



# OCTOBER 2025 NEWSLETTER

---



**Learn how you can  
contribute this  
holiday season!**



**See how patients  
can take control of  
their health with  
Eat Well, Be Well!**

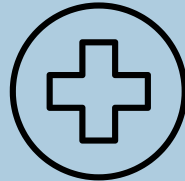


**Get ready for  
Giving Tuesday!**

# Our Service Pillars

By offering all of these health services here together, we minimize the barriers to care many of our patients face. See everything we offer through donor support.

Primary Care    Labs  
Health Screenings  
Pharmacy



**Medical**

Vision Care  
Women's Health  
Medicaid

Hygiene  
Dentures  
3D X-rays



**Dental**

Root Canals  
Crowns  
Medicaid

Psychiatry &  
Behavioral Health



**Mental  
Health**

Individual & Group  
Counseling

Referrals  
Case Management  
Food Pantry



**Wrap  
Around Care**

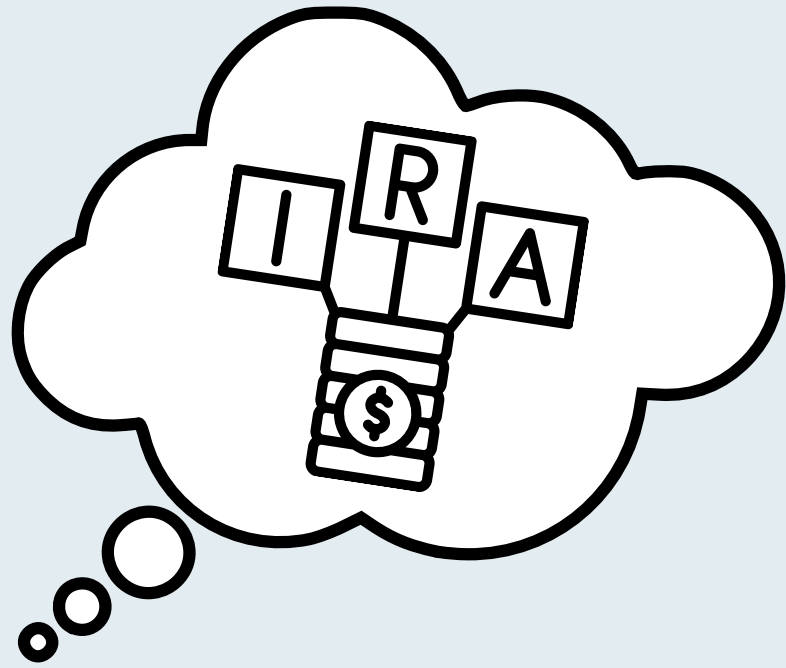
Pharmacy Review  
Nutritional  
Counseling

Volunteerism  
Funding



**Community  
ROI**

Long-term  
Outcomes



**Are you seeking a meaningful way to make your gift go further?**

**Consider unique giving options, such as IRA charitable contributions, stock gifts, or recommending a grant through your Donor-Advised Fund that can amplify the impact of your support while advancing health and healing in our community!**



At the Free Clinic of Powhatan, our mission is to provide cost-effective, compassionate care that keeps our neighbors healthy and thriving. By treating and preventing medical issues early, we help patients avoid costly hospital visits and stay active in their families, workplaces, and communities.

While a single trip to the Emergency Room averages \$2,100, the Clinic can provide comprehensive care to an uninsured patient for an entire year for just \$1,800 — **a powerful reminder of the impact every gift makes.**



## So Far this Year, We've...

💊 **Dispensed \$558,760 worth of medications**, achieved with just \$23,653 in pharmacy spending.

🩺 **Provided 2,114 visits for 407 unique patients**, providing consistent, compassionate care across medical, dental, and mental health services.

🙌 **Put forth 3,225 volunteer hours, equal to \$120,704 in contributed value.** Our volunteers truly keep the Clinic running strong.

💙 **Made 90 specialist referrals** connecting patients with advanced care and treatment they otherwise couldn't access.



# Catch Up on the Blog!

Don't miss our latest posts on our website! Read our Good Medicine 5K Recap to see how your support helped make our first-ever race a success, and check out our Oral Health Spotlight to learn how the Clinic is helping patients keep their smiles healthy just in time to enjoy a little Halloween candy guilt-free!





# Taking the Next Step Towards Wellness!

Our Eat Well, Be Well program has expanded to go deeper with each patient on their nutrition goals. We introduced a hands-on nutrition and wellness class that empowers participants to make simple, sustainable changes that strengthen both physical and mental health. Through interactive lessons, cooking demonstrations, and guided discussions, participants gain the tools to boost energy, manage chronic conditions, and take control of their well-being.



This year, we're thrilled to introduce Nutrition for the Mind workshops, led by our mental health clinician, Ann. These sessions explore how what we eat impacts how we feel—helping participants build healthier, more balanced lives from the inside out.

We're proud to offer this program thanks to the generous \$50,000 Harvest Grant from the Massey Comprehensive Cancer Center, whose support makes it possible for us to continue helping our patients take ownership of their health and wellness.





# GIVING TUESDAY

**From November 24 through December 5**, every gift made to the Clinic will be matched, dollar for dollar, up to \$2,500, thanks to the incredible support of Davis and Bana Caskey. This means your contribution has double the impact in supporting compassionate, accessible healthcare for our neighbors who need it most.

Donations can be dropped off directly at the Clinic, where our volunteers and staff will be thrilled to greet you and share how your support makes a difference every day.



Jan. 2026

Coffee at the Clinic

March 20th 2026

Spring Fling Gala

