

UPCOMING EVENTS

Friday, December 18 - Christmas JAM - Time TBD - Music by "Out of A Blue Sky" with Paul Dempsey and Friends.

Saturday, February 26 - Downtown Lynchburg Loft Tour - 10 AM to 4 PM followed by a reception and tour at the Free Clinic.

Saturday - Sunday, March 19-20 - James River Charity Basketball Tournament - All Day - Local gymnasiums TBD.

LIVE UNITED 

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 Winter 2010



THREE STRONG DONATIONS - FROM THE FEES, ANONYMOUS COUPLE & THE BURGs

In the past 60 days the Free Clinic has been "partially rescued" by three large generous gifts from some of our regular donors. The word "rescued" is used because we do not want to have to dip into operating reserves in this FY 2010-2011; we had to spend \$50,000 from reserve funds in FY 2009-2010 in order to remain operating at the same level as in past years with many more patients. In this down economic time, these three gifts represent significant, very necessary contributions to simply maintain our crucial health care services in our community for the uninsured and underinsured.



Dr. Hans Burg (right) with VCU School of Dentistry representatives, Dr. Page Turner and Hazel Luton, CDA, reviewing Dr. Burg's "in kind" gift to the Free Clinic. Anita Wilson, Dental Coordinator is second from left.

First, **John and Jill Fees** sent a \$10,000 check to the Free Clinic through the Mission Fund of Rivermont Evangelical Presbyterian Church. Both they and the church have been supporters of the Free Clinic over the years, but this special gift was above and beyond what they have traditionally provided to the clinic. It was a "real shot in the arm" to the clinic's income, and it will enable us to deliver almost \$200,000 worth of health care services to needy Central Virginians

Then, an **anonymous Lynchburg area couple** came through for their THIRD year in a row with a \$5,000 gift, which will be matched with a \$5,000 donation from the GE (General Electric) Foundation. Their gifts are always made in honor of health care providers who volunteer at the Free Clinic (i.e. 2008 - Dr. Tom Warwick and "all the dentist volunteers"; 2009 - Drs. Pam & Mike Caulkins and all general medical volunteers). This year their gift is in honor of Dr. Remo Lotano and his vision care team. How strengthening it is to receive a matching corporate gift too!!!! How appropriate and wonderful it is to honor these terrific Central Virginia volunteer caregivers by donating another \$200,000 worth of needed services to help others!!!!

Now **Dr. Hans and Betty Burg** have given three fully equipped endodontic carts and other supplies and equipment valued at \$9,985 to better supply the Free Clinic's new Endodontic Weeks. These weeks are currently only offered four times/year - with root canals and sometimes crowns due to our very limited resources. A three year grant from the Virginia Health Care Foundation (VHCF) for \$22,500 allowed us to commence this program in December 2009, but the amount provided by them will be decreasing by 25% each year in 2011 and 2012. We do need replacement support.

Large donations have decreased over the past three years due to the financial climate, but these three couples may be a sign of "better, even stronger support to come". We certainly need this level of support from this community! We thank these three couples for "stepping up" to the plate! Every \$1 donated to the Free Clinic in 2009 provided \$16 worth of healthcare services. It is already estimated that this figure will be higher still at the end of 2010!!!!

LIVE UNITED 

GENWORTH FOUNDATION GRANT

For the first time in three years the Free Clinic has been awarded a generous \$5,000 grant from the Genworth Foundation. These funds will be used to partially support our Breast Cancer and Colon Cancer Programs. We guarantee every woman between the ages of 40-70 the opportunity to have a free, annual mammogram. We also encourage all men and women to take the necessary actions and precautions to achieve early detection for colon cancer. If you do NOT have health insurance, Medicare, or Medicaid, a person often skips these optional diagnostic services that can detect cancer early. The clinic has been the recipient of limited funds from other sources such as discounted mammograms from Centra, about 30 free mammograms from M.A.A.M (Mammograms Annually A Must), and a \$3,000 grant from the MDM Networking, Inc. ("The Mitchell Sisters"), which when combined fund a total of about \$15,000 of this work. This still leaves a balance of over \$15,000 to be paid out of the Free Clinic's general operating budget. Genworth is making a difference - especially for the uninsured and underinsured senior citizens in this community!



NELSON DENTAL CLINIC REPORT

The Free Clinic's satellite dental clinic, which is operated jointly with the Blue Ridge Medical Center in Nelson County, has recently expanded its service hours. Located in Roseland, Virginia, this two operatory facility, which opened in March 2008 for two days/week, is now open on occasional Saturdays for dental hygiene work and every other Monday for dental services.

