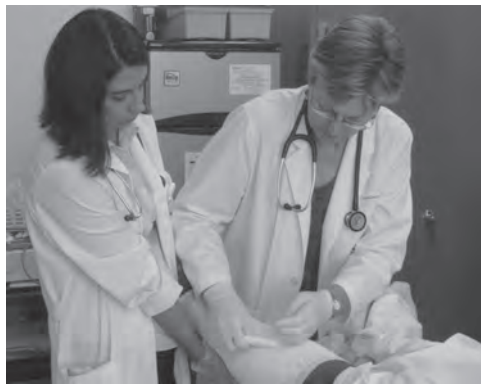




of Northern Shenandoah Valley, Inc.

# Heartbeats

## Annual Report 2009



**OUR MISSION** is to provide the gift of health to those in need. The Free Medical Clinic is dedicated to the belief that everyone should have access to health care services.



**SINCE 1986**, the Free Medical Clinic of Northern Shenandoah Valley, Inc. has been providing quality health care to the uninsured and low-income individuals and families in the community.



## Board of Directors 2010

The Reverend Dr. Richard Reifsnyder, *Chair*

Faith Power, *Vice Chair*

Candace Davenport, *Secretary*

Terry Sinclair, MD, *Medical Director*

Russell Fowler, Esq.

Fabiola Hutchins

Sean OMara, MD, JD

Elizabeth Pendleton

Cynthia Rawlinson

Diane Sinclair

Richard Taliaferro, DDS

Kathy Tagnesi, RN, BSN, MA, NEA-BC

## Full-Time Staff

Vicki McClelland  
*Executive Director*

Susan Aston  
*Medical Office Assistant*

Debra Bringham  
*Pharmacy Services Assistant*

Donna "Dusty" Gauthier  
*Receptionist*

Cathy Glynn  
*Administrative Assistant*

Sandra Miramontes  
*Interpreter*

Melissa Ritter  
*Certified Pharmacy Technician*

Brian Testerman  
*Operations Manager*

## Part-Time Staff

John Archibald  
*Pharmacist-in-Charge*

Amy DuBrueler  
*Development Coordinator*

Sallie Grundman  
*Nurse Practitioner*

Janet Hughes  
*Acute Clinic Coordinator*

Wayne Jones  
*Maintenance Technician*

Terri Kovach  
*Registered Nurse*

Martha Morrow  
*Nurse Practitioner*

Ruth Peterson  
*Patient Care Coordinator*

David Russell  
*Office Assistant*

Mary Strum  
*Women's Clinic Coordinator*

Sarah Witt  
*Patient Services*

# From the Executive Director



When the Clinic was started in 1986, the hope was that someday everyone would have access to health care. Given the skyrocketing number of applicants seeking services today, we are far from there.

In 2011, the Free Medical Clinic of Northern Shenandoah Valley, Inc. will commemorate twenty-five years of serving those in need here in our community. In that time the Clinic has grown significantly to accommodate the needs of the uninsured and low-income residents in Winchester City, Frederick County and Clarke County. Thousands of patients have been served since the Clinic's beginning. Today, though volunteers, staff, students and patients have come and gone, one constant remains strong: *our mission to provide the gift of health to those in need.*

Our community's support has been the key to the Clinic's success, enabling us to meet our patients' needs. In light of the Free Medical Clinic's population reach, service limits, and staffing and financial constraints, the Clinic continues to be strengthened and supported by the referral network and collaboration with community partners for diagnostic services and specialty care. Without the volunteer commitment from the medical community the Clinic would not be able to provide the quality healthcare that we do today. The Clinic depends on the volunteer and pro-bono services of the local community of doctors, Winchester Medical Center and Valley Health. Their generous giving of time, expertise and services enables the Clinic to provide the breadth of care our patients need. We are eternally grateful for their support in our mission.

Following much debate regarding the changing healthcare arena, free clinics must continue to lobby for legislative funding, awareness and support regardless of the outcome of the national health reform legislation. The clinics serve a significant portion of the population, fill an important healthcare gap and play an essential part in the well-being of the community. Without safety-net providers such as the Free Medical Clinic, our hospital emergency departments would be overflowing with patients seeking primary care, limiting doctors from treating the critically ill.

Significant questions remain for healthcare reform implementation. Accessible and affordable quality health care for everyone is and will be a difficult puzzle to solve. How will healthcare for everyone be funded? Will there be enough trained professionals available to meet the increased demand for healthcare? What gaps in coverage will continue to exist? It is foreseeable that the safety-net of free clinics relied on to provide critical healthcare today will still be needed well into the future.

Most importantly, "thank you" for your support in our mission. You make it possible for the Free Medical Clinic to provide critical medical care to our patients. Who are our patients? They are neighbors, families, students, the self-employed, small business folks, or people that lost their jobs. They are people we know and see everyday in our community.

With your help the Free Medical Clinic will continue to serve a vital role in our community.

Wishing you good health,

Vicki L. McClelland, Executive Director

The Free Medical Clinic of Northern Shenandoah Valley, Inc. was founded in 1986 and is an IRS-approved 501(c)(3) non-profit organization that serves low-income, uninsured families living in the City of Winchester, Frederick County and Clarke County. The Free Medical Clinic depends on tax-deductible contributions and the volunteer time and services of individuals and groups in the communities we serve.

To be eligible for services, patients must reside in the service area and meet income guidelines based on the Federal Poverty Level. Patient eligibility is reviewed every six months.

# Medical Report



The Free Medical Clinic's mission has always been to provide the gift of health to those in need, but what, exactly, is the gift of health? How can one define the value of the services provided by the Free Medical Clinic?

The gift of health means something different to each person who enters the Clinic. For one patient, the gift of health could be medications for a life threatening illness. It may be follow-up treatment for a patient who recently suffered a heart attack. For another, the gift of health is diagnosis and treatment of diabetes. For so many of our patients, whatever the ailment, it is knowing that there is somewhere to go where people care for them when they need it.

Through the support of the community, the Free Medical Clinic is able to offer patients complete access to quality health care. A consistent team of volunteers screen patients for eligibility for services every Monday, Wednesday and Thursday, advocating for those in need. Once they have been approved, patients are referred to the Thursday Evening Acute Clinic.

On any given Thursday evening, the FMC waiting room is filled with patients waiting to be seen by a volunteer physician. The Clinic is neither simple nor fast, but our patients know that at the end of the evening, someone will take the time to see them, to listen, and to provide care.

The volunteers and part-time medical staff see patients every day, addressing both acute and chronic concerns. The Clinic is the primary care provider for our patients, improving their overall health to keep them out of the Emergency Room, so they can be free to live their lives. Each and every volunteer and staff member genuinely cares for our patients – not as a group in need of a service but as individuals with unique stories and concerns.

## Clinic Services

Acute Clinic  
Chronic Disease Clinic  
Diabetes Management  
Gynecology and Women's Health Care Clinic  
Orthopedic Clinic  
Referrals to Specialists  
Medication Assistance  
Limited Behavioral Health  
Referrals for Lab Work, Diagnostic Testing and X-Rays  
Acute Dental and Children's Dental Services through the Dental Clinic of NSV



In 2009, over 1,500 patients received services at the Free Medical Clinic. The value of the gift of health lies in the impact our volunteers and staff have had on each of those individuals. The FMC provides quality health care to our patients, granting them access to the full breadth of care that they need to live healthy lives.

