

# The Medical Record of the Rockbridge Area Free Clinic

25 Northridge Lane, Lexington, Virginia 24450

Summer 2010

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**RAFC is a United Way Agency**

## **Hopeful Healing Hour Tours**

RAFC Initiates New Program Aimed at Increasing Community Involvement

The Rockbridge Area Free Clinic has begun a new program designed to spread awareness about our work and services. Through our new Hopeful Healing Hour, everyone in the community is invited to a one-hour tour of the Free Clinic in which visitors will meet visionary executive director Suzanne Sheridan and some of the rest of the remarkable staff, view the work of the Clinic firsthand, and have an opportunity to provide useful feedback. Please come join us, ask any questions you may have, and let us share our work and expand our involvement with the community we serve. The dates and times of our next Hopeful Healing Hour tours are:

- August 12, 11:00 am
- August 19, 8:00 am
- September 7, 5:30 pm
- September 23, 8:00 am
- October 5, 5:30 pm

Kindly RSVP to Katy Datz Bahhur by email at [development.freeclinic@comcast.net](mailto:development.freeclinic@comcast.net) or by calling 540.464.8700, ext. 118.

## **HEAL THE BODY: Mental Health Services Now Provided**

Even More Resources Now Available to RAFC Patients

The Rockbridge Area Free Clinic is excited to announce that in addition to the medical and dental services already provided, we will now be offering mental health services. This program is funded by the Virginia Health Care Foundation and is a collaborative effort of the Rockbridge Community Services Board, Alleghany Community Services Board, Alleghany Free Clinic and the Rockbridge Area Free Clinic. As of May 15<sup>th</sup>, all RAFC patients will undergo a routine screening for depression during their registration, and patients will have access to our new mental health services. RAFC views mental health issues as equally significant as any other medical issue and thus patients will be admitted into the program called “A New Lease on Life” which will provide them with a variety of services ranging from counseling to psychiatric services to medication management. This new addition to our available services is a continuation of RAFC’s commitment to the overall wellness of our patients and community.

## **Meet the People Bringing You Mental Health Services!**

### **Dr. Kirk E Luder**

Dr. Luder has served as a psychiatrist at Washington and Lee for over ten years in addition to his role as a consulting psychiatrist for the counseling services at Virginia Military Institute. RAFC is fortunate to have Dr. Luder assist in our new efforts to provide mental health services to our patients. Dr. Luder will be available at the Clinic for four hours once a week providing psychiatric care to patients.

### **Jamie Thomas, MEd**

As the newest RAFC team member, Jamie serves as the mental health counselor. She is responsible for depression screening and psychiatric referrals as well as on-site, short-term counseling. Using either one-on-one or group therapy, Jamie has developed an effective Interpersonal Wellness Curriculum for an eight-week course designed to help patients with all of their mental health needs.

# NOURISH THE SPIRIT

## We Love Our Volunteers!

### RAFC Organizes Picnic as Volunteer Appreciation Event

The work of the Rockbridge Area Free Clinic is sustained through the dedicated service of its nearly 160 volunteers. On **May 14, 2010** the RAFC staff hosted a picnic to thank those volunteers, who consist of both students and community members. Staff and volunteers gathered at the Clinic to honor the hard work of the volunteers and enjoy picnic favorites such as baked beans, potato salad, cheesecake, and over 40 pounds of hamburgers donated by the W&L Campus Kitchens.

Executive Director Suzanne Sheridan announced the number of hours given by RAFC volunteers (a total of 6,692 hours in 2009!) and special awards were given out, such as the Highest Total Hours Award to Jim Slack for his astounding 292.5 hours and the Jack-of-All-Trades award to Harold Conklin who has served the Clinic in multiple capacities from Nursing and Dental Assisting to Construction and General Maintenance.

Below is a list of the hours served, by department for the year 2009:

**Medical providers (Doctors and NPs) volunteered 353 hours**

**Nurses volunteered 971 Hours**

**Pharmacists volunteered 37 Hours**

**Dentists volunteered 277 Hours**

**Hygienists volunteered 157 Hours**

**Dental Assistants volunteered 504 Hours**

**Administrative Helpers volunteered 4,393 Hours**



## Meet a Few of Our Friendly Volunteers

### Dolores Snarr – 390 Hours

If you ask Dolores Snarr what she does for the Clinic, she'll tell you she sits at the pharmacy window and goes out to lunch with the staff. If you ask anyone else in the building what Dolores does for the Clinic, you'll get a laundry list of activities ranging from administrative work to watering plants to decorating the offices to the famous RAFC cookbooks that she was instrumental in creating and selling. The northern Rockbridge County resident has been volunteering at the Clinic for over 5 years and is beloved by the staff and other volunteers for both her tireless willingness to do literally anything that is asked of her and her constant laughter and friendliness. Dolores has even passed along her dedication to the Clinic to her daughter, Terry Van Name, who now volunteers as well.

