



Prince William Area Free Clinic



"A Place of Encouragement, Dignity, and Care"

Summer 2015

Mission Statement:

The mission of the Prince William Area Free Clinic is to provide adult and pediatric medical care and acute dental care to qualified, low income residents of the Prince William area without duplicating services provided by other non-profit healthcare organizations.

Prince William Area Free Clinic



Help Us Help Others!

The PWAFC depends on the generosity of the community to serve the needs of our most vulnerable members. We are a non-profit organization and we depend on your donations in order to survive and continue our mission. Your help is critical to our success.

Our doctors and nurses provide care for the patients pro bono. Many volunteers give their time to help with screenings, filing, copying, interpreting, and assisting the clinic in any way they can. Although these services are invaluable, the PWAFC still needs to pay for operating expenses. We must depend on you, our community, to support us.

No donation is too small. While a gift of thousands of dollars will help to pay for heating and air conditioning, a gift of five or ten dollars will ensure that a patient is able to obtain a life-sustaining medication.

Will you please find a way to help today? You can be sure that your gift will be well used and greatly appreciated. Enclosed you will find an envelope for your donation. Your generosity is greatly appreciated.



United Way
Campaign Participant
#8458

Find us on
the web!

www.pwafc.org

The Prince William Area Free Clinic is the only free medical/dental program that provides comprehensive medical care, including diagnostic testing and medications, to the county's low-income, uninsured residents.

Clinic Locations:

Prince William Area Free
Clinic Unified Health
Center
13900 Church Hill Drive
Woodbridge, VA 22191

St. Paul United Methodist
Church
1400 G Street
Woodbridge, VA 22191

**Give a 6 month
supply of life giving
medication today!**



A sense of community has been defined as “a feeling that members have of belonging, a feeling that members matter to one another and to the group, and a shared faith that members’ needs will be met through their commitment to be together.” This is certainly true at the Prince William Area Free Clinic. The providers, patients, administration, staff, nursing students, and volunteers all come together to serve those in need.

Within the PWAFC community, one provider is Dave Dickey. Dave is a Kaiser Ambassador who serves as a nurse practitioner at the clinic. Often he sees patients whose medical issues are not well controlled because they have had no access to health care. He has seen instances where patients’ lives have been saved because of the clinic’s intervention. Although Dave has doubled the amount of patients he would have seen at Kaiser, he finds his work here much more rewarding. He says he sees things you normally wouldn’t see, and he enjoys working with his multicultural clientele. “I wish everyone could see what a real gem this is in the community.”

Priscilla Grace has been using the services of the clinic since 2013. “If the clinic wasn’t here, I would have no health care. I’m on a fixed income.” Without this facility, she would have to use the emergency room, as other places are too expensive for her. At the PWAFC, she receives help with her medications along with her doctor’s visits. She likes the nice, friendly people she sees at the clinic. Priscilla says that other services are provided as well, such as the turkey dinners for Thanksgiving, diabetes classes, and warm clothing for those who need it. “They do a lot of good things for people here.”

Small in stature, but with a heart of a giant, Cecilia Dorado seems to be everywhere at once. Whether screening patients, scheduling appointments, translating, or performing a myriad of needed tasks, she is always smiling. She makes everyone around her feel respected and valued. Cecilia came to the clinic about four years ago, when she moved here from Texas because she wanted to serve the community. She is passionate about what she does. “To be here is the meaning in this present moment of my life. It is my mission. Patients make an impact on my life every day. They keep my feet on the ground. I just love them. I just love them.”

Another member of the PWAFC community is Rodrigo Santillan. Although he began college with a focus on music, he has decided to pursue training to be a physician’s assistant. He wanted to volunteer at the clinic to get a feel for a primary care setting. Rodrigo is kept busy with screening and interpreting, and the grateful patients make him feel like he is making a difference. He hopes to work in an environment like this after he graduates. He said, “This clinic is a gift to the community, something I want to be a part of, definitely.”

The PWAFC community is a place where there is a feeling of belonging and a shared commitment to each other. It is certainly “A Place of Encouragement, Dignity, and Care.”



Health Fair 2015

PWAFC Health Fair 2015

Undeterred by the rainy weather, many people were already waiting in line when the PWAFC Third Annual Health Fair opened on July 11th. Members of the Woodbridge Lions Club provided eye exam and hearing tests for approximately fifty of the PWAFC's clients. The mammogram van from Sentara Northern Virginia Medical Center was busy as well, screening women throughout the morning.