## Specialty Medical Clinics

The Daytime Chronic and Thursday Evening Acute Clinics are supplemented with several specialty clinics, tailored to meet specific patient needs. These clinics relieve some of the burden from referral providers by focusing on specific issues that are common among Free Medical Clinic patients. The Women's Health, Behavioral Health, Orthopedic and Diabetic Clinics contribute to our ability to give patients' access to the care they need. "Here [at the Free Medical Clinic], we treat the whole patient," said Ruth Peterson, a FMC nurse.

The Free Medical Clinic is a chosen provider site for the Every Woman's Life Program, a federally funded and state administered grant program to screen patients for breast and cervical cancer. Women's Health Clinics throughout the year provided 349 specialty women's health visits. Additionally, in 2009, the Women's Health Clinic began providing services through the Wise Woman Program, which focuses on preventative services such as blood pressure and cholesterol testing for women.

The Behavioral Health Clinic is held once a month on the fourth Tuesday evening of the month. A limited number of patients are treated at this clinic by volunteer specialists. The volunteer-driven Orthopedic Clinics continued to thrive in its second year. The Free Medical Clinic's diabetes patients benefit from a close partnership between the Clinic's nursing staff and the Diabetes Management Program of Valley Health. The Clinic's most complex diabetic cases are treated in direct coordination with the Diabetes Management Program, which provides comprehensive care, education and disease management.



Above: Mitsi Lizer, PharmD, Zachary Anderson, PharmD, and Bob Lizer, MD, confer with Behavioral Health Clinic coordinator, Ruth Peterson, RN, during the monthly clinic. Below: Ruth Wenzel, nurse practitioner from the Valley Health Diabetes Management Program, reviews a Free Medical Clinic diabetic patient's progress.

*Special thanks to Jayne Flax, 2010 summer intern, for contributing to the 2009 Annual Report.*



# 2009 Medical Clinic Volunteers

The volunteer medical providers who staff the Daytime and Acute Clinics and the specialty clinics provide vital health care for our patients. These physicians, nurses, physician assistants and nurse practitioners work long days at their own practices before volunteering for hours at the Free Medical Clinic, treating each of our patients' specific needs, free of charge. It is thanks to their continued generosity and support that the Free Medical Clinic is able to provide quality healthcare to those in need in our community.

## Thursday Evening Acute Clinic Providers

John H. Armstrong, MD  
Cyril Barch, MD  
William Bender, MD  
Emad M. Botros, MD  
William Brink, MD  
John P. Chesson, MD  
Neal Gaither, MD FACC, FSCAI  
Mark Galbraith, MD  
T. Avery Gibbs, MD  
H. Nelson Gustin, III, MD  
Mary Hagerty, MD  
J. Cullen Hardy, MD, FACC  
Jeffrey P. Harris, MD, MACP  
M. Dean Havron, Jr., MD  
Gayland Hethcoat, MD  
William A. Houck, III, MD  
Archie Houser, MD  
Sherif Kaiser, MD  
Don Karolyi, MD  
Douglas Keim, MD  
Frederick Kozlowski, MD, FACP  
Robert Moran, MD  
Thomas Oliver, MD  
Sean O'Mara, MD, JD

Daniel B. Reese, MD  
Randolph H. Renzi, MD  
Shyama Rosenfeld, MD  
Mark Schroeder, MD  
Andrew Schwentker, MD  
Terry Sinclair, MD  
David Sisson, MD  
Jeffrey A. Skiles, MD  
N. Eli Snelgrove, MD  
Kathleen Stewart, MD, FACP  
Laurel Tschirgi, MD  
Stephanie Zuniga, PA

## Pediatricians

E. Robert Caldwell, III, MD  
Chad L. Dansie, MD  
Wesley Peterson, MD  
Jason Robertson, MD  
Paul J. Russell, MD  
John B. Volinsky, MD

## Daytime Clinic Provider

Faryal Niazi, MD

## Nurses

Elizabeth Baldwin, RN

Juanita Carter, RN  
Lori Dantzler, RN  
Irene Frye, RN  
Stephanie M. Grainger, RN  
Marlene Groff, RN  
Pat Heyland, RN  
Suzy Hyland, RN  
Michelle Janeczek, LPN  
Lois Kirkwood, RN  
Terri Kovach, RN  
Jennifer Longerbeam, RN  
Janie Mohn, RN  
Luann C. Pinckney, RN  
Marcella Shirley, RN  
David P. Simpson, RN

## Women's Health Clinic

Cee Ann Davis, MD  
Patricia Modestino, CFNP  
Martha Morrow, PhD, RN, CFNP  
Brenda Quincy, MPH, PA-C  
Carolyn Wilson, MD

## Behavioral Health Clinic

Brenda Johnston, NP  
Bob Lizer, MD

Mitsi Lizer, PharmD, BCP, BCGP  
Marian Newton, PhD, RN, CS, PMHNP  
Carol O'Leary, RN, CS, NP-C  
David P. Simpson, RN  
Yvonne Teske, PhD  
Elizabeth Trefzger, MD

## Orthopedic Clinic

H. George White, Jr., MD

## Diabetic Clinic

Supported by the Diabetes Management Program of Valley Health

Arlene Gavitt, RN, BSN, Director DMP  
Karen Adams, RN, BSN, CDE  
Arlene Figgins, RN, BSN, CDE  
Beth Herriott, RN, AD, CDE  
Marlene Kolstad, RD, AD, CDE  
Suzanne Lovett, RN, BSN, CDE  
Jane O'Doherty, MPH, RD, CDE  
Ruth Wenzel, MSN, RN, APRN, BC, CDE  
Ann Williams, RN, MSN, CDE

# Pharmacy Report

## 2009 Pharmacy Volunteers

### Pharmacists

John Massey, RPh  
Ann Palmer, RPh  
Holly Rich, RPh  
Jeff Spray, RPh, PharmD  
Lokie Voight, RPh

### Pharmacy Technician

Steve Zuckerman, CPhT

Once a patient has been treated by the medical staff at the Clinic, he or she is able to receive medications from the FMC pharmacy. Though a donation of \$4.00 is appreciated, all medications are provided free of charge to Free Medical Clinic patients. Volunteer pharmacists and pharmacy technicians fill prescriptions so that our patients are able to receive the medications they need.

Certified Pharmacy Technicians facilitate

the acquisition of prescription medications through wholesale purchases and Patient Assistance Programs (PAPs). Formulary medications are purchased wholesale and are kept on hand in the pharmacy to fill prescriptions for patients immediately, as needed. Other medications are ordered specifically for each individual patient through PAPs offered by major pharmaceutical companies.

In 2009, 37,673 prescriptions worth an estimated \$3.1 million (retail value) were dispensed by the Free Medical Clinic pharmacy. A 24-hour medication call-in line was added this year to help patients get prescriptions filled more quickly and efficiently. Three Certified Pharmacy Technicians and one part-time Pharmacist-in-Charge worked with six certified volunteers to get Free Medical Clinic patients access to the life-saving prescription medications they need free of charge.



Volunteer Pharmacist John Massey and Volunteer Pharmacy Technician Steve Zuckerman fill prescriptions at the Free Medical Clinic pharmacy.

## Top Accessed Medications in 2009 (in alphabetical order)

Accupril®	Nexium®	Singulair®
Celebrex®	Norvasc®	Toprol XL®
Lipitor®	Protonix®	Levothroid®
Neurontin®	Proventil HFA®	Tricor®

These medications are accessed through the Patient Assistance Programs offered by major pharmaceutical companies.

