

December 2025 Newsletter



We Wish You a Holly Jolly Healthy Holiday!

Merry Christmas and Happy Holidays! May this festive season be a time of celebration, reflection, and gratitude for the good fortunes within our communities.



From Our Board & Executive Director

As we gather in this season of giving, our hearts are filled with gratitude for all that this community makes possible at the Free Clinic of Powhatan. Every appointment, every restored smile, every patient who leaves feeling seen and cared for — all of it begins with the compassion and support of neighbors like you.

Looking ahead to the new year, we are reminded that the heart of our mission has always been people — those who give, those who serve, and those who seek care. Whether you've volunteered your time, shared your expertise, offered encouragement, or given financially, you've helped strengthen a safety net that hundreds of neighbors rely on each year.

Thank you and have a wonderful holiday!

Barbara S. Brown
Barbara Brown
Board Chair



Elizabeth Ream
Elizabeth Ream
Executive Director





Hope Provided

After suffering a paralyzing seizure, Michael and his family faced an uncertain road ahead. Unable to work and without insurance, hope for recovery seemed out of reach. Then, through a friend's recommendation, his family learned about the Free Clinic of Powhatan — and everything began to change.

Under the care of our Nurse Practitioner Abby, Michael started the rehabilitation process that put him back on the path toward healing. Today, Michael's family continues to share their story as a reminder of the hope your generosity provides.




Michael and his family at the Good Medicine 5K and One Mile Walk supporting the Free Clinic of Powhatan in September.

What Else Do Patients Say?

"I stayed on blood pressure meds - thanks to the Clinic."

"I got my first dental cleaning at 51."

"I was asked about my mental health for the first time."



Growth Around the Clinic



New Faces

With two retirements this year our dental clinic has seen new faces ready to serve patients.

Dr. Brian Spears joined us this fall as the new staff dentist along with Aja, our new dental assistant. Earlier this year, Sara, our trusted dental assistant has shifted responsibilities to be our new dental coordinator.



Development Team

As our clinic continues to reach and serve more patients, the financial needs of our clinic grow too.



We are pleased to have Samantha, Annual Giving Manager, and Kristen, our Grants Manager, join our FCP family and implement strategic goals and create longevity to help more neighbors who will need it.

We're so grateful for our staff and volunteers who stepped up to make patient care seamless as we transitioned to a new chapter.



Our Volunteers Save Lives and Costs



Between January and October, our volunteer providers and community members contributed **3,225** hours, creating **\$120,704** in savings — the equivalent of funding care for 67 uninsured patients for an entire year.

2025 Volunteer of the Year

Larry Lyons has supported the Free Clinic of Powhatan since its earliest days. A former board member, he helped lay the Clinic's financial foundation and now serves as a volunteer Registrar weekly.



Through his leadership with the Powhatan Lions Club, he's also helped provide free vision care for local patients. We're so grateful for his dedication and kindness!

Volunteer with Time

Everyone here has such a big heart — we just love being part of it.



Our committed volunteers, Jim & Mary, shop for & maintain our emergency food pantry.



Whole Person Care

What Does that Mean???

At the Free Clinic of Powhatan, we take being the community's health safety net seriously, and the impact goes far beyond a single appointment.

Along with medical care, our team provides dental, behavioral health, case management, and nutrition services and more, all working together to keep neighbors healthy, independent, and thriving. Treating just one issue isn't enough; addressing all barriers ensures lasting results.

Just \$1,800 funds an uninsured patient's care for an entire year — less than the cost of a single ER visit.

Here's what comprehensive care looks like in action:



Medical Services



When a patient came to the Clinic with headaches and fatigue, our team discovered she had undiagnosed diabetes.

With help from our Dietitian, Pam, and volunteer Pharmacist Dr. Marsh, she learned to manage her condition — and today, she's thriving.

Because our patients are three times more likely to have diabetes than the national average, this kind of compassionate, comprehensive care makes all the difference.





Mental Health

We continue to meet a vital need in our rural community — providing mental health care for those without insurance.

Through in-person appointments and support groups led by our counselor Ann and Psychiatrist Dr. Gomez, patients have access to manage anxiety, depression, and life's daily challenges.

Patients even have the option to get help at home through our telehealth options.



Dental Care

This year, our dental team has gone above and beyond to restore both health and confidence. One patient came to us with severe dental anxiety causing dangerously high blood pressure, making treatment seem impossible.

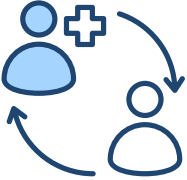
With steady support from Theresa, our Dental Case Manager, she completed care and now maintains regular cleanings — pain-free and proud of her smile.





Wrap Around Care

Care doesn't end when a patient leaves the exam room. Our case managers help patients overcome barriers to better health — from transportation and specialty referrals to follow-ups and food aid.



This whole-person support model is rare for those without insurance — helping neighbors build healthier, more stable lives.



Partnering Services

Through partnerships we're able to provide patients in rural settings with specialized support. We're grateful for these partners and their belief in our mission.





Happy Retirement Warren Seay, RN!

After more than a decade of dedicated service, we are preparing to say goodbye to our beloved staff nurse Warren Seay at the end of this year. His steady reliability, quiet leadership, and warm humor have made him a cornerstone of our team, creating a welcoming, family-like atmosphere. Our patients see him as a trusted source for their care.



2018, our first location in the Health Department



2025 at our current Skaggs Road location



What We Need

Volunteer Positions

Hygienists

Jot Forms Expert

Referral Coordinator

Items

Stamps

Eggs

Pet Food

Low-Sodium Canned Goods

Event Support/Sponsors

Let Hope Bloom Gala

March 20, 2026

Good Medicine 5K & One-Mile Fun Walk

September 26, 2026





Your Gift → Their Care

Every dollar you give brings health and hope to a neighbor in need. Your generosity helps patients receive regular dental cleanings, manage chronic conditions, and live healthier, fuller lives.

Make a secure gift
through PayPal.



Mail a check:
2320 Skaggs Rd.
Powhatan, VA 23139
Tax ID: 26-1275136



Your Gift in Action


- \$100 covers medication and follow up care
- \$250 provides a dental cleaning and exam for a patient
- \$500 supports a series of mental health counseling visits
- \$1,800 funds one uninsured patient's care for a full year

Honoring C. Hope Poindexter **April 1, 1948 - August 24, 2024**



A life that left a lasting legacy to the Free Clinic of Powhatan. A devoted mother, nurse, and proud veteran, Hope's legacy of love, strength, and service to others will live on through each of our patients and the support they receive.

Planned giving is an honorable way to give a lasting impact to our neighbors and the mission of providing compassionate, quality care no matter their means.





Other Ways to Give

IRA Gifts

If you're 70½ or older, make a qualified charitable gift from your IRA to reduce your taxable income and help local patients.

Stock & DAFs

Donate appreciated stock or make a gift from your Donor-Advised Fund.

Legacy Giving

Like our friend Hope Poindexter, you can include the Clinic in your estate plans to ensure care for generations to come.

Employee Match

Some employers offer a match to your charitable contributions.

Volunteer

Visit our website: freeclinicofpowhatan.org/volunteers to sign up today.


Follow:

Follow us on our social media pages



Free Clinic of
Powhatan

This Christmas, your gift brings healing home — one patient, one visit, one act of kindness at a time.





Mailing address page

