



# Orange County Free Clinic

“Community Based Care for Those in Need”

Fall - Winter 2025 Newsletter



Delivering Whole Person Care...Every Visit, Every Voice, Every Need!



Blue Ridge Area  
FOOD BANK

PARTNER  
FOOD BANK OF  
FEEDING  
AMERICA

enough to eat.



### Inside

- ⇒ Food Pharmacy Impact
- ⇒ Golf Tournament and Healthcare Highlights
- ⇒ Donor & Partner Spotlights
- ⇒ How You Can Help

The Orange County Free Clinic is a 501 (c) 3 non-profit organization

**FRONT PAGE - IMPACT...** In our fiscal year 2025 the Clinic provided services to over 850 uninsured and underinsured residents in more than 4500 medical visits, with 254 new patients enrolled. Over 6000 patients are enrolled at the OCFC for care when they need us...Please remind your neighbors that we are here!

- **Food is medicine.** Our Food Pharmacy program—powered by community support and our partnership with the **Blue Ridge Area Food Bank**—helps patients manage chronic illness and food insecurity with dignity and care. *The OCFC Food Pharmacy is not a food bank—it's a complementary model that strengthens food access and health outcomes. We proudly support and work alongside Orange's vital food banks, including Love Outreach, Good Samaritan, and Church Outreach Programs. These partners all need our continued support!*
- **Golf & Gala fundraisers** continue to thrive thanks to generous private contributions and local donorship. Every swing and every celebration helps sustain whole-person care for our neighbors in need.
- **OCFC is a teaching clinic.** We proudly host medical and nursing students completing their required clinical hours for Virginia licensure—giving them hands-on experience in compassionate, community-based care.
- **Primary Care, Chronic and Acute Care** is our strength ...medication assistance, mental health counseling, Food Pharmacy, women's services and so much more!

## Food is Medicine



Pictured (L): Alicia Byram, CHW – supporting patients with their nutrition needs to promote better health. See more inside!

Scan to donate



# Celebrating The Power Of Community to Heal, Nourish and Uplift!

Dr. Randolph Merrick, Board President

**Thanks to you, it's more than medicine!**

## A Holiday Message of Gratitude

Dorren S. Brown, Executive Director

As the season of giving approaches, we're reminded of the profound blessing of community. Every patient who walks through our doors feels the impact of your generosity—from lifesaving care to the dignity of being seen and supported.



To our loyal donors, contributors, healthcare partners, and all who stand with OCFC: thank you for answering the call—and for giving even when we don't ask. *You help us bring healing to the table, and hope to those who need a healthcare home.*

*Hope Blooms*

**With heartfelt thanks,**

R.V. Merrick, Board of Director  
Dorren Brown & the OCFC Staff

## Thank You

### Board of Directors

Dr. Randy V. Merrick,  
President - OCFC Medical Director

Barry Barr, V.P.

Mary Beth Madison,

Treasurer

Dr. Eve Bargmann,

Secretary

Richard Clore

James Collins

Ciji Jackson

Ray Palmer

Doug Ponton

David Scibal

Ron Taylor

Frank Thomas III

### STAFF

Dorren Brown, Exec. Director

Lisa Wilson, Office Manager

Kim Frye Smith  
Resource Development Director

Tatiana Cruz, Spanish Interpreter/Office Assistant

Alicia Byram, Community Health Worker

Catherine Kipps, RN

Barbara Martin, CNA

Leslie Raiford, FNP

Kim Sargent, FNP

Gin Eborn, LCSW –Mental Health Counselor

Crystal Nisly, CPhT Senior M.A.P. Coord.

Vickie Howard,

M.A.P. Coord.

Vanessa Anderson,

M.A.P. Coord.

## Farewell, Nurse Catherine—

### Onward to Your Next Big Adventure!



With deep gratitude for her compassion, skill, and unwavering dedication to OCFC and our patients, we send Catherine off with heartfelt thanks and best wishes as she embarks on her next great journey.

**Godspeed and thank you from all of us at OCFC.**

Catherine Kipps, RN



## FRONT PAGE: Fresh Food, Real Healing: How You're Powering Our Food Pharmacy!

Since June 2025, OCFC's Food Pharmacy—powered by your generosity and support from the **Blue Ridge Area Food Bank**—has distributed 400+ bags of fresh food to 150+ patients each month; empowering those with diabetes, hypertension, and heart disease to better manage their chronic health conditions.

**Good News:** Thanks to your designated gifts, we're close to unlocking a \$50,000 matching grant from **The Perry Foundation** to repurpose space next to the Clinic to house the Food Pharmacy and Community Closet—complete with an education room for nutrition counseling, mental health support, and ESL classes. Every donation—whether for the Food Pharmacy or core medical services, brings us closer to this goal. You can contribute by check (payable to OCFC) or online at

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

**Orange County faces food scarcity.** The Food Pharmacy initiative is a natural extension of our mission that provides **“whole person care”** to all patients. *With every bag of food, we're delivering more than nutrition—we're restoring dignity, reducing health risks, and building trust.*

**Speaking of whole person care:** *Mental Health Counseling continues to thrive! As additional space becomes available, we hope to provide group counseling sessions. Group counseling fosters connection, reduces isolation, and helps participants learn from shared experiences—building resilience and a sense of belonging alongside individual care.*



**Small Steps, Big Impact...** *Taking care of your health doesn't have to mean big changes overnight. Drinking more water, getting fresh air, checking in with your emotions, and moving your body—even a little—can make a meaningful difference over time. **Wellness is a journey, not a finish line!***



# Community Support Impacts Us All

Stronger together: your support multiplies our impact.

