

UPCOMING EVENTS

The Free Clinic either participates in and/or runs a number of fundraising events, which serve to raise needed dollars to operate the clinic. Every \$1 raised allows the Free Clinic to provide up to \$20 of services to Central Virginians. This is due to \$7-\$8 million worth of volunteer medical, dental, pharmaceutical, and lay person services provided by 450 volunteers to the clinic PLUS almost \$2.5 million worth of free pharmaceuticals secured by the clinic staff PLUS the generous support of Centra for lab work and a \$20,000 grant through Centra Foundation.

- Christmas JAM – Friday, December 18 – Academy of Fine Arts Theatre – Paul Dempsey’s “Out of the Blue Sky” Band and FRIENDS – Time TBD
- Downtown Lynchburg Loft Tour – Saturday, February 26, 2011 – 10 AM – 4 PM
- James River Basketball Tournament – March 19-20, 2011 – Times and locations TBD
- Major Concert – Artist, Date & Time TBD (November 2010 or January 2011)

PLEASE SUPPORT THESE EVENTS TO HELP YOUR NEIGHBORS GET NECESSARY HEALTHCARE. THANKS!

The Free Clinic
of
Central Virginia, Inc.
Please Visit Our Website
www.fccv.net

Free Clinic of Central Virginia, Inc.
1016 Main Street
Lynchburg, VA 24504
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Free Clinic of Central Virginia, Inc.

MEDSHELP AT THE FREE CLINIC — PH: 947-5137

“Providing healing and hope to Underinsured and Uninsured Central Virginians”
1016 Main Street, Lynchburg, Virginia 24504 PH: 847-5866 Summer 2010



TRIBUTE TO DENTAL STAFF



L to R – Anita Wilson, Ashley Milstead, Carol Birce and Stephanie Hughes

THANKS to these members of the Free Clinic dental staff for their dedication and devotion to the Free Clinic dental program. It has always been true, but it became even more acutely noticeable in late April/early May when a “sudden resignation” left the Dental Coordinator’s position empty. **Ashley Milstead**, recent CVCC dental hygiene program graduate and former Dental Coordinator – 2005-2008, and Carol Birce, twenty-two year evening Dental Assistant immediately stepped in to cover most of the May hours. A few volunteers like **Teresa Cheverton** and others also assisted. Then, **Stephanie Hughes**, LU May 2010 graduate and PT dental assistant, also “stepped in” in June and July. Due to their willingness to patch together a schedule, we did not miss providing a single appointment slot to our patients in May-August. In July, **Anita Wilson**, a fifteen-year dental assistant in private practice, was hired to take over the Dental Coordinator’s position. Anita Wilson worked in three different practices in Northern Virginia as well as serving as a dental volunteer in Haiti and the Dominican Republic. She is also bi-lingual in Spanish. We welcome her to the Free Clinic TEAM!

Dr. Thomas Upshur, D.D.S. STEPS UP his support!

The entire Upshur family has been great supporters of the Free Clinic of Central Virginia for a number of years. Tom and his wife, Betsy, have made annual contributions due to their interest in the dental program. Their daughter, Diana Smack and her husband, Kent, are also annual supporters. Their son, T. Upshur and daughter-in-law, Marjette Glass Upshur helped to found the Free Clinic’s Downtown Lynchburg Loft Tour in 2005, and they have remained greatly involved with it for almost six years.

Now Dr. Tom Upshur has stepped up AGAIN and established a \$10,000 endowed fund within the Greater Lynchburg Community Trust (GLTC) to support the Free Clinic of Central Virginia. The interest generated by the Betsy Cox Upshur Fund will be designated for the operating budget of the clinic on an annual basis. The Upshurs join many other Lynchburg Families with GLTC funds that have provided and will provide resources to the Free Clinic. Some others include the Karen and William Painter Fund, the Sackett-Graves Fund; the Kenneth & Bertha White Fund; the Henrietta & Paul Monroe Fund, the Grace & Kendall Sydnor Fund and the Walter & Virginia Phillips Fund.

PLEASE HELP US NOW!!!!!!

Individual giving has been “DOWN” about 25% since the economy started sliding in 2008. We are utilizing and potentially using up our reserves. Please use the envelope sent with our Summer 2010 Newsletter or your own envelope to send a donation now. We definitely need your HELP! THANKS!

LIVE UNITED™ 

TWO SUMMER FUNDRAISERS – Friday Cheers & Hillcats Skybox Night

The Free Clinic of Central Virginia must continually look to fundraising events to help raise extremely necessary operating funds. Two of these were just completed on hot summer evenings. On Friday evening, July 16 the Free Clinic “rolled out” about 40 volunteers to work the charity slot for Friday Cheers. Temperatures were in the 90’s, but everyone made their commitment. It was Harley Night, and the crowd was large. We have already received a \$1,050 donation from Lynch’s Landing for our volunteers’ services.