# Volunteer Medical Specialists

When patients have complicated conditions that cannot be treated solely with the resources at the Free Medical Clinic, they are referred to an outside provider. The extensive referral network of volunteer healthcare professionals in our area allows for patients who could not otherwise afford such specialized care to receive quality medical attention from local providers. The Free Medical Clinic gratefully acknowledges the time, services and dedicated support these individuals and practices provide.



## Valley Health

Special thanks to Valley Health and Winchester Medical Center for supporting the Clinic through donated program services, laboratory services and diagnostic services for our patients.

## Allergy & Immunology

### Asthma & Allergy Center of the Northern Shenandoah Valley, Inc.

Robert C. McQueen, MD  
Paul K. Stillwagon, MD

## Anesthesiology

### Winchester Anesthesiologists, Inc.

Richard Batchelet, DO  
Andrew Campbell, MD  
Susan Cross Bolton, MD, JD  
Sanjay Dabas, MD  
John Davis, III, MD  
A. Keith Dennard, MD  
Catherine Dowling, DO  
Howard Green, MD  
Gary Haag, DO  
Charles Hagan, III, MD  
Gregory Harris, MD  
Charles Henderson, DO  
Nelson Isenhower, MD  
Katherine H. Johnson, MD  
David Kliewer, MD  
Andrea Ligeti, MD  
David McLellan, MD  
George Phillips, MD  
Harry Poling, MD  
Ramsey Sfeir, MD  
William Shabb, MD  
William Singer, MD  
Robert Thompson, MD

## Cardiology

### The Cardiovascular Group at Selma

James E. Anderson, MD  
Neal S. Gaither, MD, FSCAI  
J. Cullen Hardy, MD, FACC  
William H. McLaughlin, III, MD  
Philip J. O'Donnell, MD  
Daniel B. Reese, MD  
Randolph H. Renzi, MD  
Jeffrey A. Skiles, MD  
Suzanne Gongloff, PA-C  
Kristen L. Keenan, PA-C  
Donna P. Kelley, FNP-C  
Elizabeth C. Robinson, PA-C

Adam P. Schnupp, PA-C  
Jodi L. Weller, PA-C

### Cardiovascular Imaging Center Heart & Vascular Institute of Winchester LLC

Leith A. Abdulla, MD  
Jason Call, MD  
Ajay Virmani, MD  
James G. Warner, Jr., MD, EdD

### Valley Cardiovascular Consultants, Inc.

Juan M. Pittaluga, MD

### Valley Health Anticoagulation Clinic

### Winchester Cardiology & Vascular Medicine, PC

Ather Anis, MD  
Edward V. Bonyak, MD  
J. Dixon Brown, MD  
Jason Call, MD  
Frederic T. Farra, MD  
Manish Lakhani, MD  
Melanie D. Mattson, MD  
Trisha B. Nashed, MD  
James T. Rittelmeyer, MD  
James G. Warner, Jr., MD, EdD

## Cardiothoracic & Vascular Surgery

### Valley Health Cardiothoracic & Vascular Surgeons

Steven Cummings, MD  
David Epstein, MD  
Charles Roberts, MD  
M. Denton Stam, MD

## Dermatology

### Dermatology Associates, Inc.

Maria Bogaert, MD  
Stephen Flax, MD  
Michael Mathieu, MD  
David Mezebish, MD  
Frederick Wenzel, IV, MD

## Diabetes Management

### Diabetes Management Program of Valley Health

Karen Adams, RN, BSN, CDE  
Arlene Figgins, RN, BSN, CDE  
Arlene Gavitt, RN, BSN,  
Director DMP  
Beth Herriott, RN, AD, CDE  
Marlene Kolstad, RD, MS, CDE  
Suzanne Lovett, RN, BSN, CDE  
Jane O'Doherty, MPH, RD, CDE  
Ruth Wenzel, MSN, RN, APRN,  
BC, CDE  
Ann Williams, RN, MSN, CDE

## Diagnostic and Laboratory Services

### Endoscopy Center Winchester Medical Center

### Valley Health

### Winchester Imaging in the Trex Center

## Endocrinology

### Internal Medicine Specialists

Charles R. Drake, Jr., MD

### Winchester Diabetes & Endocrinology

Mustapha Abdul-Rahman, MD

## Gastroenterology

### Winchester Gastroenterology Associates

James E. Gardiner, MD  
Llewellyn I. Kitchin, MD  
Richard L. Nemec, MD  
Richard John Sears, MD  
Grace L. Shih, MD  
Nicholas D. Snow, MD

## General Surgery

### General Surgery Specialists, PLC

Thomas E. Marfing, Jr., MD

### Winchester Breast Center

Anita Minghini, MD

### Winchester Medical Center Surgi-Center

### Winchester Surgical Clinic

Gerald J. Bechamps, MD  
Lori Boyd, MD  
Erich W. Bruhn, MD  
John Carl, MD  
James P. Dumont, MD, PhD  
Thomas Gibson, MD  
Charles Hyre, MD  
Jorge L. Posadas, MD  
Gregory Stanford, MD  
Paul Ulich, MD

## Gynecology

### Blue Ridge Gynecology & Obstetrics, PC

Heather Reese, MD  
Sheetal Sharma, MD  
Karen Wade, MD

### The Women's Center of Winchester

Laura N. Dabinett, MD  
Francisco M. Irianni, MD  
Carolyn S. Wilson, MD

## Infectious Disease

### Selma Medical Associates

John Armstrong, MD  
Mark Galbraith, MD  
Connie Smith, MD, FAAP

## Internal Medicine

### Selma Medical Associates

John Armstrong, MD  
Cyril A. Barch, MD  
Emad M. Botros, MD  
Mark Galbraith, MD  
T. Avery Gibbs, MD  
Sharon Peake, MD  
Mark D. Schroeder, MD  
Carla Gressley, PA-C  
Khanh M. Nguyen, PA-C

### Winchester Internal Medicine, Inc.

William C. Brink, MD  
Erin H. Buettin, DO  
Gayland O. Hethcoat, MD  
Douglas B. Keim, MD  
Frederick H. Kozlowski, MD  
John C. Quinn, MD  
Andrew E. Schwentker, MD  
Edward P. Smith, MD

### Winchester Medical Consultants

Archie W. Houser, MD



Dr. Archie Houser volunteering at the Thursday Night Acute Clinic.

continued on page 6

## Medical Oncology

### **Shenandoah Oncology Associates, PC**

Nicholas W. Gemma, MD  
William A. Houck, Jr., MD  
William A. Houck, III, MD  
Richard Ingram, MD  
William B. Major, MD  
Kathleen A. Stewart, MD, FACP

## Nephrology

### **Renal Physician Associates of Winchester**

Jeffrey P. Harris, MD  
Donna M. Michel, MD  
Archana Shyamsunder, MD  
David E. Sisson, MD  
Diane Walker, CFNP

## Neurology/Neurosurgery

### **Neurologic Associates, PLC**

Mark Landrio, MD

### **Valley Health Neurovascular Institute**

André Fredieu, MD

### **Virginia Brain and Spine Center, Inc**

James Chaddock, MD  
Allan Fergus, MD  
Patrick Ireland, MD  
Steven Schopick, MD  
Lee Selznick, MD

### **Winchester Neurological Consultants, Inc.**

Patrick Capone, MD, PhD  
John Choi, MD  
Neil Crowe, MD  
Mariecken Fowler, MD  
André Fredieu, MD  
Katherine Gustin, MD  
Paul Lyons, MD  
Vikram Penumalli, MD

