



Western Tidewater
FREE CLINIC

Helping Hands.

Health.

Hope.

Two Thousand Nine Annual Report



Mission

We provide high quality, non-emergency health care to the residents of Western Tidewater (Suffolk, Franklin, and the counties of Isle of Wight and Southampton) who cannot otherwise afford it.

Vision

Our vision is a healthy community where all people will be inspired and enabled to make healthy lifestyle choices, to use preventive health care, and to access resources to live in a safe and wholesome environment.

Values

Our core values are excellence, unity of purpose, respect, diversity, integrity, and stewardship of all resources.



Helping Hands. Health. Hope.



Virginia Savage



Miriam A. Beiler

from the President and the Director

Dear Friends,

We begin with a sincere thank you for your continued support of Western Tidewater Free Clinic (WTFC). Through your contributions of time, donations, and guidance, WTFC has been able to help 1,300 patients through 11,000 clinic visits between the June 2007 opening and December 2009.

Through the generosity of medical specialists and other organizations, we have been able to provide high quality care to patients needing diagnostic services, surgeries, and specialty treatments.

The need for our services continues to grow, especially in the current economic environment. In 2008, 35 percent of our patients were unemployed, and by the end of 2009, that number increased to 60 percent. Unemployment rates in our service area have a direct impact on the need for WTFC services. With over 23,000 uninsured in our service area, we anticipate the demand for services to continue to rise.

The good news is that WTFC is now able to care for additional patients since moving into a much larger facility in September 2009. Through the generosity of Obici Healthcare Foundation, we were able to purchase and renovate a building on Meade Parkway and hire a part-time physician to supplement the hours of our volunteer physicians. Many other individuals, civic groups, faith-based organizations, and foundations supported the move to the new building by donating equipment, services, time, and funds.

We believe the new facility adds to the dignity and quality of care we strive to provide as a health home for our patients.

WTFC relies upon financial support from foundations, businesses, civic organizations, churches, and individuals along with the support of many volunteers to provide the day-to-day services needed

to operate the clinic. We are grateful for the dedication of the medical and administrative volunteers who provide many hours of service on-site. We are equally grateful for the services provided by specialists and other health care facilities within our community.

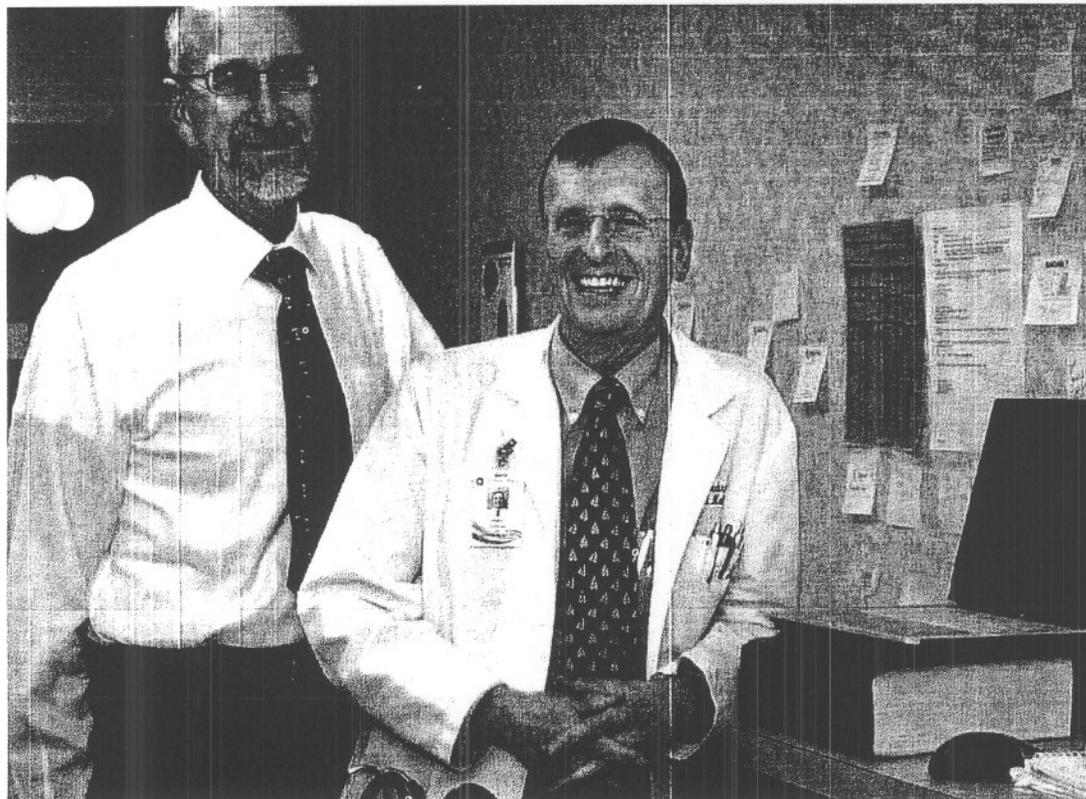
Our goal is to be the health home for our patients and to provide comprehensive, coordinated care to improve the quality of life for them, their families, and the community. To that end, we are expanding our services in 2010 to include a dental clinic and a comprehensive Women's Health Program.

