



Rockbridge Area Free Clinic

25 Northridge Lane, Lexington, Virginia 24450

Technology Update

Visit us on our recently redesigned **website**: www.rockbridgefreeclinic.org

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Download the *free* QR Code Reader App to your smart phone or tablet, and scan the RAFC **QR code** (on the right) for quick and easy access to our website.



An Update on Health Care Reform

Did you know that the Affordable Care Act, commonly known as "Obamacare," has passed?

It became law in March of 2010, but does not go into effect fully until January 2014.

Currently, access to health care is a concern on a national, state and community level. As recently as September, the Census Bureau released data on the number of uninsured in the United States. In 2010, 16.3% of our nation is uninsured, or 49.9 million people were without insurance. In our region of Virginia 19.6% of the population is medically uninsured. In 2010, 3,300 Rockbridge area residents did not see a doctor because of cost.

While the recently enacted healthcare reform bill does include provisions to expand Medicaid and offer subsidies to many who do not qualify for Medicaid, these provisions are not scheduled to go into effect until 2014. Accessing quality care will continue to be a

challenge for people.

The promise of health insurance will not bring with it the guarantee of access to health care. It is highly unlikely that the number of primary care providers in the area will increase sufficiently to meet the increased demand for access. According to the latest census figures for the Rockbridge area 36.5% (11,566 individuals) live at or below 200% FPL. These are the people that will be offered the opportunity of health insurance through the Affordable Care Act. At the RAFC we feel we have the potential capacity to meet some of these increased access needs. The RAFC is carefully considering the community's needs as it plans for the future.

This remains clear: today and into the future, the healthcare safety net provided by the Rockbridge Area Free Clinic and other free clinics will remain critically important to the well-being of our poorest citizens.

RAFC patients say thanks:

I am honored to have such a world class medical clinic in my area! It is what medical care should be.

Thank you for the exhibition of God's grace here.

Everyone is ALWAYS most helpful, kind and professional and I certainly am very grateful that I can use the many wonderful services you provide. Thanks!

I don't have any insurance at all, and I thank God we have this place!

2011-2012

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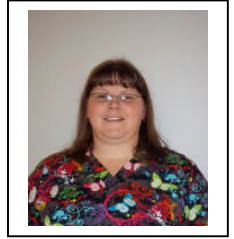
Ann Massie

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The Rockbridge Area Free Clinic is a United Way Agency.

RAFC Welcomes New Staff

The Rockbridge Area Free Clinic welcomed Abby Rowsey to the staff as a medical assistant on September 19. Rowsey came to the Free Clinic from Augusta Health Care for Women in Fishersville. Rowsey has been providing patient care for over seven years. In 2003 she began volunteering with the Buena Vista Fire Department, and in her role there Rowsey has experience in responding to fire and rescue calls.



After graduation from Parry McCluer High School, Rowsey attended the Jefferson College of Health Sciences in Roanoke where she received education in health services.

At the RAFC, Rowsey will partner with the Patient Care Coordinator, Jessica Beverley, in the medical program. Beverley is excited to have the addition of the medical assistant: "Abby will be a great asset to the Clinic." Responsibilities will include patient triage and scheduling appointments in addition to staffing women's clinics for preventive cancer screenings. The medical assistant will also help coordinate Thursday evening clinics with volunteer providers.

Rowsey commented about her new role: "I'm very excited to be on board here at the Free Clinic. I enjoy serving the community through Fire and EMS, and I know that I'll enjoy joining a team of wonderful staff and volunteers to provide services to the uninsured of our area."

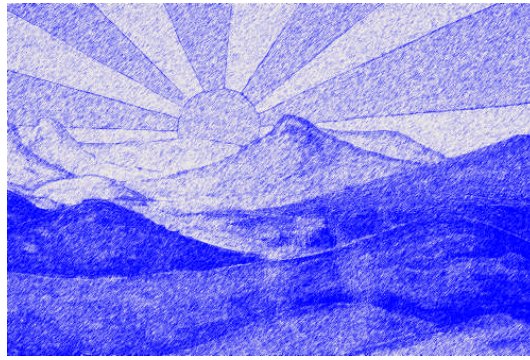
Rowsey currently lives in Buena Vista with her husband, John.

Laura Simpson's New Role

Beginning in September, Laura Simpson transitioned into the role of a full time student. Simpson is enrolled in a Master of Science in Nursing program at the University of Virginia. Upon completion of the program, she will be eligible for board certification as Family Nurse Practitioner and an Advanced Practice Public Health Nurse. Simpson began at the RAFC in 2009 to coordinate the Group Medical Visit program for diabetic patients and the women's health program. While she will no longer serve as an employee of the Clinic, Laura plans to continue to work for the clinic through a series of independent studies.

