

Summer 2011



Rockbridge Area Free Clinic

25 Northridge Lane, Lexington, Virginia 24450

www.rockbridgefreeclinic.org

Transportation Station: New bus line provides public transit

The Maury Express now offers a bus route service to the citizens of Lexington, Buena Vista, and the County of Rockbridge. The service operates Monday through Friday from 8 a.m. to 6 p.m. and Saturday from 10 a.m. to 4 p.m. A fare of fifty cents (\$.50) per trip is charged and must be paid upon boarding the bus. Exact change is required. The RAFC staff is proud to service its patients by providing vouchers for bus fare to and from clinic appointments.

Visit us online!

RAFC recently redesigned its website. You can currently view event information and buy tickets for upcoming events online. The website will soon include volunteer applications. Great appreciation to Topher Jones & Apex Web Hosting for the updates to our webpage. The process was completed on June 1, 2011!

EVENTS...past and future!



**Saturday
July 16**

4:00 pm Loose Change
5:00 pm Eli Cook
6:00 pm Honest Labor

**7:30 pm
Fatty Lumpkin
& the Love Hogs**

\$50 per person includes music, crab fest including all the fixins plus burgers and dogs for the land lubbers and a beverage ticket, catered by the Southern Inn.

To purchase tickets, contact the Theater at Lime Kiln by phone 463-7088 or visit their website at www.theateratlimekiln.com

Edward Jones

sponsored by
Edward Jones & Dan Vance

Many thanks to Palette, Plate & Pleasure Sponsors!

- Edward Jones and Dan Vance
- Corner Stone Bank
- The Southern Inn Restaurant
- The Jefferson Florist & Garden
- Eye One



THANKS TO OUR 2011 B&O SPONSORS:

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**BULL & OYSTER
FEST '11**

Sysco of Virginia
Southern Inn Restaurant
Hogback Mountain BBQ

Drs. Downey and Devening,
Huffman Insurance,
Hamric & Sheridan Jewelers,
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Gary Ruley & Mule Train,
Lexington Emergency Physicians, LLC

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Hampton Inn Col Alto, Designs by Donell
James Allen Printing, Rockbridge Vineyard
Shenandoah Environmental Management

If you would like to serve as a sponsor for Bull & Oyster Fest 2012, please contact the Free Clinic at development@rockbridgefreeclinic.org

2011-2012

BOARD OF DIRECTORS

- David Dugan, President*
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RAFC Welcomes New Leadership

David Dugan, a twenty-year resident of the area and a financial advisor with Wells Fargo Advisors, enjoys helping the Rockbridge community through work with non-profit organizations that improve people’s daily lives. In 1992, when first approached about the idea of a free medical clinic in the area, he agreed to serve as a charter member of its board. While on this first board, David worked on the finance and development committees as the Free Clinic became part of the community. Over the years, David also assisted with the capital campaign to buy and make improvements on the current clinic facility. He returned to the board in 2008, where he worked on the finance committee. He also served as secretary of the board for two years of that term.

David states, “As president this year, I want to see the RAFC improve its development process through the use of the Benevon program. I hope that we can focus on strategic planning so that we can continue RAFC’s primary mission to support the uninsured and the underinsured residents of Rockbridge County. We must be ever mindful of our mission as we work to accommodate changes resulting from evolving healthcare regulations.”

The Free Clinic would like to thank David Hansen for his past service on the RAFC Board. While Hansen will no longer be serving on the Board, he promises to stay passionate about the organization’s mission.

The Clinic is grateful for the leadership of former President Marc Hudson and welcomes new Board President, David Dugan.