The passage of the Healthcare Reform Act raises many questions about what the healthcare delivery system will look like in the future. What is known is that the healthcare insurance expansion program will not take effect until sometime in 2014. Even then, there will be many people who will not be eligible for insurance or unable to afford it, and it may take as many as 20 years to educate the number of healthcare providers that will be needed.

In the interim, WTFC will work with its many community partners to continue to provide a healthcare safety net for the citizens of Western Tidewater. With your support, we will continue to offer helping hands, health, and hope to our patients.

Virginia Savage, President, Board of Directors

Miriam A. Beiler, Executive Director



Bob D'Haem, MD (left, radiologist) and Joseph Verdirame, MD (right, internist and WTFC Board member), routinely volunteer their time serving patients of WTFC.

Volunteers are critical to the successful operation of WTFC. Since our opening, volunteers have donated 20,245 hours to improve the health and lives of our patients—a market value of \$826,334!

Physicians

Dr. Hussein Aboulatta
 Dr. Terri Babineau
 Dr. Serena Barakat
 Dr. James Collier
 Dr. Cynthia Dorr
 Dr. Gloria Galdamez
 Dr. Robert Harrell
 Dr. Paul Hogg
 Dr. Donald Howell
 Dr. William Jackson
 Dr. Mark Jenison
 Dr. Bernard Jamison
 Dr. Desmond Longford
 Dr. Patricia McNulty
 Dr. Makhtar Morgan
 Dr. Maryann Rostami
 Dr. Lynn Stockman
 Dr. Alexander Su
 Dr. Lindsey Vaughn
 Dr. Joseph Verdirame
 Dr. James Waddy

Physicians

(offsite)
 Dr. Kristy Adamczyk
 Dr. Victor Archie
 Dr. Habib Barakat
 Dr. Nance Benford
 Dr. Anthony Bevilacqua
 Dr. Stafford Brown
 Dr. Charles Coleman
 Dr. William DeLacey
 Dr. Robert D'Haem
 Dr. Anant Damle
 Dr. Jane Derrig
 Dr. Thomas Duntemann
 Dr. David Eich
 Dr. Diana Fedei
 Dr. Maria Flynn
 Dr. Jeffrey Forman
 Dr. Daniel Garland
 Dr. Michelle Garnett
 Dr. Norman Goldin
 Dr. Yolanda Harold
 Dr. Lora Herman

Dr. Sarah James
 Dr. Preston Judson
 Dr. Manohar Kapur
 Dr. Venu Koduri
 Dr. Lorenz Lassen
 Dr. John Lawson
 Dr. Beth Levin
 Dr. Kevin Meakin
 Dr. Moussa Menasha
 Dr. Maung Myint
 Dr. Neuman Naseer
 Dr. Daniel Neumann
 Dr. Sharon Novotny
 Dr. Andrew O'Dwyer
 Dr. Edilberto Pelausa
 Dr. Dixon Rollins
 Dr. Frank Romano
 Dr. Gary Sajko
 Dr. Joseph Saveikar
 Dr. Christopher Sidden
 Dr. Joseph Sinclair
 Dr. Linwood Spruiell
 Dr. Syed Thiwan

Dr. Cheryl Wray
 Dr. Andrew Zasada
 Dr. David Zeiler

Nurse Practitioners and Physician Assistants

Pat Edwards
 Eileen Gilman
 Jane Grant
 Kara Hearn
 Sara Popovich
 James Rhee
 Adriene Wallace
 Pat Williams

Nurses

Cathy Allsbrook
 Lisa Arrington
 Jean Barker
 Diane Boone
 Jean Brinkley
 Barbara Chapman
 Karyn Cook
 Celia Coughlin
 Brenda Counts
 Roslyn Cross
 Kay Culpepper
 Barbara Davis
 Tamara Dailey
 Mary Ellen DeGroft
 Stephanie Edwards
 Amy Fowler
 Judy Gardner
 Barbara Gietl
 Dorothy Greene
 Marie Haas
 Christopher Hamlett
 Ravin Hargrove
 JoAnn Herring

