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A Note
from Executive Director
CHUCK BIRDIE

LOOKING BACK, 2018 held many changes for the Loudoun Free Clinic.



We had more staffing changes in the last year than in the previous three years combined. Change is hard... but for the most part, good. **I would like to welcome our volunteer Medical Director, Chris Chiantella, MD, Chief Medical Offices, INOVA Loudoun Hospital, to our Loudoun Free Clinic family.**

You are a fantastic addition! In December, we hosted our 7th Annual Boots, Beer & BBQ event at a new venue – Shadow Creek in Purcellville. We were sorry to leave our original venue – Bluemont Vineyards who hosted us for the previous six years, but as they told us, “You have outgrown our facility, gotten bigger than we expected. You need a larger space!” Shadow Creek stepped up and donated their facility for our December evening. Shadow Creek has a 25%

greater seating capacity than Bluemont. We were optimistic yet cautious and began soliciting sponsorships last summer for the event. However, the response from the corporate community was overwhelming and we ‘sold out’ before Thanksgiving. Many thanks to our Boots 2018 sponsors and please review our sponsor list in this newsletter. I also want to thank the Carlyle family for their generosity in offering us Shadow Creek for last year and again for this year. **We hope y’all will join us for Boots 2019 on November 22.**

In the last newsletter, I spoke about the expansion of Medicaid in Virginia and how that would affect a portion of our population. We have identified about a quarter of our patient population who could be eligible for Medicaid. This is a great opportunity for these patients. We are working diligently to contact them, help them with their paperwork and provide a warm hand-off to Healthworks or other Medicaid providers. And, these transfers will provide openings for up to 200 new

patients to be seen at our Clinic.

Last, I just want to mention our Collaborative Care Model. We had an article about this program in our last newsletter. A grant, through the George Mason University, allowed us to hire an Integrated Care Manager, two therapists, an interpreter, and a Psychiatric Nurse Practitioner consultant.

This Model combines behavioral healthcare with our already existing primary care. The aim is to provide an additional layer of care to those patients suffering with depression and anxiety. As you can imagine, a greater number of our patients suffer from these symptoms than in a normal patient population. We just finished our first year and are reviewing results.

Wishing everyone the best for 2019. Thank you for your continued support of the Loudoun Free Clinic.

For questions, e-mail Chuck at cbirdie@loudounfreeclinic.org.

Celebrating
20
years of service

WE ARE VERY
EXCITED TO
CELEBRATE OUR
20 YEAR
ANNIVERSARY,
THIS 2019.

~

For more than twenty years, the Loudoun Free Clinic has been serving uninsured adults in Loudoun county with quality healthcare. We have helped thousands of people with comprehensive healthcare and we are looking at a bright future 2019 knowing that we are saving lives!



LEESBURG— The Loudoun Free Clinic (LFC) raised \$91,000 thanks to the support of those who attended their 7th annual Boots, Beer and Barbecue-themed fundraiser.

"The Boots, Beer, and BBQ-themed celebration has always been wildly popular," Executive Director Chuck Birdie said following the event. "The attendees love the casual and festive atmosphere; everyone had a boot scootin' good time!" he said.

The Loudoun community came together to support this annual fundraiser which according to Birdie, helps the clinic stay afloat. Established in 1998, the non-profit clinic coordinates medical visits, medications, tests, surgeries, and often transportation for thousands of people struggling with acute and chronic medical conditions.

"The LFC is funded entirely by grants and donations, while a dedicated group of network community organizations and volunteers make services possible. This is why fundraising and volunteer recruitment is so critical for us," LFC's Director of Business Operations Colleen Breuning said.

Platinum Boots Sponsors



Gold Boots Sponsors



Pictured are (from left) Gary Clemens, LFC board member, and Chuck Birdie, LFC executive director

Silver Boots Sponsors





Country music artist Juliana McDowell opened the event, followed by a band called Big Bad JUJU.

According to Director of Volunteer Services and Public Relations Maria Stanton, "local restaurants provided the delicious food with the intention to help our charitable endeavor."

The restaurants included Savoie Fare; Smokin' Willies Chili; Roy Rogers; and Panera Bread.

"Desserts were also plentiful thanks to Chef Dennis from Chantelle Bakery," Stanton added.

INOVA, which houses the clinic in its Cornwall hospital, also served as the platinum sponsor for the event. We are forever grateful for their continued support so that our patients can become and stay healthy.

For information on how to become a sponsor in future events or to donate, contact mstanton@loudounfreeclinic.org.

Bronze Boots Sponsors

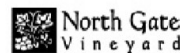


Chip & Michelle Stewart
Derrila Jonas, MD



In-Kind Sponsors

ACE PARTY RENTALS



Juliana MacDowell & Friends
Melanie Raum





Spotlight on our own Lola Ogbonlowo, MD.

I HAD WANTED TO BE A DOCTOR for as long as I remember. Even as a young child, I was impressed and inspired by the selfless nature, caring and commitment that physicians portrayed. My family always encouraged and supported the pursuit of this dream in spite of the delays and obstacles realizing it.