## Ophthalmology

### **Cedar Creek Eye Care**

Heidi Fike, OD

### **Diabetic Retinopathy Clinic**

John B. Carter, MD  
Phebe Burgess, OTR/L, SCLV  
Arlene Gavitt, RN  
Donna Heatwole, RN

### **Eye Associates of Winchester**

Nancy Eisele, MD  
Lori Snyder, MD

### **Eye Surgery Center**

Nancy B. Eisele, MD  
Jacqueline A. Garringer, MD  
Frank H. Reuling, MD  
John A. Stefano, MD  
Anthony J. Viti, MD

### **Northern Virginia Eye Institute**

Tayyib S. Rana, MD

## Retina and Vitreous

### **Consultants of Virginia, PC**

Waqas Ilyas, MD

### **Retina Associates, PC**

John B. Carter, MD  
Eric R. Steuer, MD, PhD  
Robert W. Wehner, PhD, MD

### **Winchester Eye Specialists**

Jacqueline A. Garringer, MD  
Thomas P. Keenan, MD  
Frank H. Reuling, Jr., MD  
Charles W. Stine, OD

## Orthopedics

### **Bone & Joint Specialists of Winchester, PC**

Thomas Daugherty, MD  
Dwight Kemp, DO  
Richard Patterson, MD  
Bernard Swope, MD  
Christy Andrews, PA-C  
William Bruening, PA-C  
Kelli Eglinger, PA-C  
Cora-Lea P. Walls, PA-C

### **Valley Orthopedics, PLLC**

Benjamin Rezba, MD

### **Winchester Orthopaedic Associates, Ltd.**

O. Winston Cameron, Jr., MD  
Thomas Courtney, MD  
Stephen Martenson, MD  
Dennis Wise, MD  
Thomas Wise, MD  
John Zoller, III, MD  
Tammy Earhart, PA-C  
Alyson Humphreys, PA-C  
Nicole LaPorte, PA-C  
Ashley B. Warren, PA-C

## Otolaryngology

### **Mountain View Ear, Nose, and Throat, PC**

Peter A. Johnson, MD

### **Shenandoah Head & Neck Specialists, PLC**

Ingrid Iwanow, MD  
Joseph Mikus, MD  
James Salata, MD  
Catherine Smith, MD

### **Winchester Ear, Nose, and Throat Center, PLLC**

Matthew Karen, MD

## Pain Management

### **Advanced Pain Relief Centers**

Alok Gopal, MD, DABMA  
George Van Osten, MD  
Lisa Rader, CFNP

### **Virginia Brain & Spine Center**

Michael Poss, MD  
Christopher Stalvey, DO  
Rebecca Snyder, PA

## Pathology

### **Piedmont Medical Laboratory**

### **Shenandoah Valley Pathology Laboratories, Inc.**

Robert Dillingham, MD  
Catherine Mathieu, MD  
Stuart Monroe, MD

## Pediatrics

### **Blue Ridge Pediatric Associates, Ltd.**

Daniel Schiavone, Jr., MD

### **Pediatric Associates of Winchester**

Mounira B. Dahimene, MD  
Vicki Freilich, MD  
Susan J. Gawalt, MD  
Bryan Kornreich, MD  
Phillip A. Schultz, MD  
Andrew T. Sledd, MD

### **Winchester Pediatric Clinic**

E. Robert Caldwell, III, MD  
Joseph M. Damron, Jr., MD  
Chad L. Dansie, MD  
Leda B. Duck, MD  
Dorothy B. Eisenberg, MD  
Jason Robertson, MD  
Paul J. Russell, MD  
John B. Volinsky, MD

## Physical Therapy & Rehabilitation

### **Pool Therapy**

### **Rehab 2 Health**

### **Valley Health Rehabilitative Services**

### **Winchester Musculoskeletal Medicine, PLC**

Kimberly Salata, MD

### **Winchester Physical Therapy & Sports Medicine**

### **Winchester Rehabilitation Center**

## Plastic Surgery

### **Hallmark Plastic Surgery**

Paul A. Lambert, MD

### **Winchester Plastic Surgery Specialists, Inc.**

Stanley Hirschberg, MD

## Podiatry

### **Foot Care Center, PLC**

James R. Arnold, DPM  
Rhonda L. Davis, DPM  
James I. Lewis, DPM

### **Winchester Foot & Ankle Associates**

James E. Dodd, II, DPM  
Paul A. Kushlak, DPM  
Chanda Wan, DPM

## Pulmonary Medicine

### **Winchester Pulmonary & Internal Medicine Associates, PC**

Richard H. Catlett, III, MD  
S. Preston Childress, Jr., MD  
Jeffrey Lessar, MD  
B. Franklin Lewis, MD  
Thomas M. Murphy, MD  
G. Keith Wolfe, MD

## Radiology

### **Winchester Radiologists, PC**

Robert Foust, MD  
Preston Fox, MD  
David Harry, MD  
David Magarik, MD  
Erik Nelson, MD  
Joseph Poe, MD  
Ronald Repasky, MD  
Richard Rizzo, MD  
James Sluss, MD  
David Snow, MD  
Curtis Thwing, MD  
Margaret Toxopeus, MD  
Blake Watts, MD  
Francis Willi, MD  
John Wood, MD  
Kyle Young, MD

## Radiation Oncology

### **Blue Ridge Radiation Oncology, PC**

Bruce Flax, MD  
Norman Smith, MD  
Karen Straus, MD

## Rheumatology

### **Arthritis and Osteoporosis Center of Northern Virginia**

Mohsen Ghafouri, MD

### **Arthritis Specialists of Winchester**

Anne Bacon, MD  
Mary Hagerty, MD

### **Rheumatology Consultants**

Gregory Kujala, MD

## Urology

### **John Chesson, MD**

### **Urology Clinic of Winchester**

Raymond W. Hillyard, Jr., MD  
Michael A. Hoffman, MD  
Mark E. Levinson, MD  
Thomas W. Oliver, MD  
Nicholas C. Restrepo, MD  
John W. Warner, MD  
Michelle O. D'Alessio, PA-C

## Wound Care

### **Wound Care Clinic located in Hurst House**



# 2009 Clinic Volunteers

## 2009 Board of Directors

Richard Taliaferro, DDS  
*Board Chair 2007-2009*  
The Rev. Dr. Richard Reifsnnyder  
*Board Chair 2009-2010*  
Terry Sinclair, MD  
*FMC Medical Director*  
Candace Davenport  
Russell Fowler, Esq.  
Fabiola Hutchins  
Candace Littell  
Sean OMara, MD, JD  
Elizabeth Pendleton  
Faith Power  
Cynthia Rawlinson  
Diane Sinclair  
Kathy Tagnesi, RN, BSN, MA,  
NEA-BC  
Courtney Warner

## Bookkeeper

Pat Phillips

## Clinic and Patient Services

Juanita Archibald  
Brooke Aston  
Taylor Freeman  
Melissa Glynn  
Chris Hagerty-Hoff  
Madeline McKelway  
Donyelle Murray

Pat Phillips  
Curtis G. Power  
Barbara Rupert  
Karen Schmitt  
Walt Shaver  
Marilyn Stearns  
Nilesh Virmani

## Endowment Committee

Bill Bayliss  
Jim Dill  
Bob Edwards  
Jonathan Foltz  
Bill Hottel, CPA  
Candace Littell  
Dennis McLoughlin  
Elizabeth Pendleton  
John H. Stoddard, III