Peggy Hopewell
 Edna Huewitt
 Pat Ianetta
 Elaine Jones
 Georjine Koenig
 Sara Leggett
 Caroline Martin
 Cynthia Miller
 Barbara Morris
 Virginia Norfleet
 Shirley O'Briant
 Rene Phillips
 Rebecca Purisima
 Virginia Savage
 Joyce Stagg
 Dana Stallings
 Betty Thompson
 Vivian Vaden
 Bruce Vansickle
 Claudia Verdirame
 Nancy Verdirame
 Ginger Vincent
 Shirley Weaver
 Ashley Witt
 Vivian Young

Physical Therapist

Sharon Springfield

Counselors

Dana Cook
 Bruce Copeland
 Marilyn Friga
 Karen Stapleton
 Ann Upton

Pharmacists

Beth Dixon
 Alan Garner

Ashley Hogg
 Kathy Rawls
 Rohini Woods

Dentists

Dr. Elizabeth Bernard
 Dr. John Burton
 Drs. Sue and William Heriford
 Dr. J. Howard
 Dr. Brian Midgette

Dental Assistants

Kristy Chester
 Oscar Marciano
 Linda Wilkins

Dental Hygienists

Wanda Crumpler
 Jeff Figuera
 Lisa Midgette
 Tara Newcomb
 Susie Slack

General Volunteers

Scott Allison
 Thomas Allison
 Phyllis Allen
 Fran Alwood
 Bob Alwood
 Stephanie Annas
 Henry Arthur
 Joyce Atkins
 Laura Atkins
 Jinks Babey
 Sam Barone
 Linda Bartlett
 Dana Bartlett
 Ethel Brown
 Mary Ellen Browning
 Blake Bullock
 Kevin Bullock
 Betty Bunch
 Carolyn Burke
 Crystal Bynum
 Katie Byrd
 Frances Carr
 Jack Chapman
 Martha Chilton
 Tony Chrissis
 Jean Claud
 Diane Craddock
 Kate Cross
 Karen Curtis
 Cathy Darden
 Alex Dominick
 Andrew Dominick
 Justin Duke
 Lydia Dunkailo
 Monica Eure
 Marlene Everett
 York Fee
 Heather Flick
 David Foreman
 Ned Friend
 Hack Gollotta
 Daniel Gomer
 Marie Goodrich
 Chris Graham
 Josh Graham
 Scott Graham
 Tyler Grizzle
 Cathy Haas
 Conrad Haas
 Shelley Helms
 Eugene Herring
 Bill Higbea
 Billy Higbea
 Chelsea Higbea
 Hollee Higbea
 Wendi Higbea
 Pamela Hill
 Lucy Holland
 Debra Holloman
 Asia Holloway
 Ebony Hull
 Cole Irvine
 Andria Johnson
 Mike Johnson
 Barbara Jones
 Charlie Jones
 Jacqueline Jones
 Casey Kaufman
 Carol Keefe
 Ginny Kelley
 Amanda King
 Tasha Koduri
 Rosemary Longford
 Glenda Longley
 Beverly Luchard
 Pat Mann
 Kelly Manno
 Brian Martin
 Edith Matthews
 Carol Mitchell
 Susan Owen
 Sarah Peelen
 Gina Pitrone
 Diane Postell
 John Powell
 Joannette Ragsdale
 Janie Rhodes
 David Robinson
 Tyler Robinson
 Betty Rogers
 Kim Schultz
 Stephen Shaffer
 Nataly Shildt
 Peggy Sidney
 Teresa Smullen
 James Spain
 Peter Speak
 Rick Spencer
 Wanda Stephenson
 Kathy Stokes
 Donna Strickland
 Chad Stubenrouch
 Shelby Stubenrouch
 Sydney Stubenrouch
 Susan Stubenrouch
 Troy Stubenrouch
 Patrick Suttle
 Robert Terrance
 Shirley Thode
 Emily Tuck
 Kaitlin Tuck
 Betty Waterfield
 Melva West
 Mary Lee Willis
 Caleb Witt
 Jesse Witt
 Whitney Witt
 Martha Young

Betty Thompson—a volunteer shares

There's a smiling serenity in her eyes as Betty Thompson, Western Tidewater Free Clinic's 2009 Volunteer of the Year, recalls the amazing events in her life of 82 years. "I used to go to the movies and see the news reels about World War II. It was then I became certain I wanted to help." What was then a youthful impulse to help her fellow man rapidly turned into a lifelong journey

of service and devotion, not only to the ills and sickness of her patients' bodily woes, but also to the needs and longings of their spirit.

After graduating from high school, Betty earned her nursing degree through a government sponsored cadet corps program. "As far back as I can remember, I've always wanted to be a nurse," Betty recalls. Her marriage to Wilbur Thompson required Betty to put her nursing ambitions on hold long enough to raise a family and help Wilbur become a successful businessman. After four children and Wilbur's untimely death in 1977, Betty's dream to practice her nursing skills was finally realized.