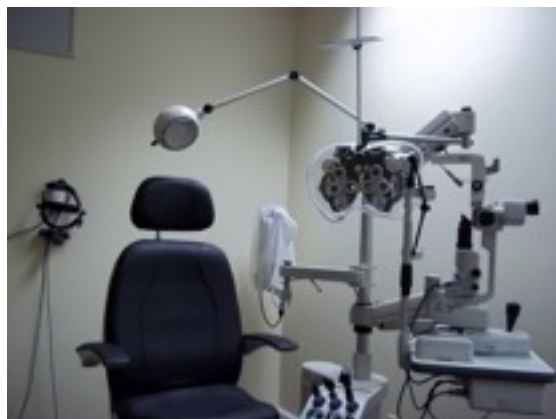
Lions’ Vision Leads to Enhanced Services

The Lexington and Buena Vista Lions Clubs and the RAFC recently collaborated to open a Vision Clinic within the Free Clinic’s arena of overall care. In May 2011, Dr. Marc Hudson, OD volunteered at the Free Clinic’s first ever on-site eye care clinic. While vision services are not new to our patients, providing the service on site is a new concept.

The Lexington Lions Club coordinated fundraisers to include the Celtic Festival and the Fall Fling to gather funds for construction, equipment and other necessary items for the grand opening of the Vision Clinic.

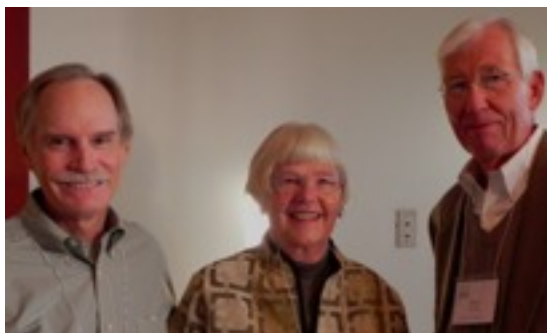
Local Lions donated their time and services in building the new wing of the Free Clinic. The RAFC and the Lexington Lions Club also received a grant from Lions International to assist in the project.

The Vision Clinic will allow RAFC patients to receive full eye examinations at the Clinic. As with the weekly medical clinics, the RAFC will rely on volunteers to provide services.



The Rockbridge Area Free Clinic is a United Way Agency.

Board Members
Featured in the photo:
(from left to right)
Clay Devening, DDS
Dot Fogo
Buzz Birzenieks





Quality health care for underserved neighbors...

In 2012 the Rockbridge Area Free Clinic will mark 20 years of service to the Buena Vista, Lexington and Rockbridge area communities. As a long-established safety net provider, the RAFC is committed to increasing access to care for low-income, medically uninsured people through-out the Rockbridge area. Since its founding in 1992, the Free Clinic has remained a private, nonprofit organization reliant on support from the community to provide a wide range of services that are not otherwise available to our target population. Currently the RAFC serves medically uninsured people living at or below 200% of the federal poverty level (FPL) which equates to \$44,700 per year for a family of four.

The Free Clinic's longevity and sustainability are carefully balanced by program growth and patient needs. This can be a fairly precarious task when the clinic experiences 39% growth in new patients as it did in 2009. In 2010 the growth was not as extreme; however, more people retained their eligibility so that our total patient enrollment reached 2,368. Patients were provided with a variety of health care related services valued at over \$4 million dollars. The return on investment to the community is 1:7; for every actual dollar the Free Clinic spent, over \$7 is health care services were provided.

The Affordable Care Act was passed in March 2010. 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, and 19.6% of the non-elderly residents lack health insurance. 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.

A long-term goal is to complete a community needs assessment in cooperation with other organizations, businesses, school systems, and other public and private partners. It is important that we utilize the community's resources to develop programs that reflect the needs and objectives of the people we intend to serve. We hope that through this process new partnerships will emerge and a greater understanding of this community's unique assets and needs will be clearly identified.