Joining volunteer dentist, Dr. Mike Sherwood, who works on Wednesdays and Fridays, is volunteer dentist, Dr. Susan Seal who is volunteering on Mondays. Peggy Saunders, Dental Assistant for Dr. Sherwood, now has a Monday Dental Assistant colleague, Hilary Whitehead. The Saturday volunteer dental hygienist is Betsy Soulsby.

Our figures since March 2008 have included 600 different, unduplicated patients for more than 1800 visits. This program has been very successful!

MEMORIAL WALL

Recently, the memorial wall in the waiting room of the Free Clinic was upgraded in its overall appearance. Coordinating this major improvement was Office/Program Coordinator, Jane Ayers. On the wall, we pay tribute to the volunteers who served the clinic for ten or more years, and have now passed away. Honorees pictured on the wall include: Sidney E. Sutherland III; Roland Peters; Dr. Joseph Levine; Meigh and Bert Eisler; Abigail Haney; Ralph Kiger; Crystabel Harris; and Norvell Carrington. Added to the memorial in 2010 were Libba Hughes and William "Billy" Carrington. An inscription on the engraved placque reads: "We remember those volunteers who are no longer with us in body, but who will always be with us in spirit. Their selfless gifts of time and talent continues to inspire us to love mercy and to do justice."



The Perfect Gift



In this holiday season, are there current or past family members, friends, neighbors, and/or colleagues whom you would like to recognize in a very special way? Consider a meaningful gift to the Free Clinic in honor or memory of someone special in your life. Providing a gift to assist us in our work has become a valued tradition for many families. Long after other gifts and trinkets are used or forgotten, the gift of health care continues to improve quality of life for those who receive it.

When you make a holiday gift to the Free Clinic, which includes the MedsHelp Program, the Breast Health Education Program, and the highly successful Daytime Dental Clinics, we will send a colorful greeting to the person or persons in whose honor it was made, or to a family member of the one in whose memory it was made. Just write "holiday gift" on your response envelope, and/or use the form below. Please send a list of people to be honored and/or memorialized, making sure to include all name and address information.

May the knowledge that you have had a part in making the work of the Free Clinic possible, make your holiday celebration even more blessed.

Thank you for your support of the Free Clinic and all our patients who live HERE in Lynchburg and the four surrounding counties! Best wishes to all for a healthy, happy, and peaceful New Year!

The Board, Staff, & Patients of the Free Clinic

I would like to give a holiday gift in the form of a contribution to the Free Clinic in honor of:

1. Name _____
 Address _____
 City _____ State _____ Zip _____

Please circle the holiday being celebrated Christmas Hanukkah Memorial Gift
If you do not specify, we will use the generic "Holiday Season."

2. Name _____
 Address _____
 City _____ State _____ Zip _____

Please circle the holiday being celebrated Christmas Hanukkah Memorial Gift
If you do not specify, we will use the generic "Holiday Season."

3. Name _____
 Address _____
 City _____ State _____ Zip _____

Please circle the holiday being celebrated Christmas Hanukkah Memorial Gift
If you do not specify, we will use the generic "Holiday Season."

Total enclosed tax deductible contribution \$ _____

4. Name _____
 Address _____
 City _____ State _____ Zip _____

Please visit website – www.fccv.net, if you wish to make an online donation using Paypal.

The Free Clinic of Central Virginia Will Go On!

Because new health care legislation has been approved by Congress and signed by the President, I am frequently asked a different, new, repeated question. “Will the Free Clinic of Central Virginia (FCCV) close?” The answer is an emphatic “No!” The biggest question used to be, “What is the solution to the healthcare problem?” My answer was that unfortunately, there was not just one solution; it would take a combination of complicated, intertwined separate actions to really solve the “healthcare problem per se.” What about tort liability limitation issues that are not being addressed even now? What about potentially unnecessary or excessive health tests? What about the current abuses in the Medicare/Medicaid systems? These are just some of the many pieces still to be worked on and resolved. They can’t be resolved successfully and independently without looking at the whole picture.

Why will the Free Clinic remain “open for business?” First of all, no aspect of the new legislation covers dental care in any way. Over 25% of our 20,000 patient visits in calendar year 2009 were for dental appointments. We now provide dental hygiene services, restorations (filling cavities), extractions, and even some very limited dental specialty services (i.e. root canals, crowns, & dentures) for our patients. This 5,000 patient visit figure will be even higher in 2010 due to the increased number of persons seeking services, the increased dental services being offered, and more dental appointment slots being available. We also know that we are still not even reaching 70–75% of the population that seriously needs dental services in Central Virginia.