Herbert Sturm  
Margaret Toxopeus, MD

## Interpreters

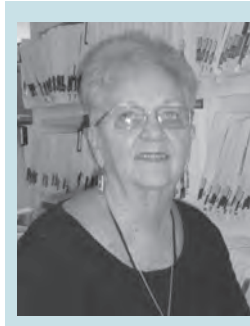
Solomon Marcus Adams  
Juan Bruch  
Christa Doerwaldt  
Natividad Echevarria  
Fernando Galarza  
Sofia Galarza  
Nancy Gomez  
Mark Miramontes  
Vianey Miramontes  
Lidia Pereyra  
Luz Ramirez  
Adriana C. Posadas  
Calvin W. Shabb

## Legal Consultant

Russ Fowler

## Patient Screeners

Carol Ann Adams  
Mary K. Armstrong  
Beverley Byrd  
Joan Callahan  
Mary Margaret Clark  
Erika Francis  
Rodney Gibbons  
Nancy Gomez  
Chris Hagerty-Hoff  
Mickey Harden  
Debbie Lewis  
Bobby Mandel  
Mark Miramontes  
Vianey Miramontes  
Ellen Morgan  
Casey Myrick  
Jan Nguyen  
Reynold Pereya  
Barbara Rupert  
Sorapy San  
Calvin W. Shabb  
Marilyn Stearns  
Corky Strader  
Morghan Taylor  
Richard Teske  
Danielle Westenmeyer  
Kristi Wong



## Volunteer Spotlight: Mickey Harden

Mickey Harden has been an active volunteer at the Free Medical Clinic since its inception in 1986. She was a founding member of the FMC Board of Directors, on which she served for a number of years. Since then, she has volunteered as a patient screener, fundraiser, and acted as the interim Executive Director of the Clinic for a time.

## Development and Fundraising Volunteers

### Bluemont Concert

Marisa Bringham  
Debbie Bringham  
Peggy Clark  
Diana Daugherty  
Don Daugherty  
Mary Doherty  
Fadua Houser  
George Hughes  
Janet Hughes  
Wayne Jones  
Marty Morrow  
Tom Morrow  
Libba Pendleton  
Curtis G. Power  
David Russell  
Herb Sturm  
Mary Sturm  
Brian Testerman  
Sarah Witt  
Tom Witt

### Community Wellness Quilt

Marianne Biviano  
Martha Morrow

### Taste of the Town

*Committee members on page 11*  
Susan Aston  
Debbie Bender  
Debbie Bringham

Anne Brown  
Kim Carter  
Peggy Clark  
Hugo Cnockaert  
Diana Daugherty  
Don Daugherty  
Mary Doherty  
Amy DuBrueler  
Erika Francis  
Cathy Glynn  
George Hughes  
Janet Hughes  
Eileen Isola  
Wayne Jones  
Lindsay Lawler  
Debbie Lewis  
Maureen Limon  
Megan Lipscomb  
Mark Miramontes  
Sandra Miramontes  
Janie Mohn  
Philip Pate, PhD  
Rich Reifsnnyder  
Missy Ritter  
Joyce Robinson  
Brandon Smith  
Herb Sturm  
Mary Sturm  
Morghan Taylor  
Brian Testerman  
Nilesh Virmani  
Sarah Witt

Tom Witt  
Erik Zimmerman  
Steve Zuckerman

## Shenandoah University Student Volunteers

### Bernard J. Dunn School of Pharmacy Volunteers

Jason O'Neal  
John Romberg  
Sorapy San  
Brandon Smith  
Kristi Wong  
Karen Schultz, PhD, MBA

### Division of Nursing Volunteers

Noemi Andrade  
Kim Applegate  
Laila Arouni  
Tina Brinegar  
Wendy Burner  
Shaina Burstock  
Yvonne Braithwaite  
Michelle Carlo  
Imelda Cojo  
Julie Costin  
Delores Croke  
Denise Dalton  
Ekemini Emah  
Sarah Fiedler  
Barbara Frimpong  
Kathy Funk

Amy Gallaway  
Heather Gardner  
Christina Geambasu  
Tonya Kirchmyer  
Lauren Leach  
Casey Longo  
Raul Luevano  
Nancy Luttrell  
Aurora Newcomer  
Glory Metuge  
Wale Ojeyinke  
Julie Petry  
LuAnn Pickney  
Patricia Prahlad  
Sylvia Puray  
Stephanie Robbins  
Angela Titus  
Diana Tutelo  
Eric Wilkins  
Courtney Winters  
Miriam Birmiel, MSN, RN, CFNP  
Martha Morrow, PhD, APNP, CNE  
Wanida Wanant, PhD, RN  
Helen Zebarth, BSN, MEd, RN

### Division of Physician Assistant Studies Volunteers

Lauren Engle  
Alix Gilbert  
Drew Hamer  
Susan Parrish  
James Laidlaw, MD  
Brenda Quincy, PhD, MPH

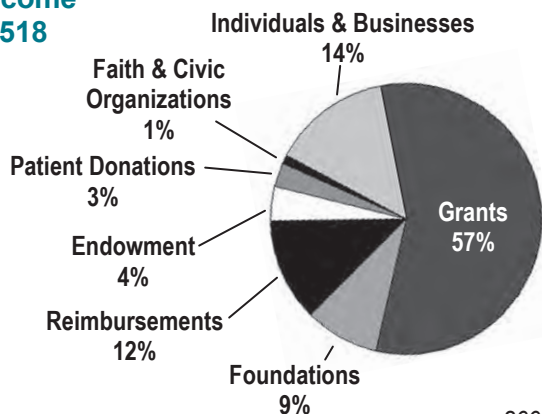
# Development Report

In addition to generous volunteer support the FMC relies heavily on support through a variety of donations and in kind donations of goods and services. Grant funding also provided a significant boost to the income of the Clinic in 2009.

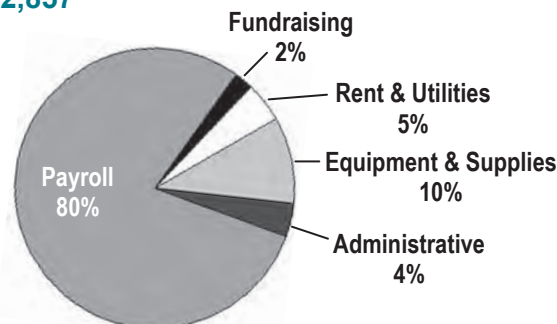
## Highlights

- ♥ Annual Giving by individuals, businesses, civic groups, churches and other groups in the community raised **\$45,620** from over 250 donors.
- ♥ United Way and other federated campaigns contributed **\$3,824** in 2009 to support patient services. Additionally, the Clinic received United Way Impact Grant funds of **\$5,972** in 2009 to treat patients with diabetes and chronic diseases. Diabetes is a leading diagnosis among Clinic patients served.
- ♥ The FMC received **\$98,249** in state funds administered through the Virginia Association of Free Clinics to fund pharmacy and medical services in 2009.
- ♥ The 13th annual Taste of the Town benefit and auction, supported by 240 attendees, raised proceeds of **\$76,699**.
- ♥ The FMC is a chosen provider site for the Every Woman's Life Program, and received **\$28,380** to provide cancer prevention, detection and treatment to uninsured women below 200% of federal poverty level in Winchester, Frederick County and Clarke County. Through the program women with abnormal breast and cervical screening results receive timely and appropriate diagnostic and treatment services to optimize health outcomes and save lives.
- ♥ In recognition of the 25th year anniversary in 2011, the Community Wellness Quilt Campaign generated **\$4,150** to help defray the costs associated with providing critical healthcare to the uninsured.

