

SEPTEMBER 2025 NEWSLETTER

WWW.FREECLINICOFPOWHATAN.ORG



**Free Clinic
OF POWHATAN**

Building a healthier community, one person at a time.



♥ Good Medicine 5K and One-Mile Fun Walk

Last Saturday, we held our first-ever Good Medicine 5K & One-Mile Fun Walk! Thanks to the 240 runners/walkers, 30 volunteers, and our many donors, our Clinic can continue providing high-quality healthcare to those who need it most.

We couldn't have done it without your support! We hope to see you at the starting line next year!

**Clinic
Highlights!**





Medicaid Announcement

The Free Clinic of Powhatan is growing to better serve our community. While uninsured adults will always remain at the heart of our mission, we are preparing to expand our medical services to include patients with Medicaid starting November 1, 2025! As we strengthen our role as Powhatan's health safety net, we aim to ensure more neighbors have access to compassionate, high-quality care. For uninsured patients, nothing changes—our mission remains the same. Together, this expansion reflects growth, helping us meet the changing health needs of our community while remaining a trusted place of care for all.



Medicaid

Welcome Aboard!

We're thrilled to welcome Dr. Spears to the Free Clinic of Powhatan family! A dedicated member of top dental associations, he brings skill, compassion, and a strong commitment to quality care. We're excited to have him and his expertise on board as we expand access to oral health in our community!



Dr. Brian Spears

Dr. Spears is a proud member of the American Dental Association, the Virginia Dental Association, and the Academy of General Dentistry.

Coffee at the Clinic

Starbucks is on us! Join us on Tuesday, October 28, 2025, from 8:00 AM - 10:00 AM for our final Coffee at the Clinic event of the year. Visit us open house style—take a walk through the Clinic and see firsthand what we're all about.

Provided by Starbucks



Coffee
at the Clinic



8:00 - 10:00 AM
2320 Skaggs Rd.
Powhatan, VA 23139

October 28

RSVP:
sdonald@freeclinicofpowhatan.org


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**Samantha and Elizabeth with
Melissa Chase from ABC 8!**

Did You See?

Did you see us on the news?
WRIC recently featured our
Annual Giving Manager,
Samantha, sharing how the Good
Medicine 5K & One-Mile Fun
Walk brings the community
together while supporting health
and wellness at the Clinic. Catch
the full segment on
www.WRIC.com to see how we
came together for a great cause to
make strides in expanding access
to care!

As the days grow shorter and nights stretch longer, many in our community feel the weight of seasonal changes. For those struggling, this time of year can be especially heavy. That's why mental health matters. Read our latest blog, *"Understanding SAD: Why the Change of Seasons Can Feel So Heavy,"* as it offers everyday ways to bring light back into the season and reminds us that, whether you're seeking care or helping to make it possible, support is always within reach.



On the Blog

No matter your role—donor, volunteer, or community supporter—you help make quality care possible across many counties. Your commitment strengthens our mission, and we are deeply thankful for your contributions towards building a healthier community.

