



# Free Clinic Powhatan

Vol I / Third Quarter 2011

*There When You Need Hope*

July 1, 2011

Dear Free Clinic of Powhatan,

I hope this letter will help express my thanks and gratitude to the clinic and everyone who volunteers there for the care it has provided me over the past couple of years.

Like many folks today, I found myself without a job and healthcare at a time when my family was experiencing serious personal challenges: loss of our home, failing health of older parents and serious family health and personal problems.

The clinic has provided excellent care through this period. There were several medical issues they addressed for me that, left untreated, could have progressed into very serious health threats.

The doctors, nurses and volunteers at the clinic are very caring, highly competent and provide the same top level of care that I received from the doctors and staff in my previous insurance plan. At a time in my life when anyone might feel vulnerable and a bit downtrodden, the clinic's professionals have made me feel respected and comfortable during every visit.

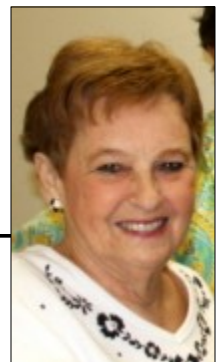
Before coming to the clinic, I had never appreciated the value of the wonderful social service they provide. Quite frankly, I never believed I'd ever be in a position to require their help. I've learned through humbling experience that only when we are in a really vulnerable situation can we truly appreciate what others selflessly do to provide a safety net for folks like me.

I hope when I'm "back on my feet," I'll be able to help the clinic in a small way because they've done so much for me.

Sincerely,  
David Thomas

The Clinic recently received this letter from a patient. It encapsulates what the Clinic means to and does for its patients.

**Check out the Volunteer Spotlight on page 2. This issue celebrates Violet "Vi" Lamb and all that she gives to the Clinic.**



## From the Executive Director

Dear Friends and Neighbors:

I send my sincerest thanks to all our volunteers, neighbors, friends and supporters of our Clinic. It has been a busy three years. Since September 2008, we have grown from 0 to over 600 patients who are now receiving quality, compassionate medical, dental and mental health care at no charge. We have had our many challenges – from the continued need for volunteers, to finances, and limited space in which to deliver services. Through it all we have grown and learned much.

We know that we can't function without our wonderful staff of volunteer doctors, dentists, nurse practitioners, nurses, lab techs, mental health counselors and administrative workers who have donated thousands of valuable hours to the Clinic.

*"... our wonderful staff of volunteer doctors, dentists, nurse practitioners, nurses, lab techs, mental health counselors and administrative workers who have donated thousands of valuable hours ..."*

We give many thanks to our financial supporters of foundations, businesses, churches, organizations and individual donors that support and allow the Clinic to perform its invaluable services to the patients. We are frugal and are good stewards of all funding received.

Due to the present economic downturn, we are experiencing an increase in our patient load. Please consider sending the Clinic a donation, so we can continue with all the services we provide our clients. They need

their medicines, our help and our services. In addition, please consider helping your neighbor by volunteering at the Clinic. I promise you that you will receive much more than you give.

On behalf of the Board of Directors, staff and patients, I thank you for what you do and what you allow us to do for our community.

Sincerely, *Connie Moslow*

The Clinic is almost completely staffed by volunteers; our doors are open because of these dedicated, caring people. We are extremely fortunate to have such a group of committed people. Let us introduce you to one such volunteer ...

## Volunteer Spotlight



### *Violet "Vi" Lamb*

Vi began her working career as a medical secretary for a mental health facility in Richmond. Then, after a successful career in the building trade in West Virginia, Vi moved to Powhatan to be near her children and grandchildren.

Almost immediately, she started her volunteer career with the Clinic. "I consider the Clinic my second home," said Vi. "Although my primary 'job' is administering the Prescription Assistance Program, I truly enjoy the patients and other volunteers."

When Vi is not at the Clinic, she volunteers as an AARP tax aide, attends May Memorial Baptist Church and travels the world.

"The contribution that the Clinic makes to Powhatan County is immeasurable," Vi continued. "It provides a safety net that, otherwise, is not there for her citizens. Yet, the Clinic could not exist without the selfless volunteers who have stepped up to make a difference."

There are many more Clinic volunteers who give as much as Vi. They will be featured in future editions.

*Thank You, Vi!!!*

**Mission:** *To provide high-quality health care and wellness services to the uninsured, low-income adult residents of Powhatan County*

The Free Clinic of Powhatan is a 501(c)3 charitable, non-profit organization.