My resolve to go to medical school was solidified while volunteering at bread for the city in DC, during my college years. It was so refreshing to see patients treated with dignity and respect in the context of their community, and receiving quality medical care.

I started medical school at the

age of 34, and grateful for the exciting opportunity. Family, Friends, and Faith got me through the long hard years.

I have always been inspired by quotes from Sir William Osler, a prominent 20th century Physician.

These are my favorites: **"Listen to your patient, he is telling you the diagnosis"**, and **"It is much more important to know what sort of patient has the disease than what sort of a disease a patient has"**

I chose to volunteer at LFC as a way to give back in my community, and because the mission resonates well with my personal values; that every one deserves quality medical care regardless of ability to pay.

I have been in practice for almost 4 years, a Board Certified Family and Urgent Care Physician. My practice philosophy is to treat the whole person and family by offering individualized patient and family centered care, with emphasis on preventative health, therapeutic care, comprehensive disease management and overall quality care. Also, continually fostering close patient relationships with a collaborative approach to their health care needs.



I also get to be a mom to two teenage daughters and love to spend time with them, hike, roller blade, listen to music, travel, and cook in my spare time

Thank you for all you do, Dr. Lola!

Shenandoah PA Students join forces with LFC on MLK Day

FOR THE THIRD YEAR the PA students from Shenandoah University under the direction Of Stephanie Bernard decided to mark the Martin Luther King Holiday as a day of service at the LFC.

1994, Congress passed the King Holiday and Service Act, designating the Martin Luther King Jr. Federal Holiday as a national day of service.

Taking place each year on the third Monday in January, the MLK Day of Service is the only federal holiday observed as a national day of service – a "day on, not a day off." The MLK Day of Service is a part of United

We Serve, the President's national call to service initiative.

It calls for Americans from all walks of life to work together to provide solutions to our most pressing national problems. The MLK Day of Service empowers individuals, strengthens communities, bridges barriers, creates solutions to social problems, and moves us closer to Dr. King's vision of a "Beloved Community."

Participation in the MLK Day of Service has grown steadily over the past decade, with hundreds of thousands of Americans each year engaging in projects such as tutoring and mentoring children, painting schools and senior centers, delivering meals, building homes, and reflecting on



Dr. King's life and teachings.

Many of the projects started on King Day continue to engage volunteers beyond the holiday and impact the community year-round. We are very thankful to the students from the University who choose to serve the clinic.

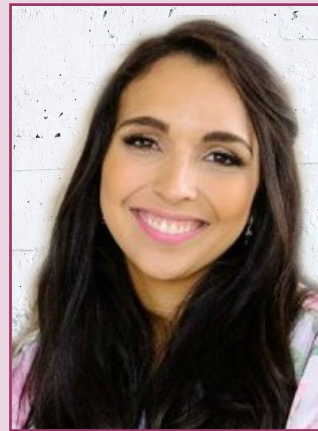
HELLO, GOODBYE:

This month we said goodbye to two employees & welcomed three new staff members

Johanna Rojas: We are so sad to say goodbye to one of our rock stars who has been part of the Loudoun Free Clinic team for over 8 years. Johanna Rojas, known affectionately to us all as "JoJo," is leaving for a benefits administration position with the County Government. JoJo first came to us as a volunteer, then began full-time employment as a Patient Services Assistant in 2011. Her role expanded over the years to Eligibility Coordinator, and she was part of our Patient Advocacy team, as well. More recently she was a Community Liaison Specialist. We had a luncheon in honor of JoJo, and we wish her all the best with her new career! Farewell, JoJo – you will be missed so much!



and one of her biggest passions is quilting. Be sure to check out her beautiful handmade seasonal quilts that she has decorated her workspace with. Welcome to the team, Deborah!



Joanne Wallace: Joanne has been on staff at the LFC as the Pap Coordinator for over 8 years. Joanne began at the Clinic as a volunteer and then joined the staff and has been an integral part of the LFC Family. She is now looking forward to retirement and is hoping to travel to Hawaii and Australia and spend more time reading and playing piano. Joanne promises to stay in touch and to stop by and visit!!

Deborah Hanley: A warm welcome to Deborah Hanley, our new Patient Assistance Program (PAP) Coordinator. Deborah is a retired RN who was originally looking to volunteer at Loudoun Free Clinic. However, her impressive resume was a perfect match for this position that had recently opened up. Deborah is originally from Michigan,

Beth Baldwin, RN

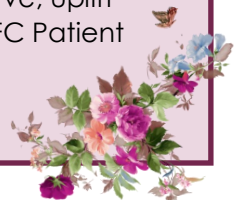
BSN : Welcome to Beth, our new clinical director! Beth has been a registered nurse for 35 years, and has a wide range of nursing experience both here in Virginia and in Oregon. She has three children and spends much of her free time with her beloved four-year-old granddaughter. Beth used to be a volunteer at the clinic years ago so we are very excited to have her back! "I'm so happy and proud to be back in the clinic. We are so fortunate to have so many volunteers and staff," she said, adding that she is especially happy to see the mental health component thriving and to be a part of its continued growth.