"My intention is to complement and expand my program of study with a population-focused health promotion project. This will allow me to both gain valuable public health experience and continue to serve the growing population of uninsured and underinsured residents in Rockbridge County. I can't imagine anything more rewarding than this opportunity to live, learn, and work in the community where I was raised."

Community Festival Report: The RAFC raised \$870 from the raffle of their special gift baskets at the Community Festival on August 27 this year. The baskets were inspired, prepared, and donated by the staff and volunteers at the RAFC. RAFC wants to thank our generous community for the success of the fundraiser.



Grist Dedication

On July 13 the RAFC and volunteer, Mason Grist, dedicated the mental health suite to Joseph Grist. As a part of his Eagle Scout project Mason Grist renovated the space which now houses mental health. Eagle Scout is the highest advancement rank in Boy Scouting. Mason tore out walls and carpet, reconstructed the space and installed electric outlets, creating a separate suite apart from the rest of the free clinic.

Mason coordinated with local donors to help fund the project. He also arranged help from other fellow boy scouts. The dedication of this space was attended by three generations of Grist's family, and the room is dedicated to his grandfather, Joseph Grist.

Beyond Blue

A fundraiser to help support mental health services was held at the Theater at Lime Kiln on Saturday, July 16, which was called, appropriately, Beyond Blue. The Southern Inn prepared a crab fest, and three bands provided music for the event: Loose Change, Eli Cook and Honest Labor. Fatty Lumpkin and the Love Hogs were featured as a part of the Lime Kiln concert series.

In total the event raised over \$5,000 to supplement mental health services. RAFC would like to thank Edward Jones & Dan Vance for sponsoring the event.

New Lease on Life

RAFC has a new counselor for the "New Lease on Life Program". The program began as a part of a grant through the Virginia Health Care Foundation. Carol Capolungo joined the team in August and comes to the Free Clinic with over seventeen years of experience as a Marriage and Family Therapist. Carol has worked in a variety of mental health settings, from a Family Crisis Unit to Medicaid managed care. Carol brings to her position not only her experience in mental health, but an abiding interest in how mental and physical health come together to affect the well-being of community members. Carol is looking forward to her time serving the Rockbridge County community.

Volunteer Profile: Kathy Kvach

Kathy Kvach is our volunteer profile for this newsletter, honored for her good work though she has been a volunteer for the RAFC less than a year.

What does she do for the Clinic? She's the receptionist, and as such, she does a lot of different things, including answering the phone (she is relieved to have mastered its many buttons). She also signs people in, fills out forms, takes orders for prescription refills, and files. She loves her work because, in her words, "No day is ever the same."

Having had a serious illness herself in the past, she says, "I was so fortunate to have superb medical care and now feel a need to help those who can't afford adequate medical care elsewhere." In addition to her time at the RAFC, Kathy serves on the board of Rockbridge Area Occupational Center, and volunteers at the local Habitat for Humanity store.

Kathy and her husband Jim "discovered" Lexington by chance, and moved here in 2006 from Howard County, Maryland, after looking seven years for the perfect place. The Kvaches have two children, John in Huntsville, Alabama and Jenny in Allentown, Pennsylvania. To quote RAFC's development director, Katy Datz, "Kathy does anything and everything!"



SAVE THE DATE:

Celebrating a Healthier Tomorrow

Tuesday, December 6

5:30 pm reception

6:00 pm program

Virginia Horse Center

Hopeful Healing Hours

Are you involved with a civic group or a church group that meets regularly? Do you have a group of friends, coworkers or family that would like to learn more about the mission of the Free Clinic?

Please join the staff and board of directors of the Rockbridge Area Free Clinic to learn the stories of lives that are changed everyday. The one hour will include a tour of the facility as well as a message from the Executive Director, Suzanne Sheridan. We can accommodate your schedule and plan a tour for a time that suits you! Or, plan to attend one of the upcoming tour dates:

Tuesday, October 18 at 5:30 pm

Tuesday, November 1 at 5:30 pm

Thursday, November 17 at 8:00 am

Please contact Katy Datz for more information on scheduling a tour or attending a tour by calling 540.464.8700, ext. 118 or emailing development@rockbridgefreeclinic.org.

Rockbridge Area Free Clinic

Fall 2011

PO Box 1573
25 Northridge Lane
Lexington, VA 24450

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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.