## 2009 Income \$1,102,518



## 2009 Expenses \$1,082,857



2009 Income and Expense figures shown above are unaudited figures.  
Dental Clinic of Northern Shenandoah Valley, Inc. income and expenses are not included.

## 2009 Donation Gifts

### Donations were made in celebration of

Robert H. Allen  
Blessings Received  
Mike and Trish Crawford's Grandchildren  
John and Carol La Rue's 50<sup>th</sup> Wedding Anniversary

### Donations were made in honor of

Monique Birmiel  
J. Clayton Cochran  
Richard and Barbara Evans

Mary Pat Gronauer  
Jan Harrison, RN – Ret.  
Julie and Mike Hendren  
Mr. Clark Kent  
Dena Kent  
Vicki McClelland  
Mrs. Dorothea Miller  
Bonnie Paulsen (2)  
Ruth Peterson, RN  
Alfred J. and Patricia A. Phillips  
Susannah Wesley Circle Members  
Mr. Bart Tschirgi  
Mr. and Mrs. Glen Tschirgi  
Dr. Laurel Tschirgi

Dr. Laurel Tschirgi and Dr. Mark Schroeder  
Mr. and Mrs. Scot Tschirgi  
Mr. and Mrs. Trent Tschirgi  
Ms. Vail Tschirgi and Mr. Adam Nemzer  
Mr. and Mrs. Rupert Werner

### Donations were made in memory of

Grace and Frank Biviano  
Frank Biviano  
Mary Unger Boyce  
Martha Burroughs  
Gregory Scott Carpenter (7)

Lucille Hill  
Leonard L. Holtzman  
Harmon Hugg  
Mae T. Iden (2)  
Dr. and Mrs. W. Rayner Johnson  
William A. "Pete" Johnston  
Donald Livingston  
Roy Dennis Long  
Louise McKinnon  
Mrs. Frances Patten  
Jane O. Rosenberger (2)  
Dr. Brian Smith  
John Stearns



# 2009 Donors

The Free Medical Clinic gratefully acknowledges our donors for giving generously in 2009 through the Friends of the Free Clinic Annual Giving Campaign, the 2009 Taste of the Town Benefit and Auction, the United by a Common Thread Quilt Campaign, and other contributions throughout the year. Through your support you help the Clinic to fulfill its mission to provide health care to those in need in our community. Contributions listed below were received January 1 through December 31, 2009.

## \$10,000+

F. Alan and Jane F. Dulaney Trust  
Every Woman's Life Grant  
Eye Surgery Center of Winchester – COPN Charity Care  
Virginia B. Lloyd Trust  
Bonnie Paulsen and Omega Drywall, LTD  
Newton B. Shingleton Trust  
Valley Health  
Virginia Association of Free Clinics – State Pharmacy & Health Care Services Grants  
Virginia National Bank  
Winchester Open MRI, LLC – COPN Charity Care

## \$1,000—\$9,999

American Woodmark Foundation  
Anonymous Donor (3)  
Anthem Blue Cross Blue Shield  
Erik and Jen Beatley  
Preston Blake  
The Brandt Foundation  
Mr. Harry F. Byrd, Jr.  
Mr. and Mrs. Harry F. Byrd, III  
W.H. and Jean G. Clement  
Commonwealth of Virginia Campaign 2008  
Dr. and Mrs. Damon W. DeArment  
Dermatology Associates, Inc.  
Mr. and Mrs. Joseph Dezarn  
Drs. Robert and Leda Duck  
The Andrew U. Ferrari Foundation  
First Citizens Bank  
First Presbyterian Church  
John Glover  
Heart and Vascular Institute of Winchester, LLC  
Komen Grant  
Dr. and Mrs. William Major  
Nick and Kathy Nerangis  
Neurologic Associates  
Perry Engineering Company, Inc.  
Mr. and Mrs. Bob and Lou Powell  
Emma May Ridgeway Trust  
Mr. and Mrs. George Schember  
Selma Medical Associates, Inc.  
Shenandoah Oncology Associates, PC  
The Shockey Companies  
Mr. and Mrs. Gerald F. Smith, Jr.

Richard Smith  
Stephens City Family Dentistry, PC  
Corky and Paula Strader  
Dr. Richard and Linda Taliaferro  
United Way of Delaware  
United Way of NSV—2008 Campaign  
United Way of NSV—Community Impact Grant  
Urology Clinic of Winchester, PC  
Doris Anne Vakiener Trust  
Valley Proteins, Inc.  
Virginia Brain and Spine Center, Inc.  
The Clara Weiss Fund  
Winchester Emergency Physicians, PC  
Winchester-Shawnee Lions Club  
Wiseman & Associates Financial Services, Ltd.  
The Woltz-Winchester Foundation

## \$500—\$999

Mr. and Mrs. Steve Cluss  
Dr. Charles Drake  
Former Agents of the FBI Foundation  
Gainesboro Ruritan Club  
Grace Evangelical Lutheran Church  
Mary Pat and Pete Gronauer  
Jeff and Celie Harris  
Carolyn Hawthorne  
Mary E. Henry  
Fabiola and Stuart Hutchins  
Nerangis Enterprises, Inc.  
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Dorcas and Carlton Mallory  
Melanie Marks  
John Rotz  
Rotz Pharmacy  
Richard Runyon  
Dr. and Mrs. Roy Schwarz  
Stephens City Lions Club  
Mr. Carl and Dr. Kathy Thomas  
Dr. and Mrs. James Tschirgi  
Virginia Imports, Ltd.  
Steve M. Zuckerman

## \$250—\$499

Mr. Joseph A. Allen  
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Dr. Jack and Mary K. Armstrong  
Dr. James R. Arnold  
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Dr. and Mrs. Glen Boudier  
Mr. and Mrs. Robert and Genevieve Boxley  
Dan and Anne Brown  
John C. Brubaker, Jr.  
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Clarke County Lions Club, Inc.  
Barbara Combs  
Mrs. Linda Cunningham and Mr. Dennis Wert  
David E. Denham  
Steven and Judith Enterline  
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First Christian Church  
Mr. and Mrs. Robert Frogale  
Dr. and Mrs. James Gardiner  
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Drs. Nelson and Katherine Gustin  
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Frank and Nicole Klebieko  
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United Methodist Women  
Mr. and Mrs. Richard M. Law  
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Mark D. Schroeder and Laurel D. Tschirgi  
Ralph D. Shockey  
Dr. and Mrs. Terry Sinclair  
Dr. and Mrs. M. Denton Stam  
Dr. and Mrs. William Stiebel

T. Rowe Price Program for Charitable Giving  
Dr. and Mrs. James D. Tschirgi  
Dr. and Mrs. Blake Watts  
Mr. and Mrs. Philip Weber, Jr.  
Mr. and Mrs. Richard B. Wiltshire, Jr.  
Dr. Leonard and Janet Yang  
Dr. and Mrs. John Zoller, III  
Rian, Stephanie and Owen Zuniga

