/50 Cash Raffle! ...Mr. Jimmy Rowe (Above), devoted friend of Tony Fogliani and dedicated tournament player!

See more pictures on our website:
www.orangecountyfreeclinic.org

EVENTS COMING UP

Sold Out...December 17, 2022 :
The Inn at Willow Grove– Murder Mystery Dinner Theater generously partnering with the OCFC to donate all **Silent Auction** proceeds to support Programs and services... A gift of healthcare!

Lori Carter who is organizing the event expects to make this an annual Holiday event! See you in 2023 at the Inn!

GALA News

It's been a minute...

OCFC and it's Board of Directors plan on bringing back the much anticipated **Hope Blooms Spring GALA 2023 in April** ...we've missed you and hope you will attend our signature fundraising event to help sustain our **Mental Health Program** ...Look for your sponsor letters in January and invitations going out in early March!! **Please keep us in your plans!**



Health Care ...All Year Long... for 15 Years



...Since January of this year the clinic has provided services in over **4,000 patient visits** ...patients depend on the Clinic for so many reasons including their medications, chronic care supplies, referrals, diagnostic screenings, visits to our Clothes Closet and pantry for fresh food and more!

The OCFC is a dependable resource for our community! **We do our very best to care for those who are medically underserved.** Many Employers regularly depend on our service for their workers when they cannot provide insurance... **We are Health Care all year long...**Please keep us in your giving plans...

(Right-Above)Kim Frye Smith, Resource Development Director receiving donation from **LOW – AARP 2019**



Happy Holidays!!

Thank you for considering a donation to the Clinic to help someone who needs us !

It's a fact: Census information for Orange County (2021) shows 10% of the population are still uninsured...unaffordable even when working! It is not a position that any of us want to be in... The Orange County Free Clinic is available to those in our community who need a healthcare home!

Outreach Postcards (below) go out to residents and employers so they know how to find us!

Orange County Free Clinic

So, how are you today?

Staying healthy does take a little effort and it starts with **paying attention to how you feel!**

Don't let everyday life keep you from having consistent healthcare. It's important to have a Provider whom you know and trust to take care of you or refer you to a specialist when you need one.

Just a reminder...

OCFC is **registering new patients**... Open Monday through Friday 9-5. Appointments are scheduled weekdays (M-Th 9-5).

Call Today...540-672-0793 (Se habla español)

Call...Answer a few questions...Schedule an appointment

See New and Expanded Income Guidelines

Ask about **Medication Assistance (MAP)** to help with your unaffordable medications. This service is also available to non-clinic patients!

...OCFC specializes in primary healthcare that is free to low income uninsured or underinsured adults in Orange County VA. Provider visits, Chronic Disease Care Management, medical supplies for diabetic and other chronic care needs, medications and medication assistance, lab and diagnostic testing, specialists referrals, women's services and more are available to you...Call Today! 540-672-0793 www.orangecountyfreeclinic.org

ORANGE COUNTY FREE CLINIC
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Orange , VA 22960

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*Celebrating
15 years*

Orange County Free Clinic

SUPPORTED BY YOU ...HELP FOR THOSE IN NEED



WHAT WE DO

What We Do- Healthcare... Access to free primary medical care, medication assistance AND MORE!

What We Offer...Peace of Mind

Consistent, reliable quality healthcare without judgment or barriers ...

Who We Serve...Low- income adult residents of Orange County who are medically uninsured or underinsured.



**ORANGE COUNTY
VIRGINIA**



Thank you for making Orange County a healthier place to call home!

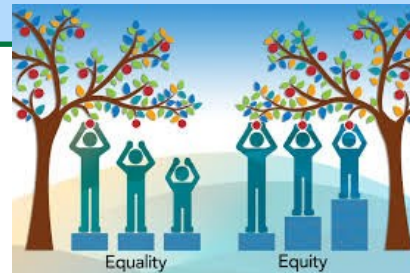
Notes from OCFC

We are hopeful that you will remember us in your end of year giving. We appreciate your kindness and generosity throughout the year and will include your donations, sponsorships, and contributions in our Spring 2023 Newsletter...Thanks Again!!

Have a beautiful, safe and happy Holiday Season!



OCFC is committed to its commitment to bring equal and equitable access to healthcare for all who come to the Clinic !



Visit us at www.orangecountyfreeclinic.org

PHONE: (540) 672-0793