[www.FreeClinicOfPowhatan.org](http://www.FreeClinicOfPowhatan.org) ♦ 804/598-5637

Member: Virginia Association of Free Clinics

# S E R V I C E S

The Clinic provides the following services free of charge:

- ▶ Medical services
- ▶ Women's health services
- ▶ Case management services
- ▶ Referrals to specialty physicians
- ▶ Access to prescription drugs
- ▶ Dental services
- ▶ Mental health counseling
- ▶ Lab services
- ▶ Diagnostic tests
- ▶ Patient education



FNP Jordan Bailey

To provide these services, the Clinic relies on contributions from individuals, churches, businesses, foundations and civic groups; donated services from Richmond area hospitals, health organizations and specialty physicians; in-kind support from Powhatan County; and countless hours provided by dedicated volunteers. We are grateful for every supporter and volunteer.

The Free Clinic of Powhatan is located at 3908 Old Buckingham Rd., Mondays, 3:00-9:00 p.m., and Thursdays, 9:00 a.m.-4:30 p.m. Registration is Monday night: 5:00-8:00. 804/598-5637

## *New Programs*

Here's some exciting news about recent programs started at the Clinic:

### **Case Management**

The Free Clinic recently hired a part-time case manager to oversee patients' overall treatment plan. We recognize the importance of addressing all aspects of the patients' lives, not just the medical side. We will begin implementing guidelines of care for our diabetic patients to ensure they are receiving the necessary tests and taking their medications properly. Through this new program, our patients will better understand and manage their disease.

### **Women's Program**

Recognizing that many women had not seen an OB/GYN physician since the birth of their last child many years ago, the Free Clinic opened its Women's Health and Wellness Program in September 2010. We now offer PAP testing, mammograms and bone density testing as well as patient education.

### ***Did You Know ...***

- ◆ 76% of Free Clinic patients work full time
- ◆ 12% work part time
- ◆ For every \$1 received, the Free Clinic of Powhatan provides \$5.40 worth of health services to its patients.

## Recent and Upcoming Fundraisers

The Clinic does not receive state or federal funds or insurance payments. We must continually raise funds and rely solely on donations from individuals, churches, businesses, foundations and civic groups as well as in-kind support and fundraisers.

The first fundraiser for the year was held on April 17—the **Second Annual Historic Powhatan Bike Tour**. It was a smashing success, with almost 400 riders traveling 30, 60, or 90 miles throughout the



county and stopping for food and rest breaks at various historic sites. The riders came from six states and as far away as Puerto Rico. The Third Bike Tour will be held in April 2012. Start training and get those bikes greased up!



The Clinic's next fundraiser, the **Poker Ride-Walk**, will take place on September 17 at Pocahontas State Park in Chesterfield County from 10:00 a.m. to 3:30 p.m. We'll have a poker ride for those on horseback, a poker walk for walkers, a silent auction, live music, prizes, food and FUN for all. Preregister on Facebook at Poker Ride-Walk for Powhatan

Free Clinic. Mark your calendars and come join us!

## *How Can You Make a Difference?*

If you'd like to help the Free Clinic of Powhatan provide health care to the County's uninsured, low-income adults, you can do so in several ways:

1. Mail a contribution to the Free Clinic of Powhatan (P.O. Box 544, Powhatan, Virginia 23139) – an envelope is included for your convenience
2. Participate in the Patient Care Sponsor Program by donating \$50 a month to the Free Clinic
3. Volunteer at the Free Clinic (call the Clinic to discuss the opportunities)
4. Help sponsor or volunteer at a Clinic fundraising event
5. Donate office supplies (call the Clinic to get the specific items)

### **Foundation Sponsors**

The Free Clinic thanks the following foundations for their support. Without their funding, the Clinic would be unable to provide services to our patients.

- ◆ Bank of America
- ◆ Community Foundation
- ◆ Jenkins Foundation
- ◆ Lipman Foundation
- ◆ Luck Stone Foundation
- ◆ Richmond Memorial Health Foundation
- ◆ Showalter Family Fund
- ◆ Virginia Health Care Foundation
- ◆ Wal-Mart Foundation



## **Free Clinic of Powhatan Board of Directors**

Connie Moslow, Executive Director

Dr. John Carmack, Medical Director

Carson Tucker, Secretary

Larry Lyons, Treasurer

Carolyn Bishop

Tina Bustos

Sr. Maureen Carroll

Robert Cosby

India Cox

Linda Dalch-Jones

Ann Hogg

Richard McMinn III

John Rick

Ron Spears

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



Free Clinic of Powhatan  
P.O. Box 544  
3908 Old Buckingham Road  
Powhatan VA 23139