## \$100—\$249

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Sally Anderson  
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Augusta Medical Center – COPN Charity Care  
Dr. Anne M. Bacon  
Barbara J. Barbe  
Bass Hoover Elementary School Teachers  
Mr. and Mrs. H.K. Benham, III  
David and Susanne Blount  
Mr. and Mrs. James Boyd  
Braddock Street United Methodist Women  
Mr. and Mrs. Gary J. Braswell  
Dr. and Mrs. Steven Breeden  
Jan Brown  
Robert and Laurie Bruce  
Mr. and Mrs. Jeff Buettner  
Dr. and Mrs. Charles L. Burns, Jr.  
Beverly Byrd and Keith Harrington, kbexoticvillas.com  
David and Beth Clarke  
Dr. Verne E. Collins  
Drs. John and Pia Crandell  
Kenneth L. Cuave, PsyD  
Dr. and Mrs. Chad Dansie  
Leslie Davidson  
Dave and Anne Daylor  
Mr. and Mrs. Stan Daywalt  
The Deaconess Ministry of Zion Baptist Church  
Mr. Chris Dearing  
Richard and Donna Dick  
Don and Brenda Long, DML of Winchester  
John and Robin Dorsey  
John and Deborah Elias  
*continued on next page*

continued from previous page

Episcopal Church Women  
 Grace Episcopal Church  
 Mr. and Mrs. David Evans  
 Thomas and Denise Everly  
 Dr. and Mrs. Frederick Farra  
 First Christian Church  
 Christian Women's Fellowship  
 Dr. and Mrs. Bruce Flax  
 Jonathan and Amber Foltz  
 Mr. D.S. Frazier  
 Dave and Angie Frazier  
 Dr. and Mrs. Allen Futral, Jr.  
 Galilee Christian Church  
 Dr. and Mrs. Nicholas Gemma  
 Gilda Gilbert  
 Charles Gillespie  
 Dr. and Mrs. John Goodloe  
 Mr. and Mrs. Marvin E. Gore, Jr.  
 Ann and Bob Grogg  
 Donald R. Grubbs  
 Sallie and Dennis Grundman  
 Phil and Diane Haines  
 Dr. and Mrs. John A. Harden  
 Dr. and Mrs. J. Cullen Hardy  
 Historic Jordan Springs Event &  
 Cultural Centre  
 Barbara Hoffman  
 Tony and Teresa Hoffman  
 Mr. and Mrs. Joseph L.  
 Intermaggio  
 Jubilee Fellowship Class of  
 Braddock Street United  
 Methodist Church  
 Raymond Kackley



Dr. Mark Galbraith volunteers his time at the Clinic and generously donates an evening of wine tasting to raise money for the Clinic. Here he promotes his famous wine pairings dinner during the 2009 Taste of the Town Auction.

Isabelle Kenney  
 Dr. L. Kitchin  
 Knights of Columbus Valley  
 Council #3572  
 Dr. and Mrs. James Laidlaw  
 Catherine and William Lawrence  
 Edward and Donna Lee

Drs. Bob and Mitsi Lizer  
 Adolene Long  
 Mr. and Mrs. Thomas A. Louthan  
 Robert Magill  
 Pamela Martin  
 Stuart M. Martin  
 Jean K. Massie  
 Mr. and Mrs. Dale Maza  
 Mack and Mary McComas  
 Dr. Cathleen McCoy and Dr.  
 Nicholas Snow  
 Chris and Sandy Meisinger  
 Mr. and Mrs. Robert Mitchell, Jr.  
 Mrs. Eleanor P. Monahan  
 Mrs. Ellen C. Morgan  
 Mr. and Mrs. Norman Morrison  
 Mary and Bill Nordman  
 Dr. and Mrs. Alfred Phillips  
 Mrs. William H. Pifer  
 John and Elizabeth Quinn  
 Jack and Jane Ray  
 Reader & Swartz Architects  
 Rich and Lynn Reifsnyder  
 Reliance United Methodist  
 Women, Reliance United  
 Methodist Church  
 Robina Rich  
 Mary S. Riley  
 Ruth B. Rinker  
 Dr. and Mrs. Richard J. Rizzo  
 Dr. Shyama Rosenfeld  
 Glenn B. Rudy  
 Dr. David Schroeder  
 Ruby M. Sewell  
 Walter Shaver  
 Kathy and Nick Smart  
 Harry and Jenny Smith  
 Bessie and Robert Solenberger  
 John R. Staelin and  
 Elizabeth Locke  
 William H. and Kathy B. Stanley  
 Marilyn Stearns  
 John and Albertine Stenbit  
 Richard W. Stephenson  
 Donald and Madeline Stewart  
 Craig and Cathy Ann Stoner  
 The Rev. Ruth C. Stotler, D.D.  
 Herb and Mary Sturm  
 Diane B. Sullivan  
 William S. and Jane L. Talbott  
 John and Cheryl Truban  
 Dr. and Mrs. Ajay Virmani  
 Wesley Class – Braddock Street  
 United Methodist Church  
 Judge and Mrs. John Wetsel  
 Mrs. June M. Wilmot  
 Winchester Foot & Ankle  
 Associates  
 Winchester Lioness Lions Club  
 John and Anne Winn  
 Women's Civic League  
 Dr. and Mrs. George Yeatras  
 Ben Zamore  
 Mr. and Mrs. Charles Zuckerman

**\$1—\$99**

Virginia Allen  
 Ambrose Rentals, LLC

Amherst Family Practice  
 Mrs. John Anderson  
 Anonymous Donor (19)  
 Mrs. Hilda Baker  
 Dr. and Mrs. Gerald J.  
 Bechamps  
 Mr. and Mrs. J.D. Berlin, Jr.  
 Beth-el Religious School  
 Mr. and Mrs. Jacques Billmyer  
 Miriam Birmiel  
 Kay and Murrell Bolliger  
 Evelyn Bowen  
 Dorothy M. Brewer  
 Betty Burkholder  
 Helen R. Carpenter  
 Juanita L. Carter  
 Miracle A. Carter  
 Mr. and Mrs. Robert B. Carter  
 Pamela R. Christian  
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 Litterthon 2009  
 Dr. Teresa and Mr. Thomas  
 Clawson  
 Mr. and Mrs. Russell Clay  
 Mr. and Mrs. Robert W. Claytor  
 Mike and Trish Crawford  
 Mrs. Elizabeth A. Davis  
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 Dr. Shannon and Mr. Jeffrey  
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 Mr. Gregg Denherder  
 Donna Germelman  
 Susan Greenwalt  
 Marlene Groff  
 Marc and Constance  
 Guevremont  
 Irvin and Marian Henschen  
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 Church  
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 Mr. and Mrs. John Miller  
 Esther Morrison

Susan Morrison  
 Drs. David and Marian Newton  
 Mr. and Mrs. Keller Nichols  
 Mr. and Mrs. P. Nurko



Dr. Terry and Mrs. Diane Sinclair, Free Medical Clinic Board members, at Taste of the Town, the Clinic's largest fundraising event of the year. Dr. Sinclair is the Clinic's Medical Director, while Mrs. Sinclair volunteers her time to assist with the Clinic's fundraising efforts including Taste of the Town.

Jane O'Doherty  
 Mr. and Mrs. Michael  
 Peacemaker  
 Mr. and Mrs. Raymond Phillips  
 Jane Pittman  
 Barbara J. Poux  
 Presbyterian Women at First  
 Presbyterian Church  
 Bill and Kathleen Quarles  
 Jack R. Raum  
 Garland L. Reid and Family  
 RessaBuilt  
 Tony Reynolds  
 Melissa Ritter  
 Mary Potter Robinson  
 Robert H. and Bernice Rogers  
 Stephen Rosenberger  
 Joseph C. Rossi  
 Dr. and Mrs. William J.  
 Rumberger  
 Karlena Sakas  
 Dr. and Mrs. Peter W. Schmitt  
 Sonny and Pat Shiley  
 Betty M. Smith  
 Kenny Spitzer  
 Mr. and Mrs. Philip Stewart  
 Kathryn Sutphin  
 John and Kathy Tagnesi  
 Todd and Adrian Taylor  
 Telephone Wiring, Inc.  
 Jon and Christine Tingle  
 Edward and Sandra Touchstone  
 Bruce and Doris Trant  
 Mischele A. Way  
 WMU – Greenway Spirit & Word  
 Fellowship  
 Dr. and Mrs. James R. York

*We have checked our donor records carefully and apologize if we have made any errors or omissions. If any corrections are needed, please contact the administrative office at (540) 536-1699 or info@fmcwinchester.org.*

# In Kind Donors

The Free Medical Clinic is grateful to the generous businesses and individuals who donated in kind gifts and services to the Clinic in 2009. These contributions include donations to the 2009 Taste of the Town event, donations of medications and other in kind items, and special, non-medical services provided for the Clinic.

