Our operating budget this year is $1,314,500

Please donate to assure the community has a much needed health-safety net

**Chefs’ Table Reception at Indian Creek raises $12,000 for Free Health Clinic**

The Clinic held its first special fund-raising event March 22, thanks to the thoughtfulness and work of Indian Creek Yacht and Country Club members and the sponsorship of Chesapeake Bank.

Frank Maguire and Jerry Hughes of Indian Creek conceived the Chefs’ Table Reception to benefit the Clinic. Donors during the special campaign were invited to attend the evening reception at the Club, where chefs from Indian Creek, Carwash Café, Merroir, The Tides Inn, and Tommy’s showcased some of their signature dishes. Chesapeake Bank paid for the complimentary wine and manned the table, and Performance Food Group donated the food.

About 130 attended the event, which raised $12,000 for the Clinic. The reception was so well received that Indian Creek, the Clinic and Chesapeake Bank are planning to make it an annual event.

The Clinic is deeply indebted to chef David McMillan of Indian Creek, who helped recruit others to join in the fund-raiser. Sincere thanks go to him and the other chefs that shared their time and talents so generously: T.V. Flynn of The Tides Inn, Peter Woods of Merroir, Susan Hill of Carwash Café, Gabe Gillette of Tommy’s Restaurant, and Carrie Stevens, the pastry chef at Indian Creek.

Indian Creek also decorated for the event and donated waitstaff services, while Dr. Cheryl Brown-Davis provided dinner music.

**W&M student returns for an extra week**

Each spring, students in the College of William & Mary’s break-out program spend their break from school working at the Clinic, (see pages 6-7) and again this year one of them returned this summer for more volunteering.

Melissa Webb of Virginia Beach obtained her pharmacy technician certification after the spring-break experience at the Clinic, and came back to help out June 25-30.

“Being on site “made me realize how important clinics are to the community,” she said. She helped in the pharmacy and Dental Clinic this summer and hopes to go to medical school.

A rising sophomore, she’s gotten an early start on career directions. While at W&M she plans to volunteer at the Lackey Free Clinic nearby.
Rural health care has always had its own set of issues. About a quarter of a century ago concerned citizens gathered to explore the best avenue to provide access to care to those who may not have the income or the insurance to pay for it.

That avenue was the free health clinic model. Its foundation is community support. Since its creation 25 years ago, the Clinic has been a lifeline for thousands of residents with nowhere else to turn. The pool of people who cannot afford to see a doctor, a dentist, or a counselor, or pick up a medication, shifts from year to year with the tidal changes in health care, and with the waves of health-care reform, but the pool is always large.

Sometime this year, the Clinic is on track to reach the milestone of $100 million worth of care provided to help low-income residents lead healthy lives. It’s a monumental achievement, yet it couldn’t have occurred without the community supporting the effort.

The Clinic is a local solution to meet local needs. That’s what it was when created 25 years ago, and what it remains today. There’s been a lot of growth in between – and a lot of promises and politics in the health-care field – but the Clinic mission is unchanged: providing access to care, with the help of local donors, volunteers, supporters, and cheerleaders.

Thank you for continuing to support us during these tumultuous times in providing this gift to the community.

End of an era

Nearly a quarter of a century ago, when the NNMFHC was just getting started, clinical hours were held one night a week at the Lancaster County Health Department and administrative work was conducted out of the Kilmarnock Town Office. Ruby Dublin was the town office custodian, and I asked if she could help clean up our space too.

She’s been doing it ever since. More than that, she’s been doing it with grace, humor, smiles and laughter. From the start, she has pitched in whenever and wherever needed to help move operations along.

She was also the life of the party. At staff gatherings the high points revolved around her jokes, dances, and flashy hats.

Wherever the Clinic moved, Ruby moved with it, from the town office to the first home on DMV Drive to our present facility. Now Ruby is moving on, to a new life in Newport News.