### Dakota Cooper – over 100 Hours

At fifteen years old, Dakota Cooper is one of RAFC's youngest volunteers, but he still manages to make a big impact. The football-playing freshman from Rockbridge County High School began coming in to work with his mother, Jenny Parker, the Clinic's pharmacy technician, because "it was just something better to do than sitting around at home." What began as a cure for boredom, however, soon turned in to a regular part of Dakota's life and something he really enjoyed. Now he sits as a friendly face at the front desk, assisting with medical applications to pharmaceutical companies and taking care of any job that is required of him. Dakota, who cites "being able to help somebody" as his favorite part of volunteering, has already given so much of his time to the Clinic and given that working at the RACF is a family affair for him and his mother, will likely continue to serve his community in this capacity for quite a while.

## STRENGTHEN THE COMMUNITY

### Fourth Annual Bull & Oyster Fest

On Saturday, April 3, 2010, the Free Clinic hosted its Fourth Annual Bull & Oyster Fest. Over 350 guests turned out for the event to enjoy the delicious Hogback Mountain barbeque and oysters provided by the Southern Inn Restaurant, live bluegrass music by Gary Ruley and Mule Train, raffle prizes, fun activities for children, and wonderful company.

Attendee Pam Traugott described the cookout saying, "What a success! I have talked to so many people who had so many wonderful things to say about that whole day...I brought a friend to enjoy the food and it was so lovely." What a success, indeed, as the event raised over \$15,000 for the Clinic!

If you missed out on the fun this year, or had such a wonderful time you just can't wait to do it again, please mark your calendars for **April 2, 2011**, and join us as we host the Fifth Annual Bull & Oyster Fest.

**We would also like to give special thanks to the sponsors of the 2010 Bull & Oyster Fest:**

BB&T

Sysco of Virginia, Southern Inn Restaurant, Hogback Mountain Barbeque Team

Spencer Home Center, Drs. Downey & Devening, Eye One, Carilion Stonewall Jackson Hospital, Hamric & Sheridan Jewelers, Huffman Insurance, Designs by Donelle, Totally Party

Mountain View Florists, J. Steven Grist, Donald's Electric, CornerStone Bank, Charles W. Barger & Son, Kendal, Heatex America, Virginia Eagle Distributing Company, Hampton Inn Col Alto, Rockbridge Vineyard

HDT Expeditionary Systems, TW Clark Local Pest Control, Shenandoah Environmental Management, Rockbridge Auto Parts, Alvin-Dennis, Mead Associates, Inc., The Bistro on Main



### Look For RAFC at the Community Festival!

Mark your calendars...the Free Clinic will have a booth at the Rockbridge Community Festival. The Festival takes place on **Saturday, August 28** from 9:00 a.m. until 3:00 p.m. The Clinic staff, volunteers and Board members volunteer time to answer questions and advocate the services that we provide. We will also have our famous cookbooks for sale to the public.

Members of the staff create baskets, and we sell raffle tickets to generate income. Some of the types of baskets that we've had in the past are Back to School, Pet Supplies, Homemade Goodies (including canned garden veggies) and many more. Last year we raised around \$800 from the ticket sales alone which helped with our general operating budget of the Clinic.

If you would like to sign up to help out that day, please contact Katy Bahhur at 464-8700, ext. 118 or email [development.freeclinic@comcast.net](mailto:development.freeclinic@comcast.net).

# When Work Can't Wait, Donations are GREAT!

If you don't have the time to volunteer, don't be discouraged. There are many ways to help! Consider making a monetary or product contribution. Though it will require less time, these donations are incredibly valuable to our success (and tax deductible too)! Below is a list of suggestions for items we can always use.

## Exam Room Supplies

Exam Gloves  
Alcohol Preps  
2X4 gauze, 4X4 gauze  
Hand disinfectant  
Lysol (disinfectant) spray

## Office Supplies

Copy Paper  
Mailing Labels (Avery 8560)  
Pens/Pencils/Highlighters  
Cards (birthday, goodbye, etc.)  
Envelopes (9 ½ X 12)

## Volunteer Supplies

Snacks (pretzels, microwave popcorn, etc.)  
Bottled Water  
Tea, Coffee, etc.

## Dental Supplies

Toothpaste  
Toothbrushes  
Dental Floss

## Paper Products

Toilet Paper  
Paper Towels & Napkins  
Paper Plates & Cups  
Plastic Silverware  
Cups

## Other

2 large trashcans  
1 small office trashcan  
Vacuum cleaner  
Refinish floors  
Shampoo carpets  
Clean gutters  
General Maintenance

## Monetary Donations

Any sum of money is always appreciated. Below are just a few examples of the countless ways your donations can help:

- \$50 = Diabetic test strips for 1 month
- \$100 = Diabetic education supplies for a class of 10
- \$250 = Microscope for dental education program
- \$500 = Flu vaccinations for 25 patients
- \$1000 = Complete services for 3 patients for 1 year



The Rockbridge Area Free Clinic is a tax exempt corporation under the Internal Revenue Code Section 501 (c) (3). Contributions to the Rockbridge Area Free Clinic are tax deductible as allowed by law. A limited number of tax credits may be available for contributions over \$500, if requested.