## Golf Fundraiser 2025

Coming Events



### Thank You- Donors-Early Fall 2025 –Highlights

**Note: Recognition for all Donors 2025 will be included in our 2026 Spring edition!**

- \$50,000 Match Grant from the **Perry Foundation** that will be unlocked with the OCFC match ...
- **Individuals** donating with their envelopes since July and sponsoring events
- **Private Donors** for Food Pharmacy Expansion
- **Titmus Foundation**– for Food Pharmacy Expansion
- **Beirne Carter Foundation**-for Services

 **Orange Seventh Day Adventist**—Annual Food Drive for OCFC– Secures additional nourishment for our Community

### DONOR SPOTLIGHT



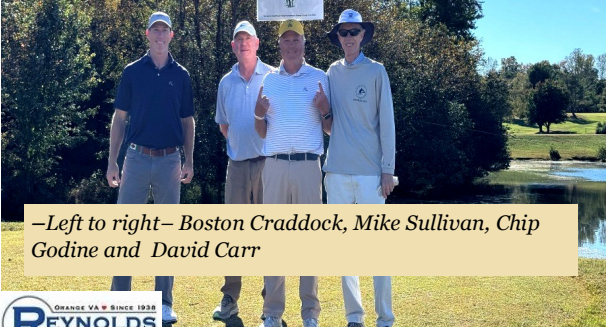
**Mayeisha Parker**, turning personal healing into community impact!



Owner, Artistic Director, and Instructor, Mayeisha's Fine Arts Studios in Locust Grove and Culpeper, sponsored an October fundraiser to benefit OCFC services—continuing her heartfelt tradition of support. Ms. Parker shares her story with joy and conviction: **“They saved my life.”**

Her testimony now inspires others to seek preventive care and lifesaving screenings.

### Team Godine takes top spot...! 2025 Tee Up for Healthcare!



—Left to right— Boston Craddock, Mike Sullivan, Chip Godine and David Carr



### Thank You, Reynolds Chevrolet GMC Subaru!

We're grateful to **Reynolds**—Orange, VA for sponsoring our “Hole in One” car prize! **No winner this year, but Team Battle came closest!** Thanks to our incredible players, contributors, and sponsors, we raised \$15,000 for OCFC services!



Above: Team Stone and Thomas Second Best Team score  
(left to right): Erik Stone, Richard Stone, Joe Rodriquez, Spyder Thomas

## Health Care



Thanks to donor-powered partnerships, OCFC promotes annual PAP screenings for women's preventive care. **UVA Health's** Every Woman's Life program provides free mammograms, while **Sentara MJH** offers bi-annual FIT colorectal screenings. **Patients also are offered** critical vaccines—including Shingles, Flu, COVID, RSV and Pneumonia.

### The Care Behind the Care

Even in challenging times, OCFC thrives—thanks to you. Every patient visit is powered by **behind-the-scenes** coordination: referrals, medications, appointments, and the funding that makes it all possible.

From healthcare to mentoring future change-makers, your generosity fuels healing, hope, and opportunity.

...Thank You for your support!

## Medical Student Spotlight!



Above...Alan Lai, internship with Dr. Merrick and gaining valuable experience from the OCFC Staff!

Pictured: NP Kim Sargent with Alan Lai -MCV Med Student

**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

*Gala –March 21,2026*

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



We appreciate your continued support and hope you will **use the envelope enclosed** or scan the QR Code above for Pay Pal to send your gift of any amount!  
*Thank you! ...Kim*



*Orange County Free Clinic*



**SUPPORTED BY YOU ...HELP FOR THOSE IN NEED**

**WHAT WE DO**

**What We Do-** Access to free primary healthcare , medication assistance AND MORE!

**What We Offer...**Peace of Mind when you need healthcare...Consistent, reliable quality healthcare without judgement or barriers ...

**Who We Serve...**Low- income adult residents of Orange County who are medically uninsured and under-insured.



*Thank You*



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

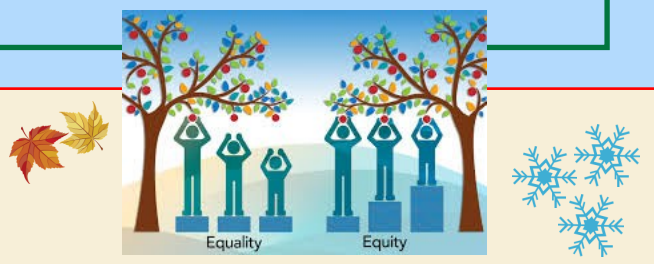
***We want to recognize your generosity...***

**2025 contributions will be noted in Spring 2026 Newsletter!**

*Please remember us in your end of year giving. Contact Kim Frye Smith for questions or comments regarding the newsletter: [kfryesmith@orangecountyfreeclinic.org](mailto:kfryesmith@orangecountyfreeclinic.org)*

***Stay Safe...Stay Well!***

**OCFC** is committed to its mission to bring equal and fair access to healthcare for all who come to the Clinic!



*So Grateful...for healthcare*

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

PHONE: (540) 672-0793 -SE HABLA ESPANOL