Dwayne Seldon,  
1<sup>st</sup> Class Chauffeur Services  
Pat Kirby, Anna Quinn Jeweler  
AnyTime Fitness  
Arabella at Creekside Station  
Dr. Jack and Mary K. Armstrong  
Eunice L. Austin  
Gerald Baldwin  
Marianne Biviano  
Mary Bowmaster  
John R. Boyd  
O. Grady Bradfield  
Gary Bunch  
David Burns  
Myles Cartwright  
Catherine L. Cather  
Dr. Willa L. Cather  
Debbie Langfitt,  
Classic Touch Interiors  
Michael Haymaker,  
Classic Tuxedos Rentals & Sales  
Mary Clem  
Amy Conner  
Costco Wholesale  
Kevin Creasy  
Rodney Gibbons,  
Creative Arts Photography  
Creekside Gifts and Collectibles  
Cundiff & Associates, CPA, P.C.  
Beatrice Davis  
Floyd E. Dodson  
Dominion Self Storage

The Deaconess Ministry of  
Zion Baptist Church  
Della Dunlap  
Eugene B. Smith, EBS Gallery  
Maggie Edwards  
David J. Evans  
Lori Shepherd,  
Everything Linen  
Dr. Matthew Karen,  
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Erika Francis  
Dr. and Mrs. Mark Galbraith  
Holly Glassman  
Glory Days Grill, Winchester  
Gourmet on the Go  
Mary Pat and Pete Gronauer  
E. Eugene Gunter  
Brenda Hall  
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Lavender Moon Soap Company  
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Jan Lower,  
Sharp Marketing Initiatives

Dan & Anne Brown,  
Shenandoah Fine Chocolates  
Shenandoah Valley Golf Club  
Janice and Trammel Smith  
Kim Stanley  
Stonebrook Racquet &  
Fitness Club  
Corky and Paula Strader  
Katie O'Boyle, Studio 141  
Subway, Winchester  
Dennis and Chris Sutcliffe  
Edward N. Swain  
The Eye Place at Creekside  
The Little Gym of Winchester  
Teri Lloyd, General Manager,  
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White Spider Design, Inc.  
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Winchester Book Gallery  
Winchester Ear, Nose & Throat  
Winchester Medical Center  
Emergency Department  
Winchester Printers, Inc.  
David Witt  
Debbie Zimmerman



## Taste of the Town 2009

Local cuisine was at the center of the 2009 Taste of the Town Benefit and Auction, the Free Medical Clinic's largest fundraiser. Area restaurants catered to guests, while local wine shops offered fine wines. Winchester Country Club, a first time participant, won the People's Choice Award, and Apartment 2g took the Critic's Choice Award. Nick Nerangis served as the evening's emcee, providing commentary and entertainment, while local radio personality, Barry Lee, led the auction. An original watercolor by Eugene Smith depicting the Free Medical Clinic Building "The Way It Was" on Cork Street was unveiled and among the items auctioned that evening to benefit the Clinic. Thank you to all of the generous businesses and individuals who helped make the 2009 Taste of the Town a great success.

### Signature Sponsor

Virginia National Bank

### Benefactors

Dermatology Associates, Inc.  
Heart & Vascular Institute of  
Winchester, LLC  
Omega Drywall, Ltd.  
Perry Engineering Company, Inc.  
Selma Medical Associates  
Shockey  
Valley Health  
Valley Proteins, Inc.  
Virginia Brain & Spine Center  
Winchester Emergency  
Physicians, PC  
Wiseman & Associates Financial  
Services, LTD

### Master of Ceremonies

Nick Nerangis

### Auctioneer

Barry Lee

### Judge

Larry Mulcahy

### Restaurants

Apartment 2g  
Cantina D'Italia  
Castiglia's Italian Eatery  
Historic Jordan Springs Event &  
Cultural Center  
Hotel Strasburg  
Thai Winchester  
Violino Ristorante Italiano  
Winchester Country Club

### Wine

D'Vine Wines  
Murphey Beverage Co.  
Saluté Wine Market LLC  
Terra Cotta

### Desserts

Cakes by Diane  
Frank D'Alessio, City Bagel  
Glady's Cakes  
Shenandoah Valley Golf Club  
Sweet Tooth Bakery  
U.S. Food Service

### Taste of the Town Committee

Mary Nordman, *Chair*  
Amy E. DuBrueler  
Maggie Edwards

Mary Pat Gronauer  
Fadua Houser  
Fabiola Hutchins  
Becky Lipscomb  
Jan E. Lower  
Janet Maucione  
Vicki McClelland  
Kathy Nerangis  
Diane Sinclair  
Robin Warner  
Melissa Youngblood

*For Taste of the Town In Kind  
Auction and Raffle Item Donors,  
see In Kind Donor List above.*

*For Taste of the Town Volunteers,  
see page 7.*





of Northern Shenandoah Valley, Inc.

301 North Cameron Street  
 Suite 100  
 Post Office Box 44  
 Winchester, VA 22604

RETURN SERVICE REQUESTED

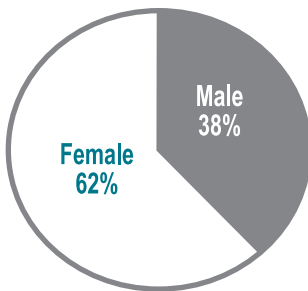
*Providing the Gift of Health  
 to those in need in our  
 community since 1986*

## 2009 ANNUAL REPORT To The Community

### Who are Free Medical Clinic patients?

#### 2009 Patient Demographics

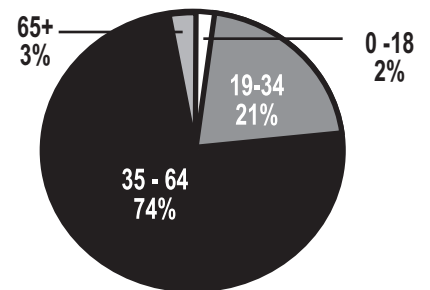
##### By Gender



##### By Race/Ethnicity

White	59%
Black	12%
Hispanic/Latino	26%
Asian	<1%
Other/Unknown	2%

##### By Age



### How do you become a patient ?

The Free Medical Clinic of Northern Shenandoah Valley, Inc. serves area residents living in the City of Winchester, Frederick County or Clarke County who need medical care but do not have health insurance and cannot afford to pay for services. To receive services at the Free Medical Clinic patients must apply for eligibility.

Applications for Eligibility available:

**Monday and Wednesday 1:30 p.m. to 3:00 p.m.**

**Thursday 5:30 p.m. to 7:00 p.m.**

**No appointment necessary for eligibility screening during the above times**

To be eligible for services at the Free Medical Clinic patients must provide proof of residency, proof of total household income, and verify that they have no health insurance, including Medicaid or Medicare, and are not eligible for services through the Department of Veterans Affairs.