We will miss her, in so many ways.
**In the Medical Clinic**

Clinic Medical Director Charles Maresh, MD., is a participant in the Diabetes Awareness Series held at the Northern Neck Family YMCA and in conjunction with Bon Secours Rappahannock General Hospital. Dr. Maresh joins the RGH Medical Director Will Stallings, RGH dietitian Jennifer Miller, providers from Bay Internists, and YMCA fitness professionals on a panel to encourage healthy steps individuals can take to prevent or manage diabetes.

---

**In the Pharmacy**

The NNMFHC is one of the award recipients announced in April by the CVS Health Foundation, which gave more than $1 million in grants to 33 Free and Charitable Clinics as part of a multi-year grant program with the National Association of Free & Charitable Clinics (NAFC).

The NNMFHC’s $35,000 grant is being used for an additional pharmacy technician to expand access to the NNMFHC Pharmacy and extend its hours, while focusing on prompt pick-up of medications prescribed to manage chronic conditions and improve health.

At the NNMFHC, pharmacy technician Jenny Martin began work March 20 to expand the hours of the NNMFHC Pharmacy, which operates on the strength of a skeletal staff and teams of volunteers. The goal is to increase the times for patients to place refill requests, pick up their medicines, and consult with a pharmacist or technician to 25 hours a week.

“We are excited to be able to make the pharmacy more accessible,” said Pharmacist Britney Dedmond. “Patients realize the Clinic runs on volunteer time and donations, and they are grateful that more hours are being made available to pick up their prescriptions.”

---

**Middlesex Outreach has new location, new hours**

With the support of Lower United Methodist Church—which has housed the Clinic’s Outreach Office in Middlesex County since it started in 2009—and the County of Middlesex, the Clinic’s weekly Outreach Office is now operating out of the Freeshade Community Center in Syringa, effective September 6.

Middlesex County purchased the property, renovated the building, and made it available to the Clinic. Patients are able to be screened for eligibility and pickup their medications at the Outreach Office without having to make the trip to the main Clinic facility in Kilmarnock.

With the move, the Outreach hours are changing from Tuesday to Wednesday afternoons.
In 2016, a total of 1,789 individuals were seen at the Northern Neck—Middlesex Free Health Clinic.

This includes 1,210 people who visited the Medical Clinic and 820 who were Dental Clinic patients (241 individuals visited both clinics and are counted only once).

Virtually all adults seen in the Medical Clinic have at least one chronic condition. Most have more than one. The most common chronic conditions diagnosed among adult Medical Clinic patients are:

- Hypertension (high blood pressure) 65%
- Dyslipidemia (high cholesterol/abnormal blood lipids) 41%
- Depression +/- or anxiety 38%
- Diabetes 28%
- Obesity 27%
- Gastroesophageal Reflux Disease (GERD) 20%

Sixty percent of patients report pain associated with these conditions or with back, neck, shoulder, hip, chest or extremities.

---

### VCU dental & hygiene student rotations

Every two weeks, the VCU School of Dentistry sends groups of four dental and two hygiene students to the NNMFHC to work with staff dentist Cris Dedmond, DDS, at the six work stations in the Dental Clinic in Kilmarnock.

The students stay in the NNMFHC’s “dorm” nearby, the Phyllis F. Smith building on DMV Drive, while gaining hands-on dental experience on Wednesdays, Thursdays, and Fridays in the Dental Clinic. A new group of students make the rotation every two weeks.

Summer intern Nick Neal is pictured with three different groups of students who rotated through this spring and summer. Pictured with him in two of the photos are Hillary Holt, the NNMFHC Dental Clinic Coordinator, and, in the photo at right, Dental Assistant Terri Baldwin.
Every $1 donated turned into $6.93 worth of services for our neighbors in need

Volunteers contributed 15,908 hours to the Clinic

$9,124,048 in health-care services was provided

Value of health-care services provided
October 7, 1993 through 2016:

$91,113,601
Nine W&M students spend spring break at the Clinic

For the fifth year in a row, students from the College of William and Mary spent their spring break helping to serve the community at the NNMFHC. This year, from March 5-11, nine students traveled from W&M to Kilmarnock, stayed in the Clinic’s Phyllis Smith dorm, and spent their days and evenings working at the Clinic’s main facility as well as the Outreach Clinic in Montross.