Paula Callaghan: Paula is the Outreach Coordinator and this is new position for the LFC. Paula will be reaching out to the community and bringing awareness about

all the services that the Clinic can provide to the adults in Loudoun County who are uninsured and in need of quality healthcare. Paula is bilingual, energetic and outgoing and we are so glad she has joined the Team.

Gabby Geraci, MHA: We are super excited to have Gabby Geraci join the LFC Family as the new Patient Care Coordinator. You may remember Gabby was an intern last summer as she was completing her Masters. In Health Administration —University of Scranton. Her vivacious and bubbly personality is wonderful. Gabby is looking forward to helping the Clinic serve, uplift and empower the LFC Patient Base.

From Top left: Paula, Joanne, Johanna, Gabby, Beth. Not pictured, Deborah.



From Colleen's Desk

DIRECTOR OF BUSINESS
OPERATIONS



LFC Honored as Finalists by Chamber

Each year, the Loudoun Chamber holds its Small Business Awards to honor and celebrate the best small business and non-profits of the community. Loudoun Free Clinic went through the application process, and was named a finalist in the category of Nonprofit Organization of the Year. Executive Director Charles Birdie and Director of Business Operations Colleen Breuning accepted the finalist award on behalf of the Clinic at the SBA ceremony on November 1 at the National Conference Center.

Congratulations to Loudoun Habitat for Humanity on winning the award. We were truly honored to be among the deserving finalists in this category, and to be recognized for the Clinic's outstanding work in the community!



Pictured above are Susan McCormick, The Wellness Connection, LLC., our own Colleen Breuning and Chuck Birdie, and Tony Howard, the president and CEO of the Chamber of Commerce.



CONGRATULATIONS

EXECUTIVE DIRECTOR CHUCK BIRDIE
ON BEING NAMED NON-PROFIT LEADER
OF THE YEAR DULLES REGIONAL
CHAMBER OF COMMERCE



of the Clinic: Volunteer Hub

Maria Stanton, Director of Volunteer Development & PR

VOLUNTEER SPOTLIGHT

ALISON DE VAISSELLE been the Volunteer Pharmacy Manger for several years. Alison decided to volunteer after one of our Boots Beer & BBQ fundraisers and she has been unstoppable ever since. She manages the Pharmacy and has been instrumental in improving the medication process for the LFC patients. Alison is a prob-

lem solver and always ready to jump in and help out. When not in the pharmacy she serves as the Fundraising Chair of the LFC Board of Directors. This year alone she was instrumental in fundraising. Alison is always bringing in a home-cooked meal to staff and volunteers on Wednesdays and Thursdays when the clinic is open until 9:00 PM. When not helping out at the Clinic Alison is a devoted wife and mother of 2 elementary aged boys. She also volunteers St Theresa Catholic School in Ashburn where the boys attend school.

We are so thankful to have Alison as part of the LFC Family.



Patient Spotlight

Letter from one
of our most
gracious
patients

Dear my wonderful new friends at Loudoun Free Clinic and Kimberly Fields, PA,

I honestly lack the words that could ever express my gratitude for your most generous services when I came in for my initial visit. The fact that everyone was impeccably professional, thorough and so very kind was so warming to me, but as well, no one ever made me feel the least bit uncomfortable and I

have to say, I felt very guilty when I asked for help. I was brought up that "God helps those who help themselves" and to "never bother anyone with your problems."

I left there actually feeling so good that you not only alleviated very important and hopefully temporary medical concerns, but I didn't feel the embarrassment and guilt for coming to you. Even more importantly, I met and observed a medical team that should be a "Medical Industry Standards of Care Model" that practices should come and learn from you as to how to treat patients, and provide your Mind and Body

approach as you do so well. You golds are truly amazing, talented and just a bunch of highly trained folks that really do care.

I could go on all day (as you may have noticed) espousing the virtues of your practice, but that would diminish the accolades that all of you so deserve.

Plesae allow me just one more to say only this. I have never, and I am a 60 year old man, ever received the kind of wonderful treatment you all bestowed upon me and I thank you again with all of my heart. God Bless.

- R.C.



Coming Up Soon!

Make sure to
stay tuned to our
website. We'll be
premiering a
new clinic video
in March 2019!

PLEASE SUPPORT OUR DINNER SPONSORS

These amazing restaurants
provide the staff & volunteers
here with meals so that we
may work efficiently
into the night



WANTED!

VOLUNTEERS WITH BIG HEARTS

SEEKING: Interpreters, Nurses, Providers

IF YOU KNOW ANYONE WHO MIGHT BE
INTERESTED IN VOLUNTEERING,
PLEASE LET MARIA KNOW.



SUBMIT



To submit an article
or advertisement
please email:

Maria Stanton

Clinic staff & Volunteers

Do you have success stories or any positive
clinic experiences to share?

Submit it via email to Maria
mstanton@loudounfreeclinic.org

Your story may end up in the
Patient Spotlight!

ATTENTION LFC VOLUNTEER PROVIDERS:

Are you passionate about a specific healthcare topic ?

Have you been published in a journal and want to share your abstract or
research journey?

Is there something new at your practice you'd like to share with us?

Write for us!

Your article may be included in our Newsletter and our online blog.

For more information, e-mail Maria



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