Betty has always been a woman of deep spiritual conviction. After raising her family and supporting her husband's business, Betty pursued her nursing career at Maryview and Obici hospitals. While in nursing at Obici Hospital, she felt God was calling her to the mission field in Africa, but it didn't stop there. In addition to her missionary work in Kenya, Betty also

served in Ecuador and Czechoslovakia (now Czech Republic and Slovakia).

After numerous international missionary forays, Betty still felt that God wasn't finished with her. His calling for her this time was a little closer to home. A church friend was doing volunteer work at what was then the newly opened Western Tidewater Free Clinic.

She encouraged Betty to get involved. "I guess I saw another door open," Betty shares. "I definitely feel God wants me here at the Clinic, but I didn't realize I would get so



"As far back as I can remember, I've always wanted to be a nurse."

involved. I was pleasantly surprised by the atmosphere and staff here—every patient is treated with dignity and respect—and both patients and staff sense there is something very special here."

A lifelong resident of the Suffolk, Virginia area, Betty has always cherished her community. She is active at Westminster Reformed Presbyterian Church, where she faithfully teaches Sunday School.

At an age when most people are ready for a rocking chair, Betty Thompson ranks very high among volunteers in the number of hours volunteered each month at the clinic. "I started out thinking I would come over here once or twice a month," she recalls. "Now, I just tell them to call me when they need me—and they do!"



“A vision is not just a picture of what could be, it is an appeal to our better selves, a call to become something more.”

—Rosabeth Moss Kanter

When the Western Tidewater Free Clinic (WTFC) opened its doors in leased space on June 21, 2007, the staff, volunteers, and board members could not have predicted how quickly it would be packing for a move. The clinic quickly outgrew the leased space, and when the property owner announced his plans to sell the building, the WTFC Board of Directors began the search for another location that would be convenient for its patients and volunteers.

Caroline Martin, RN, MSN, was serving as the interim Executive Director of WTFC at that time. As a former hospital executive, her wealth of experience in program and facility development came at a crucial time. Under her leadership, WTFC was able to obtain funding for a much larger facility in the Meade Point Office Park. Caroline worked with the architects to redesign the facility for medical use and oversaw the construction. An active member of the WTFC Board of Directors, Caroline is quick to give credit to the staff and many board members

for the success of the project. “Input from staff, volunteers, and board members was solicited at the very beginning,” states Martin. “Led by Pam Witt, Clinic Coordinator, they helped plan a quality patient environment and an efficient workplace for staff and volunteers. No wonder the saying ‘*form follows function*’ is so popular in the design world; who knows function better than those who are in place providing the actual services? It is truly a health home.”

Through the generosity of Obici Healthcare Foundation and many other supporters, WTFC was able to purchase, renovate, equip, landscape and pave the parking lot of the new facility by September of 2009. Upon moving, the Clinic quickly increased the number of new patients accepted and the number of follow-up visits for existing patients.

The new site includes six exam rooms, a procedure

room, a counseling room, an on-site laboratory, ample storage space for medications and other supplies, a two-chair dental suite, and an education room for patient classes and other meetings. WTFC can now accommodate additional patients and programs, improve the quality and efficiency of medical services, and enhance the dignity of care provided to patients.

Current Services

- Primary medical care
- Care coordination and case management
- Laboratory and diagnostic testing
- Prescription medications
- Access to hospital services, including surgeries
- Access to specialists either at WTFC or in the specialist’s office
- Mental health counseling
- Physical therapy
- Dental care

Stephanie Hawkins Pitts—a patient shares

Stephanie Hawkins Pitts never thought she would need the services of a free clinic. Being college educated, she thought she would always have a job with good insurance.

“My hometown is Mobile, Alabama, but I was raised in Suffolk County, near Staten Island, New York,” she shares.” After graduating from high school and work-

ing her way up in her professional career, her marriage dissolved in 2006. Stephanie and her then 7-year-old son, Jevon, started a new life in South-eastern Virginia.

“An executive placement service offered me a

position with a government contractor in the Suffolk, Virginia area, and I accepted it,” she remembers. Life was looking up for Stephanie and her son.

Then, in April 2008, Stephanie reported for work early as usual, but didn’t feel well. With swollen legs and debilitating pain, she went to the emergency room and was admitted immediately. The diagnosis revealed she had pulmonary embolism and acute hypertension.

“Three months after my diagnosis, I was terminated and told my condition presented a risk to them. Not only did I lose my job, I lost my medical benefits, which were very generous.” Stephanie’s drive home each day took her by the small renovated home that is the former site of Western Tidewater Free Clinic. “I used to pass the old clinic building and never once did I think that one day I would need their services.” Stephanie recalls.