“This week has been an awesome and extremely worthwhile experience that I’m sure we will all carry with us as we return back to William & Mary and beyond,” one student wrote. “The kindness, patience, and compassion that we saw each and every staff member and volunteer exhibit non-stop this week set an example for how healthcare can be delivered to all without compromising dignity or quality of care. NNMFHC is a group of special people who move mountains for their community, and I am very grateful for being able to be part of your mission for the past week.”

During their week here, the students logged outdated patient charts, conducted specific chart audits, worked in the pharmacy, shadowed Medical Clinic providers, helped with eligibility screenings, took refill requests, made reminder calls, and got to know the Clinic, the area, volunteers, staff and patients. A mid-week dinner also was held with W&M alumni in the Northern Neck.

They all appreciated the experience as much as the Clinic enjoyed and appreciated their work and demeanor. Among their comments:

♦ “I came to realize just truly how important free clinics are and how difficult they are to run.... Volunteering at the clinic put a face on the numbers – seeing all of the people coming in each day made volunteering at the clinic an invaluable experience.”
♦ “I really loved hearing stories from the patients about their lives as well as hearing from the staff.”
♦ “I really appreciated how there was open and solid communication between the general practice and the pharmacy so both parties know exactly what is going on and conflicts can be resolved much faster.”
♦ “I had an absolutely life-changing experience.... I realize how much the clinic actually relies on volunteers. I honestly felt I was making a huge impact within the limited amount of time I was here... I hope to volunteer even more this summer and in the coming years.”

“This was an exemplary group,” said NNMFHC Executive Director Jean Nelson. “The students were well prepared, willing to help in all areas, and went about their work without hesitation. I can’t say enough about this program and how it lifts everyone’s spirits – staff, patients, and volunteers – while advancing the Clinic mission to help vulnerable populations.”
Northern Neck—Middlesex Free Health Clinic

The Clinic’s new budget for the July 1, 2017 to June 30, 2018 fiscal year totals $1,314,500.

Please help us reach our goal.

Health care is an issue in transition, but through it all the need for clinics, now and in the future, is indisputable.

Every $1 raised results in $6.93 worth of care.

A non-profit partnership

At a recent gathering, the Executive Directors of two area non-profits took advantage of seeing each other to discuss the success of their organizations’ partnership.

For many residents, legal services are as out-of-reach as health-care. To help make services more accessible, for the past two years the Clinic in Kilmarnock has provided space monthly to a Rappahannock Legal Services (RLS) representative to meet with clients. RLS has offices in Tappahannock, Fredericksburg, and Culpeper, but none in the Northern Neck.

The partnership began through a grant from the River Counties Community Foundation.

“We are happy to ease the transportation burden for those needing legal help,” Nelson said. “This partnership makes great sense, and the Board is totally behind it.”

$10,000 prize

The Virginia Health Care Foundation (VHCF) celebrated its 25th anniversary this year with a “Prizes for Progress” contest among the dozens of groups that have received VHCF funding.

The NNMFHC—which celebrates its 25th anniversary next year—placed second and won $10,000 for a submission that noted the $598,198 in VHCF grants, along with various awards, that helped the Clinic expand services over the years to its current level of operations.

The Clinic, according to its submission, has “followed the VHCF around like a little puppy” as operations grew from one night to five days and two nights a week, and from borrowed space to four locations.
The Northern Neck—Middlesex
Free Health Clinic’s Mission:

We embrace health and wellness as the foundation for quality of life, and we dedicate ourselves to providing the highest level of health care to all those who ordinarily lack access to it within our community.

Two Locations in Kilmarnock

Main Facility at 51 William B. Graham Court:
Medical, dental, mental health, and pharmacy services
5 days and 2 evenings per week
Phyllis Smith Building at 115 DMV Drive:
Patient education, and group patient care

In Montross

Andrew Chapel United Methodist Church:
Outreach Medical Clinic every other Thursday, 8:30 am to 1 pm

In Hartfield

Lower United Methodist Church:
Outreach Office every Tuesday, 12:30 pm to 4:30 pm