Educational opportunities were available while patients waited to be seen. Judy Merring, Director of Sentara's Community Health and Wellness Program, demonstrated the CPR process. Visitors and volunteers alike took advantage of this opportunity to learn how to save a life in an emergency situation. Those who committed to training four additional people in the CPR techniques were given a complete CPR kit courtesy of Sentara.

A striking visual display, "Rethink Your Drink," revealed the sugar content in various drinks. Information on asthma and individualized asthma education were available for the patients.

Members from Image Church were on hand to serve sandwiches, snacks and drinks to all who attended. Their cheery smiles and warm welcomes brightened up the gloomy day.

Many thanks to everyone who made this year's Health Fair a huge success!



Patient Spotlight: Ophelia Scott

Ophelia, a 67-year-old retired salesclerk, has a positive outlook on life that she credits to the good nature that she has had since she was a child. She has been coming to the Prince William Area Free Clinic for over five years. Ophelia says, “Without the clinic, people would be dead.” She notes that she likes coming to the PWAFC because the people are friendly and treat her with respect.

Respect is important to Ophelia. She says she once cried at a food bank where she was treated unkindly. The clinic is a “safe environment” where “your business is not spread all over the place,” she chuckles. Without the services provided at the PWAFC, she would not be able to afford medical care. After paying her bills, she has no money left.

She loves the “peaceful environment” at the clinic and feels that everyone is very kind. Her doctor is “her buddy.” He always shakes her hand, treats her with respect, and has a sense of humor. Whenever any tests are done, “the PWAFC calls back quick” with the results. She often tells other people who need medical care to come to the clinic, and she wishes they would not let their pride keep them from coming. Ophelia would agree that the clinic is “A Place of Encouragement, Dignity, and Care.”

If you would like to make a tax-deductible donation to the PWAFC, please use the envelope enclosed in this newsletter. We need your support for general operating expenses!

WHO IS ELIBIBLE TO BE A PATIENT AT THE PWAFC?

Adults and Children who qualify for state benefits, such as:

- * Food Stamps (SNAP)
- * TAIF
- * Section 8
- * Unemployment Benefits
- * School Free Lunch Program
- * Indigent Patients Level A Gross Income

THANK YOU!!

Sentara Northern Virginia Medical Center and Novant Prince William Medical deserve a big THANK YOU for their support. They organized food and coat drives which helped to meet some basic needs for our community members. Their continuing commitment to helping others is greatly appreciated.

Another big THANK YOU goes to Image Church, who provided refreshments and drinks during Tuesday evening clinic hours as well as for the Saturday morning Health Fair. These nutritious sandwiches and snacks were welcomed by volunteers, staff, and patients.

Allow the way to your great work to be guided by your service to others.

-Mollie Marti



A Community of Giving

Many, and varied, opportunities are available for giving to the free clinic. Each makes a tremendous difference!

Small ways to make a BIG impact:

- ❖ \$5 - \$15 - provides three months of medication
- ❖ \$5 - Target/Walmart (or any store with a pharmacy) gift cards to be used toward prescriptions the clinic can't provide or over-the-counter medications
- ❖ Office supplies - reams of paper, pens, scotch tape, post-it notes, legal sized envelopes, paper clips, white-out
- ❖ Basic medical supplies- band aids, bandages, splints, gauze, over the counter medications, etc.
- ❖ Cases of bottled water and healthy snacks

We Are Making Some Changes Toward

Going Green!



In an effort to be more eco-friendly, the PWAFC wants to start communicating with its friends and circle of supporters in an electronic format. You will be able to access future newsletters on our website at www.pwafc.org.

You can also sign up to receive our newsletters by e-mail. Register by sending us your e-mail address to newsletter.email@pwafc.org.

Thank You!

The Prince William Area Free Clinic (PWAFC) would like to extend its gratitude to all of its 2014 donors, sponsors and volunteers. With your generosity and support, we will be able to continue to provide the multitude of free healthcare services that are offered.

A very special thank you to Kaiser Permanente for the Community Ambassador Program.

Thank you to all the community churches, businesses, and organizations that support the work of the PWAFC.

Our gratitude to Sentara Northern Virginia Medical Center and Novant Prince William Medical Center for their continued support of the PWAFC and the patients it serves.

Thank you to the Potomac Health Foundation for their generous grants which support the mission and ongoing services provided by the PWAFC.