As the medical bills amassed, Stephanie realized she could no longer afford the medical treatment she was receiving. She turned to Western Tidewater Free Clinic.

Stephanie started treatment and was surprised to learn how comprehensive her help would be. She explains, “At the clinic, I was added to the prescription program. My medicine would no longer be a financial

burden. It’s hard for many people to understand how devastating an illness can be, especially when you don’t have insurance, but it went beyond that. When I lost my job, I fell behind in my house payments.



“At Western Tidewater Free Clinic, it’s the goodness of the people that definitely shines through.”

People at the Clinic listened to my problems and they soon referred me to the local legal aid services.

“The most amazing part of all of this is that the clinic workers gave me something equally as important as quality medical care. They gave me hope. They were there to pull me up when I felt overwhelmed. They were there to encourage me when I felt down. None of this would have been possible without the dedicated and caring staff and volunteers.”

Today, the Clinic has a new building with spacious examination rooms and even an in-house dental facility. Many people have said that you wouldn’t recognize it from the old site. Stephanie disagrees. “All you have to do is look,” she says. “No matter what type of building they are in, at Western Tidewater Free Clinic, it’s the goodness of the people that definitely shines through.”



Paulette Moore, Regina Jones, and Kathy Alldaffer work together to serve clinic patients.

Executive Director

Miriam A. Beiler, MBA

Medical Director

Patricia McNulty, M.D.

Clinic Coordinator

Pamela Witt, RN, BSN

Nurse Practitioner

Regina Jones, RN, NP

Financial Coordinator

Frank Kriston

Volunteer Coordinator

Vicki Butler

Registered Nurse

Cathy Culbertson

Medical Assistant

Whitney Witt

Medication Case Manager

Kathy Alldaffer

Eligibility Coordinator

Paulette Moore

Clinical Support Services Coordinator

Frannie Sawyer

Office Services Assistant

Edie Matthews

Dental Clinic Coordinator

Joni Webber, CDA, EFDA

Development Coordinator

Ginger D. Hatcher, MA, CHES

Wish List

Western Tidewater Free Clinic always has a need for the following items.

If you would like to donate, we will gladly receive!



Copy/Printer Paper (8 1/2 x 11)

Black Pens, Sharpies, Staples

Sticky Notes

Scotch Tape Rolls (or comparable)



Coffee

Healthy Snacks for Volunteers

Clorox Clean-Up Spray

(or comparable brand)

Disinfectant Spray

Disinfectant Wipes (Clorox, Lysol)

Mop 'n Glo Floor Wax

(or comparable)

Clorox Bleach Toilet Bowl Cleaner

Spray Air Fresheners

8 Gallon Trash Bags

13 Gallon Trash Bags

Hand Sanitizer



Toilet Paper

Paper Towels

Kleenex

Paper Plates/Cups

Napkins



NAP Credits Available

The Neighborhood Assistance Program (NAP), a program of the Commonwealth of Virginia, encourages partnerships between the private and public sectors to assist the economically disadvantaged. The program provides an incentive to encourage individuals to participate with non-profit entities and does not require a minimum gift amount to qualify.

For more information, please contact Miriam Beiler, Executive Director, (757) 923-1060.

Pamela Witt, RN, BSN, *Clinic Coordinator*

If you know Pamela Witt (Pam), you know she is passionate about Western Tidewater Free Clinic (WTFC), her profession as a nurse, and her family. She began her involvement with WTFC as a volunteer before accepting the position of Clinic Coordinator in November 2007.

Pam supervises clinical staff and volunteers, as well as staff who verify patients' eligibility requirements.

"She always puts the patient first and will go to great lengths to make sure everything is done right." –Dr. B. F. Jamison

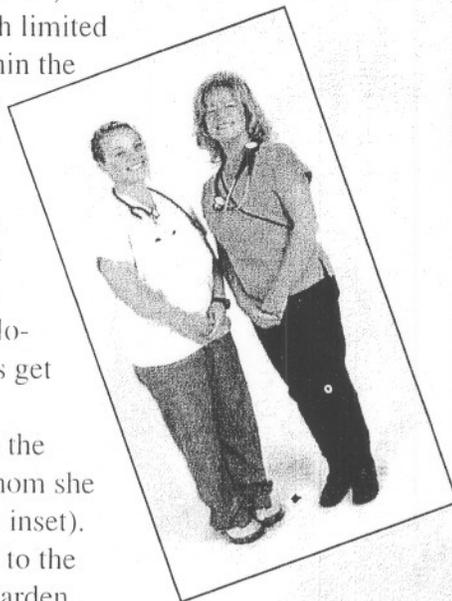
On any given day, she may be involved in direct patient care, writing procedures for the in-house lab, referring a patient to Legal Aid, developing clinical protocols, compiling data for grant reports, or helping to write grant proposals.