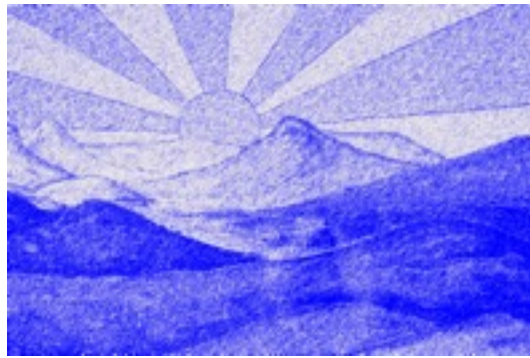
In the short term it is imperative that we maintain the medical, dental, pharmaceutical, and wellness programs that exist. In RAFC history the need and demand for health care services has never been higher. Our challenge to meet this need has never been greater. The RAFC receives an allocation from the Virginia Association of Free Clinics. This allocation originates with the Commonwealth, and those funds were sequestered for the first four months of the year. Locally, because of changes in funding priorities we have seen organizations such as the Stonewall Jackson Hospital Foundation decide to provide no funding to the Free Clinic. Other local agencies such as the United Way have struggled to meet their annual goals and have consistently lowered their allocation over the course of the last couple of years.

Fortunately the local governments have remained steadfast in their support as have our local churches and individual supporters in the community. Carilion Stonewall

Jackson Hospital has also maintained their support by providing diagnostic testing to Free Clinic patients.

Between January and April 100 new patients have been added to the RAFC patient rolls. People come to the Clinic for a variety of reasons. They come following treatment and discharge from the emergency department for everything from congestive heart failure to broken bones to kidney stones. Some come because they have tick bites, and they are concerned about Lyme's disease. Others are seeking relief from dental pain, or they have recently lost their insurance and are seeking help with routine wellness. In the first four months of 2011, over 3500 visits have been provided to 815 patients. Finding that "careful balance" between the patient needs and our resources is difficult when the need is so great.

I believe that this community values the Rockbridge Area Free Clinic and the services it provides to some of the most vulnerable in our community. I sincerely appreciate the interest and support we have received every year since 1992 and encourage you to continue that support. The Free Clinic has never needed you more!



Pediatric Dental Team visits local schools

Two members of our pediatric dental team - Jeri Baldwin, our dental hygienist, and Fallon Moore, our dental assistant - have taken to the road recently to provide oral health education to area school children.

A grant from the Lexington Sunrise Rotary club enables this outreach to continue. A key component of the Free Clinic dental program that sets us apart from nearly all other dental programs is our requirement for ongoing dental education.

Each dental patient attends a one-hour education meeting, and pre- and post-tests show that everyone learns something new regarding oral health and hygiene.

Now with this grant, we can go out into the community and continue to educate on healthy habits. The program provides each child with dental education and a dental tool kit (toothbrush, toothpaste, floss and educational materials for parents). So far we've taught over 700 students at Enderly, Central and Waddell Elementary schools. By the time Jeri and Fallon have completed their schedule education, they will have far surpassed to goal to provide prevention and wellness education to 1,285 area school children.

One of our dental education volunteers, Philip Clayton of Lexington, has also participated in the program.

More on Beyond Blue: Stress Management Yields Weight Loss Results!

RAFC has been providing mental health counseling in collaboration with the Rockbridge Area Community Services Board since May of 2010. The program began as an award through the Virginia Health Care Foundation. One piece of the overall mental health services is group therapy sessions.

The group therapy classes have had two focuses: stress management and weight management. Many RAFC patients have commented on feeling less stressed in general after completion of the eight week course.

One RAFC patient came to the Clinic in January with hypertension and type II diabetes. To protect patient confidentiality we will call this patient Simon. After attending the weight management class, Simon has lost over fifty pounds! As a result of this weight loss, his high blood pressure and diabetes are in better control.

Simon commented recently about feeling more self-confident as a result of his weight management. Patient Care Coordinator, Jessica Beverley, expresses "we strive to educate the patients to be in control of their chronic diseases so they can live healthier and longer lives."

Volunteer Profile: Judy Hamilton

Every Tuesday morning, the RAFC staff hosts a dental education class for new patients. The one hour education period

includes both a pre and post test, information about oral hygiene and brushing and a partnership agreement between the Clinic and the patient.

A relatively new feature of the class is a personal testimonial from long time free clinic volunteer, Judy Hamilton. In 1990 Judy developed a sore spot on her lower gum at the base of a tooth. After some investigation she was diagnosed with cancer, and doctors and dentists removed the spot along with five teeth. Judy had a bridge installed as well.