On Thursday evening, August 19, about 240 persons attended the Hillcats Skybox Night at Calvin Falwell Field in Lynchburg City Stadium. The following companies/individuals donated their boxes for the evening: Tri-Tech – Steve Fullerton; Benchmark - Rogers Green, Liberty University – Dr. Ron Hawkins; AREVA – Peggy Hobbs; Edgehill Plantation – Warren Teats; Ted Counts Realty; (Don) Banker Steel; (Jay) Bailey Heating and AC/(Trisha) Hedges insurance; Billy Craft Honda/Kidds Services – Kendall Craft; Campbell Insurance/Century Beverage – David Shield; and the Hillcats themselves. The following groups purchased boxes and ballpark food: Morning Rotary Club; The William Carrington Family; The Woodland Avenue Neighborhood Association; Fred & Deliece Blanchard; Dr. Gus & Christine Petticolas; Chuck Haney & Father Jim Gallagher; Mary Jane and Charlie Pryor; Becky & Rick DuFour; Dr. Patricia Pletke & Phil Dillard; and Dr. Tom Nygaard. Overall, the Free Clinic will earn over \$4,000 of “income over expense” on this entertaining event. The Hillcats defeated the Myrtle Beach Pelicans by 11-8.

STAFF MEMBER SPOTLIGHT – LYNNE FORSTER, R.N

Lynne Forster, RN and her husband, Mike Forster, Bedford Bulletin Sports Editor, moved to Bedford City in 2007. Lynne had previously volunteered at the Crossroads Free Clinic in Richmond and other Free Clinics. She joined us as a volunteer evening nurse in 2007. Now, we can THANK HER for being a volunteer nurse, paid Thursday evening clinic coordinator, and a #1 “Cheerleader” for the Free Clinic! She and her husband have also generated much positive publicity for the clinic, and they have become significant financial supporters too. We appreciate BOTH Lynne & Mike!!!!!!



L to R. – Lynne Forster, R.N. with LC volunteer student nurse Sara Hardin

VOLUNTEER TRIBUTE

Congratulations to Rick Klein, who is one of the Free Clinic’s longest serving lay volunteers, for winning recognition with a 2010 Libba Hughes Award. Rick started his volunteer commitment in the pharmacy at the clinic when it was still at Westminster-Presbyterian Church in 1987. He became a member of the Board of Directors in 1993-present. He is the Free Clinic’s “go to” man for two major fundraising events – The James River Basketball Tournament in March – Gym Coordinator and the Smith Mountain Lake Home Tour in October –Traffic Coordinator. He works all weekend on both these programs. THANK YOU, RICK!

DENTAL HYGIENE PROGRAM ENROLLS NEW STUDENTS

After graduating nine well-qualified students in May 2010, the Central Virginia Community College’s Dental Hygiene Program has started another two-year cycle. Twelve new students began their classes on August 23. They are: Taneisha Clark, Crystal Cox, Renee Craven, Susanne Johnson; Chasity Leighty; Rachel Markham, Sarah Middlemas; Ashley Schmidt; Heather Seal; Chelsea Smith; Allison Stream, and Kaitlyn Taber. Each of these women will gradually increase her skills in the classroom this year; In their second year when they will begin to see patients here at the Free Clinic.

NEW DENTAL SPECIALTY DIRECTIONS

In Summer 2009, the Free Clinic of Central Virginia (FCCV) added endodontic clinics three or four times per year. They were able to do this with a \$22,500 grant from the Virginia Health Care Foundation. During the first four clinics, the following services were provided to patients: root canals, crown impressions, and crown deliveries.

Beginning in late 2010 or early 2011, the FCCV is making plans to add some oral surgery clinics on site. These may be either in partnership with the Virginia Commonwealth University’s School of Dentistry and/or with some private providers here in Central Virginia.

Fabulous Williamsburg Vacation – Get Away Offer

Be the first to take advantage of this great offer! DEADLINE FOR RESERVING – OCTOBER 4, 2010
If more than one request, the “winners name” will be drawn from submissions.
A beautifully appointed, well located two bedroom condo is available for rent:

To view the Beautiful Fall Foliage – Sunday, October 17 - Thursday, October 21, 2010

OR

To view the Festive Christmas decorations and The Grand Illumination, Friday, December 10 -
Tuesday, December 14.

Each is an \$800 value available for an incredible \$700! The rental income will be donated to The Free Clinic of Central Virginia!

Contact Bob or Edie at 847-5866 for more information!

Resort Overview

This is a Wyndam Vacation Resort. Located less than three miles from the Williamsburg historic area, Governors Green brings an elegant lifestyle to this Colonial wonderland. Relax as you breath in the air of history. Wyndham Governor’s Green features one- and two-bedroom beautifully furnished deluxe suites complete with fully-equipped kitchens, washers and dryers, dining area, large bedrooms with plenty of closet and storage space, and living room area with pull out sofas. Deluxe suites offer spa tubs in the master bedrooms and also feature impressive balconies or decks, large enough for a table and chairs. Wyndham Governor’s Green is a great choice for reunions and other special occasions. The perfect vacation home - away from home - for a weekend trip or an extended stay.

Wyndham Governor’s Green offers activities for everyone. When the weather is warm and sunny, enjoy mini-golf, croquet, horseshoes, tennis and the outdoor “adult only” pool and hot tub, children’s pool or family pool. In cooler months, head for the indoor pool, hot tub, fitness center or a soothing massage. Young children enjoy roaming the fenced-in playgrounds. Pre-teens and teens like sand volleyball and billiards room. Daily activities are available nearby for kids and teens (and adults too) that offer limitless fun for the entire family.

Thank you Sue Croft of Sue Croft Insurance for this generous contribution!