During her 22-year career as a public health nurse, Pam became a skillful advocate for patients with limited resources. She now uses her many contacts within the community to help WTFC patients and families gain access to a myriad of services provided by other agencies and healthcare providers.

Dr. B.F. Jamison, Medical Director of WTFC, has known Pam for many years. He states, "She always puts the patient first and will go to great lengths to make sure everything is done right. Nobody works harder than Pam to help the patients get what they need. She's a great lady."

In addition to her hard work and dedication to the clinic, Pam is a busy mother to five children, whom she frequently recruits to volunteer at the clinic (see inset). Pam sets a wonderful example of "giving back" to the community. In her spare time she likes to fish, garden, and play with her grandkids.

Her philosophy of life? "Whatever you do, do it well, and work with all your heart as if you are working for God and not for man. It is the integrity of your intent that matters."



Pam's youngest daughter, Whitney, also works at the clinic, having started as a volunteer in 2007. She is currently in nursing school at Paul D. Camp Community College.



Donors are an essential part of Western Tidewater Free Clinic's mission to provide high quality health care to residents unable to medically provide for themselves in our area. Because of you, we are here to care for the hundreds of individuals who turn to us for care.

Visionaries

\$50,000 and above

Hampton Roads
Community Foundation
Obici Healthcare
Foundation
Smithfield Foods, Inc.

Benefactors

\$20,000- \$49,999

City of Suffolk
Dominion Foundation
Franklin Southampton
Charities
Violet Greco Foundation
Virginia Health Care
Foundation

Ambassadors

\$10,000- \$19,999

Birdsong Trust Fund
Community Action
Coalition of VA
Luth Camp Campbell
Foundation
Town of Smithfield
Virginia Association of
Free Clinics

Women's Leadership
Council-United Way

Champions

\$5,000.00 - \$9,999

Birdsong Charitable
Foundation
Camp Foundation
Isle of Wight County
The Jim and Elizabeth
Turner Fund
Richard Bennett Trust
Suffolk Foundation

Leaders

\$2,500-\$4,999

City of Franklin
Southampton County

Patrons

\$1,000 - \$2,499

Amerigroup Charitable
Foundation
Anonymous (2)
Mr. Jack R. Baker
Mr. and Mrs. Richard F.
Barry, III
Bethlehem Christian
Church

Mr. and Mrs. McLemore
Birdsong, Jr.

Carrollton Ruritan Club
Chuckatuck Ruritan Club
Judge and Mrs. Robert B.
Edwards

Mr. Frank Gorham
Ms. Geraldine Highsmith
Holy Neck Christian
Church

Hubbard Peanut Company
Dr. and Mrs. B. F. Jamison
Mr. and Mrs. Martin Jones
Dr. Patsy R. Joyner

Kindred Healthcare
Operating, Inc.

Light, LLC
Parr Funeral Home &
Crematory

QVC, Inc.
Doris and Nik Salem
Mr. Charles Sawyer
Smithfield Baptist Church
Suffolk Christian Church

Tri-County Medical
Society
Windsor Christian Church
Women's Fellowship

Supporters

\$500 - \$999

Anonymous
Stephie and Charlie
Broadwater
Mr. James B. Chapman
Chorey & Associates
Realty
Mr. and Mrs. Benjamin
Goldberg
Doris Rae and William A.
Gwaltney
James River Investments
Kings Fork Ruritan Club
Lebanon Virginia Baptist
Association
Liberty Spring Christian
Church-Lamplight Circle
Mr. and Mrs. Brian Martin
Judge and Mrs. William R.
Moore, Jr.
Mr. Frank M. Rawls
The Realty Referral Co.
Mr. and Mrs. Whitney G.
Saunders
Virginia and Thomas
Savage
Southampton Roads
Resource Conservation &
Development
Suffolk Iron Works
The Womack Family Trust
Wesley Chapel Methodist
Church
Western Branch Baptist
Church
Windsor Congregational
Christian Church

Advocates

\$250 - \$499

Arrowhead Environmental,
LLC
BayPort Credit Union
Bethany Presbyterian
Church
Mr. and Mrs. Peter P.
Bialobrzewski
Judge and Mrs. Robert S.
Brewbaker
Barbara and Jack Chapman
Mr. Charles Christian
Mr. and Mrs. Barry Cole
Holland Family Properties
Mr. Richard Holland
Drs. Venu and Prashanthi
Koduri
Lakeview Medical Center,
Inc.
Dr. and Mrs. Desmond
Longford
Nansemond Insurance
Agency
Oxford United Methodist
Church UMW
Gloria and Charlie Seitz
Mr. Kevin Snashall
Suffolk Presbyterian
Church
Suffolk Ruritan Club
Westminster Reformed
Presbyterian Church
Windsor Ruritan Club
Woman's Club of
Smithfield