Approximately ten months later, another tumor developed at the base of the tooth on her left side that held the bridge. Judy underwent another surgery to remove the cancerous spot and teeth on her left lower jaw, as well as to test her lymph nodes. Judy's lymph nodes were cancer free.

Eight years later, in 1998 she developed a new tumor on the right side of her lower gum. It was removed in January of 1999. In March of that year, she started experiencing pain in her right jaw. Tests showed that the cancer had spread into the bone on the right side of her lower jaw. Judy underwent extensive surgery where doctors removed her lower right jaw bone and remaining lower teeth. They used a piece of bone from her left leg to replace her jaw. Radiation treatments followed the surgery.

Judy has been cancer free for over eleven years. She shares her story with a smile on her face and with a sincere voice. She never smoked tobacco or used alcohol; however, many stories like Judy's are a result of tobacco and alcohol use. She said: "When I was at the clinic at UVA, 90 to 95% of people who had mouth, throat, or nose cancer were tobacco users. I want to tell the risks of tobacco. I also want to teach people to take care of their teeth because we take for granted how important they are." After talking about coping with life without lower teeth she addresses the class lovingly but seriously: "Take good care of the teeth you have, so you can keep them in your mouth."

CASH GIFTS AND PLEDGES

Cash gifts are the gifts of choice for most donors either as an annual gift or pledged over a period of five years. Gifts of cash may be deducted from taxable income in the year they are made when the donor itemizes his or her deductions.

MATCHING GIFTS

Many donors are able to increase the impact of their gift through an employer sponsored matching gift program. Please consult your employer regarding this type of opportunity and how to best proceed.

GIFTS OF STOCK OR OTHER APPRECIATED ASSETS

Outright gifts of appreciated stocks, bonds and/or mutual funds provide substantial tax advantages to donors. When these appreciated assets are given directly to RAFC, donors are free of capital gains tax. Donors may also claim a tax deduction equal to the fair market value of the security on the date of delivery.

PLANNED GIVING

Planned gifts can offer significant estate tax and income benefits, while at the same time allowing donors to make larger gifts to RAFC than would otherwise be possible.

NEIGHBORHOOD ASSISTANCE PROGRAM

Individual contributions of \$500 or more will be awarded a tax credit equal to 40% of the total amount. Donors can use these tax credits to offset state tax liabilities. Donors are still eligible for any federal tax deductions accruing from your contribution.

Want more information?

Contact Katy Datz, Development Director, at 540.464.8700, ext. 118 or email development@rockbridgefreeclinic.org.

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 medications, mental health and dental services for working uninsured families. Send us your gift today or save time and give online at www.rockbridgefreeclinic.org!

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: _____

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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 RAFC, PO Box 1573, Lexington, VA 24450.

Success of Palette, Plate & Pleasure!

The March 8th Palette, Plate and Pleasure was a charity auction for the RAFC that sought to provide something of interest in each of the main categories noted in the title. Many fine works of art in several media made up the Palette. Oils, watercolor, photography, metal sculpture, hand quilting and ceramics donated by local artist were available in live and silent auctions.

George Huger of the Southern Inn Restaurant helped define the Plate portion of the event. Huger designed the menu to represent the celebration of Mardi Gras around the world.

This year's auction raised over \$21,000 to support the important medical, dental and pharmaceutical programs offered to people in the Rockbridge area that do not have access to this type of care. Suzanne Sheridan, executive director, commented: "The Rockbridge area is home to some exceptionally talented artists and when combined with a wonderful meal I cannot think of a better way to raise money for such a worthy cause. The generosity of the artists is remarkable."

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:

Thursday, July 21, 1:30 p.m.
 Tuesday, August 16, 5:30 p.m.
 Thursday, September 8, 8:00 a.m.
 Tuesday, September 20, 5:30 p.m.
 Thursday, October 6, 8:00 a.m.
 Tuesday, October 18, 5:30 p.m.

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

Summer 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.