2014 Free Clinic Facts

- 17,157 Medical Visits
- 229 Dental Visits
- 21,033 Volunteer Hours
- \$1,253,671.90 in Donated Volunteer Services
- Medications:
 - Free Clinic Pharmacy
 - NOVA Scripts
- \$675,318 Operating Budget
- 30,127 Prescriptions Provided
- Served Patients who were 125% and below Poverty Level
- 325 Mental Health Visits
- 15,570 Specialty Referrals
- 11,939 Labs & 2,214 X-ray services provided by Sentara Northern Virginia Medical Center & Novant Prince William Medical Center
- 5,142 Acute Diagnoses
- 21,925 Chronic Diagnoses
- Diabetic Education Classes and Supplies
- SNVMC Mammogram on premises 1-2 times per month
- Flu Shots
- Case Management including Medication Case Managers
- Health Fair and other Health Education
- Nutrition, Asthma, and other Education Classes

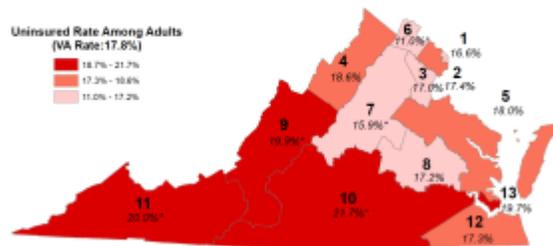
Profile of the Uninsured

Virginia Health Care Foundation

Using the most recent statistics available, the Virginia Health Care Foundation's **2014 Profile of Virginia's Uninsured** provides a detailed picture of the Commonwealth's uninsured. The report utilizes the most recent in-depth data available (2012).

- Nearly 15 percent of Virginians under age 65 are without medical insurance (14.3%) — equaling 995,000 uninsured Virginians.
- The vast majority of non-elderly uninsured (71.1%) are part of working families.

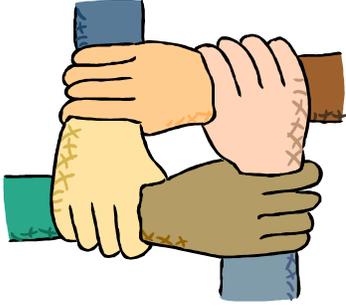
Map 2: Uninsured Rate Among Adults (19-64) in Virginia by Area¹, 2012



- Nearly half (48.6%) are part of families with at least one full-time worker. Another 22.5% are in families with at least one part-time worker.
- More than 40 percent of all uninsured Virginians live below the Federal Poverty Level, and over 70 percent of uninsured adults have incomes at or below 200% of the Federal Poverty Level.
- Just under half of the uninsured in Virginia are white, non-Hispanic: 47 percent are Caucasian/White, 23 percent are African American/Black, 19 percent are Hispanic, 8 percent are Asian/Pacific Islanders and 3 percent identify themselves as "other" or as a member of multiple racial groups.
- By far, the greatest percentage of uninsured Virginians are U.S. citizens (79.2%).

The **2014 Profile of Virginia's Uninsured** was prepared for the Virginia Health Care Foundation by the Urban Institute and was completed in April 2014.

VOLUNTEER



PHYSICIANS

NURSES

DENTISTS

CLERICAL

“Remember that the happiest people are not those getting more, but those giving more.”

-H. Jackson Brown, Jr.

TRANSLATORS

NP/PA

If you, or someone you know, would like to volunteer for the PWAFC please visit our web site at pwafc.org/ourteam/volunteers. We ask volunteers to be willing to commit to at least a year of service.

Education is a Key Factor in Patient Care

Diane Miller, MSN, RN

July 15, 2015

As part of the Community Health Nursing course at Stratford University School of Nursing, our students are required to do a teaching project and presentation. Since our focus in this course is on health promotion and illness prevention, we chose the PWAFC Unified Health Center at Saint Margaret's as our clinical site for these teaching projects and presentations. We have focused on ways to improve health and quality of life without spending any extra money. This quarter, we have presented topics on weight loss, exercise, lowering cholesterol with diet, hand washing and Alzheimer's disease.

Not only have the patient's benefited from this partnership, but Stratford Nursing students have as well. The students' presentations generate a great deal of positive feedback, interest, and participation from all the patients who attend. The students are excited that they are making a difference in the health of the patients, and they also learn about the challenges patients face in accessing healthcare.

We are grateful for the opportunity to offer education to the patients at Saint Margaret's and to promote health and prevent illness in our community!



a place for caring

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Woodbridge, VA 22191

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