Second, if and when “mandatory” health care insurance for persons at 125% of the Federal Poverty Level (FPL) or lower (household income) is implemented in 2014, what will it actually cover, what will the premiums be, and how many persons will opt out due to the cost? The federal government is unlikely to ever have enough funds to support a “Cadillac plan” for everyone. So—will specialty medical services even be covered? Will hospitalization be fully covered? Will there be more than one premium rate for basic, medium, and deluxe health services, and how much will it actually cost low-income persons? How many persons will use the “opt-out” clause in the “mandatory” insurance plan? Will this be “easy to do”? The answers are not totally clear in 2010 and may not be even in four years, but there will definitely be some TBD needs remaining for medical services for this portion of the Central Virginia population.

Third, the Free Clinic is actually serving persons now with household incomes of 200% of the FPL and lower. People with 300% or lower have real needs too. Almost 60% of our current patients are in the income range of 125% to 200% of the FPL because 74% of the Free Clinic patients work at least one part-time job. We are serving persons with household incomes of 250% of the FPL or lower when we are able to get their medications from the pharmaceutical companies (over 35,000 prescriptions were filled at the FCCV in 2009). We have noticed that a number of the pharmaceutical companies have raised their maximum income levels to accommodate more needy patients.

Fourth, the number of persons applying for services of all types at the FCCV has steadily increased monthly since 2008. More and more people need to turn to us for assistance. These numbers are easily documented! We do not anticipate a significant shift in these increasing trends over the next few years. Most of these patients will remain in our system.

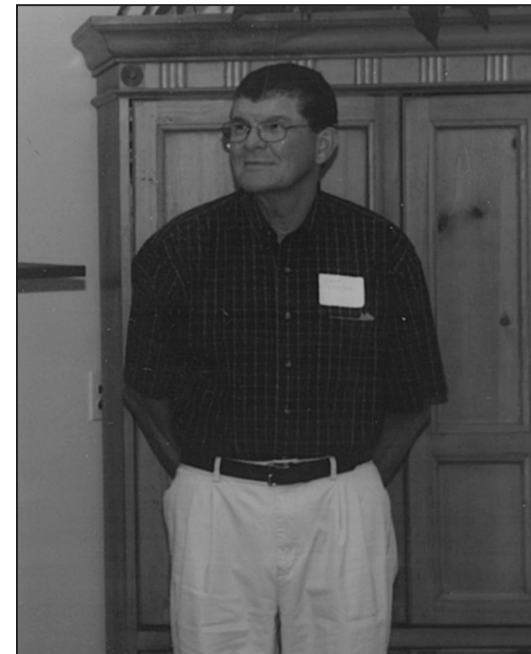
To sum up especially in regard to the second and third points above, we expect that we will still be serving around 70% of the medical patients that we are currently serving now in 2014. If the pharmaceutical companies raise their income levels, we will be able to continue to add to the maximum income level of those getting services at the Free Clinic. More people will be applying for services and the services could be extended to other groups of people. So, the Free Clinic of Central Virginia will remain “open”! This means we continue to need the support of our community, both financially and as volunteers. The need has never been greater!!!!!!

Robert “Bob” Barlow – Executive Director



STAFF HIGHLIGHT

It’s been seven or eight years since we highlighted Jane Ayers, Office/Program Coordinator in the Free Clinic’s Newsletter. That was back in 2003 when she earned the the United Way’s “NANCY L. SORRELLS AWARD” as an exemplary non-profit agency staff member. Jane Ayers started working at the Free Clinic back in 1994 (over 16 years ago). She has seen a lot of changes and an even greater increase in both services provided and patients seen at the clinic. Throughout it all, she remains steady, dedicated, and concerned about our patients. We salute Jane Ayers again!!!!!!



VOLUNTEER HIGHLIGHT

Every Free Clinic has to have a Pharmacist-In-Charge (PIC). He or she is the legal overseer of a licensed pharmacy. When Lin Taliaferro resigned his position in 2009 after serving as PIC for nine years, Hank Baxter took over the position. Hank is a graduate of the VCU School of Pharmacy and he has held pharmacy positions in Lynchburg. We are very fortunate to have his knowledge and expertise as our PIC! THANKS, Hank!



Visit the Free Clinic website,
www.fccv.net.

NAMED GIFT OPPORTUNITIES

The Free Clinic of Central Virginia has several named areas, suites, or rooms, but it has many additional ones available for interested individuals. These special naming gifts provide operating dollars, equipment, and/or actual spaces/programs for the clinic.

The following names have already been placed in the facility: Greg Sheehan Arthur Dental Suite; Elizabeth “Lib” Forsythe Lobby; The Burruss Family Nurses Station; D.W. Harrington Office/Program Manager Office; and the Robert D. Taylor Laboratory. Some of the areas available for naming include many offices, the eye clinic, the medical suite, the pharmacy, and the clinic itself.

If you are interested in a naming opportunity, please contact Bob Barlow, Executive Director and/or Edie Light, Special Event/Development Coordinator for more details.