Partners

\$100 - \$249

Albert Jones Real Estate
Mr. and Mrs. Nicholas S.
Amatangelo
Ms. Darlene Amon
Mr. and Mrs. Kirk Babey
Mr. and Mrs. Joseph B.
Benedetti
Bethany United Methodist
Church
Mr. James Boyd
Ms. Stephanie Boyles
Mr. and Mrs. Ezekiel
Brown
G. Browne
Vicki and Mark Butler
Mr. and Mrs. Linwood
Callis
Mr. and Mrs. David
Conlon
Ms. Ann Consolvo
Courtland United
Methodist Women
Ms. Kay Culpepper
Colonel John C. Dashiell,
Ret.
Ms. Dorothy Davis
Mr. and Mrs. Herbert
DeGroft
Driver Book Club
Drs. Thornton, Koontz &
Spalding
Ebenezer Baptist Church
Mr. and Mrs. T. C.
Edwards, Jr.
Mr. John D. Eure, Jr.
Ms. Susan Flye
Mr. and Mrs. Ned Friend
Mr. John Graham
Mr. Fred Guilford
Dr. Steve Gwaltney
Mr. and Mrs. James M.
Habel, III
Mr. and Mrs. John N.
Harlow, Jr.
Mr. and Mrs. Chester M.
Hart, Jr.
Dr. Steven Hearne
Mr. and Mrs. F. Eugene
Herring
Dr. and Mrs. William H.
Higinbotham
Ms. Paige Hill
Mr. Ronald Holmbeck
Mr. Robert V. House
Ms. Vergia Johnson
Mr. Albert Jones
Dr. and Mrs. J. Steve Julian
Konikoff Peridontics Ltd.
Mr. and Mrs. Alan C.
Langley
E. R. Lenz Contracting,
Inc.
Mr. Richard Lovingood
Ms. B. Paige Martin
Mike Duman Auto Sales
Mr. and Mrs. Charles R.
Modlin
Mr. Daniel A. Mussatti,
Sr. and Mrs. Randi
Blumenson
Mr. Samuel J. Nelson
Newsoms United
Methodist Women

Mr. and Mrs. Jack Nurney,
Jr.
Mr. Thomas J. O'Connor,
III
Mr. Hunter Odom, Jr.
Physical Therapy Works,
Inc.
Pilot Club of Suffolk
Poplar Lawn Baptist
Church Missionary Circle
Ms. Vickie Pulley
Ms. Frances Richards
Mr. and Mrs. Ray L.
Rountree
Mr. and Mrs. Mack
Saunders
Mr. Andrew Short
Mrs. Susie Slack
Mr. and Mrs. Ronald Sobel
Stallings and Bischoff, PC
Mr. and Mrs. Fred M.
Stanton
Phyllis and Robert
Stoneburner
Suffolk Lions Club
Suffolk Retired Teachers
Association
Mr. and Mrs. H. Michael
Tacoronte
Dr. Alan Taylor
Terry Peterson Residential
Company
Ms. Linda Turner
Dr. and Mrs. James Waddy,
Jr.
Mr. and Mrs. Calvin
Warfield, Jr.
Wesley Chapel United
Methodist Women
Woman's Club of Suffolk
Ms. Anna Wuest
Young at Heart Club
Dr. Heather Zak-Ramsay
Mr. and Mrs. Ross H. Zoll

Friends

\$1 - \$99

Ms. Princess Adams
Mr. Michael Allen
Ms. Margie Ashe
Mr. and Mrs. Thomas A.
Ashe
Lynn Aston
Mr. and Mrs. Jesse Atkins
Ms. Mary Atkinson
Mr. and Mrs. Steven
Augustine
Mr. Willie Babson
Mr. W. Gary Ball
Mr. Joseph Barlow
Ms. Maxine E. Barnett
Ms. Ellen Benegar
Ms. Betty Black
Ms. Patricia Blanchard
Mr. and Mrs. Jon Bolling
Mr. Robert A. Breitweiser,
Jr.
Mr. and Mrs. E. John
Brock
Ms. Patricia Buck
Ms. Joan Bunn
Ms. Amanda Burbage
Mr. and Mrs. Brenton
Burgess
Mr. Robert Butler
Mr. and Mrs. Fred Byrd



Logan Higbea, an Eagle Scout from Troop #1, enlisted the support of over 35 individuals and several local businesses as part of a project to clean up and beautify the Clinic's exterior. Logan's team logged more than 250 hours of service over three weekends in August and September of 2009. Thanks to their efforts, WTCF patients are now greeted with a delightful landscape when entering the clinic.