## MEET OUR SUMMER INTERNS!

### Thomas Bartenstein

Thomas is a 16 year old rising high school senior from Lexington, Virginia. Since 2008 Thomas and his older sister Isabella have been volunteering with RAFC, coming once a month to help with Thursday Night Clinics. Through the time spent at the Clinic Thomas has gained a growing interest in the medical profession. For this reason, Thomas approached the Clinic and offered to give up his summer in order to serve as a Patient Advocate Intern, dealing primarily with Eligibility and patient relations. He will also be taking an EMT course to learn how to take vitals in order to further help the patients.

### Lea Manolagas

Lea is a native of Little Rock, Arkansas, and is currently a rising junior and an English major at Washington and Lee. Working primarily with the Fundraising and Development side of things, Lea will be aiding the Clinic in various capacities, including assisting with the new Hopeful Healing Hour tours and community involvement. "I have no medical ambitions or scientific abilities, so since I can't make a difference in that regard it's nice to be able to use the skills I do have to help the Clinic however I can," she says.

### Bryan Pickett

Bryan is a rising sophomore at Morehouse College in Atlanta, Georgia, but originally hails from Wilmington, North Carolina. Bryan found himself in Lexington through the Shepherd Alliance, a program that places students in internships around the country. RAFC was Bryan's first choice because it provided a setting and experience completely unfamiliar to him. Bryan provides hands-on patient care in addition to his duties assisting the nurses with appointment scheduling and other administrative work. He cites "the staff I work with and the patients I meet," as his favorite parts of his work.

### The Rockbridge Area Free Clinic needs your help!

More than 75% of the Rockbridge Area Free Clinic's annual operating funds come from gifts made by individuals, foundations, churches, businesses, patients, and civic organizations. Please help us ensure that we can continue to provide medical services, prescription medication and dental care for working uninsured families. Send us your gift today!

Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

My gift of \$\_\_\_\_\_ is enclosed. *(Please make check payable to the Rockbridge Area Free Clinic)*

Please charge my gift of \$\_\_\_\_\_ to my credit card: *(circle one)* Visa Mastercard

Card # \_\_\_\_\_ Expiration date: \_\_\_\_\_

Signature: \_\_\_\_\_

I would like this gift to be in memory/honor *(circle one)* of: \_\_\_\_\_

Please notify:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_ Phone: \_\_\_\_\_

**Would you like to receive this newsletter by email?**

**Please provide your email address:** \_\_\_\_\_

***RAFC is a nonprofit 501(c)(3) health and human service organization. All gifts are tax deductible to the extent allowed by law. Please mail your donation to: Rockbridge Area Free Clinic, PO Box 1573, Lexington, VA 24450***

## Sponsor a Women's Clinic Dinner

Grateful for the service of our volunteer doctors and nurses? Interested in honoring someone special to you? When the women's clinic volunteers come to the RAFC twice a month to provide their services, various sponsors volunteer to provide them with a meal. Office Manager and Volunteer Coordinator Lynn Foster chose to show her appreciation for the women's clinic volunteers by providing a meal for one of the evenings and doing so in honor of her friend Mary Dodson, a twenty-year survivor of breast cancer. If you or an organization you are a part of are interested in providing a meal for the 6 to 8 volunteers of either the women's clinic or the general clinic on Thursday evenings, please contact Lynn Foster at 540.464.8700, ext. 105.

## A Loss for the Rockbridge Community: Remembering Don Ford

The Rockbridge Area Free Clinic would like to pay respects and offer condolences to the family of Don Ford, who passed away on May 10 in Lexington. Ford served on the RAFC Board of Directors for years and was known for being very invested in the work of the Clinic. Executive Director Suzanne Sheridan recalls the retired businessman from Tulsa, Oklahoma, as a man who loved to help out the Clinic by not only serving on the Board of Directors but also as a hands-on volunteer, always around to paint or repair or provide whatever service was asked of him. For his years of dedication and service, Don Ford will be dearly missed.

## Celebrating a Healthier Tomorrow

**November 10, 2010  
8:00 AM at the Virginia Horse  
Center**

Rockbridge Area Free Clinic  
25 Northridge Lane  
PO Box 1573  
Lexington, VA 24450

Phone: 540.464.8700  
Fax 540.464.1362

**Mission** – The Rockbridge Area Free Clinic is a community-based nonprofit organization providing quality health care for uninsured and underinsured residents.

**Vision** – Serve as a vital and caring Rockbridge area resource promoting and providing access to quality health care to build a healthier community.

Non-Profit  
Organization  
U.S. Postage Paid  
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