Ms. Jean P. Byrd
 Mr. and Mrs. R. Byron Carmean
 Mr. and Mrs. William M. Carr
 Ms. Kimberly Carr
 M. R. Church
 Mr. and Mrs. Hugh Coffield
 Ms. Phyllis Cornell
 Mr. and Mrs. Richard Coughlin
 Mr. and Mrs. John B. Creekmore
 Mr. and Mrs. Oliver D. Creekmore
 Ms. Mary Ellen Crocker
 Mr. and Mrs. William E. Crossland
 Ms. Linda Culliton
 Mr. William Darden
 Mr. and Mrs. Harry Dashiell, Jr.
 Delta Kappa Gamma
 Ms. Irene Deutsch
 Mr. Bradley Dore
 Ms. Donna Doussard
 Downtown Suffolk Arts
 Ms. Alma Duke
 Mr. Brennan Dunn
 Mr. Matthew Eberwine
 Mrs. Sydney Eberwine
 Ms. Suzanne Eich
 Mr. and Mrs. James Evans
 Mr. Joseph Ferki
 Mr. Joshua Fulcher
 Ms. Joanne Gabber
 Mr. Thomas Garrett
 Ms. Germaine Gauvin
 Ms. Kim George
 Ms. Kathleen Gillerlain
 Mr. Daniel Gilliam
 Mr. Brian Goulding
 Ms. Ginette L. Greene
 Ms. Marie Gunsher
 Maynard Gwaltney
 Mr. and Mrs. Conrad E. Haas
 Ms. Cynthia Hansen
 Mr. John Harrell

Mr. and Mrs. John C. Harrell
 Mr. Mark Harrington
 Ms. Sylvia Harrington
 Mr. Brian Harris
 Mr. and Mrs. Donald Harris
 Mr. and Mrs. Michael Hassell
 Mr. Kyle Highsmith
 Mr. and Mrs. James W. Hölländ
 Ms. Lula Holland
 Mr. J. Wesley Holland
 Dr. William E. Holland
 Mr. and Mrs. Todd Imbriaco
 J. Walter Hosier & Son, Inc.
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 Mr. and Mrs. Richie Jordan
 Junto Woman's Club
 Ms. Betty H. Kyle
 Dr. and Mrs. C. Wayne Lankford
 Mr. and Mrs. Ernest R. Layden
 Mr. and Mrs. Robert Leonard
 Mr. Steve Lowe
 Ms. Joy D. Luther
 Mr. William J. Lynch
 Mr. James Marks
 Mr. John Marks
 Dr. and Mrs. Robert Marr
 Mr. Matt Martin
 Mrs. Tate McKay
 Mr. Paul McKune
 Dr. Patricia McNulty
 W. S. Mcintosh
 Mr. Steven Menvies
 Mr. and Mrs. Johnny W. Minter
 Mr. Brian D. Modlin
 Mr. and Mrs. Willard Moger, Jr.
 Ms. Margaret (Peggy) Moore
 Ms. Paulette C. Moore
 Mr. and Mrs. E. Mason Moseley

Mr. John Mosher
 Mr. and Mrs. Lionel Neal
 Ms. Ellen Neff
 Ms. Sarah Nettleton
 Ms. Sue H. Nickols
 Ms. Phyllis Nuemann
 Mr. Mark O'Neil
 Mr. Henry H. Odom
 Ms. Alysia Orrel
 Mr. and Mrs. Frederick Pasquine
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 Ms. Peggy Penley
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 Mr. and Mrs. G. Ronald Powell
 Ms. Betty Pretlow
 Ms. Caroline Proulx
 Mr. Fred Rankin
 Mr. and Mrs. Richard Parker
 Ms. R. Elaine Richardson
 Ms. Rosemary Roberts
 Ms. Carol Sacker
 Ms. Pamela Sarka
 Mr. Thomas Saunders
 Mr. and Mrs. Roy H. Scholl
 Ms. Natalie Scott
 Ms. Susan Semora
 Mr. and Mrs. Keith A. Smith
 Smithfield Rotary Club
 Mr. James Spain
 Mr. Bruce Spear
 Mr. Marvin L. Spring, Sr.
 Mr. Frank Stainton
 Mr. Robert E. Stephens
 Mr. Eresbet Stevens
 Mr. Fredrick Stickels
 Mr. Donald Storck
 Suffolk Social Club
 Mr. and Mrs. Darrell Swanigan
 Tidewater Motorcycles, Inc.
 Mr. Ben C. Traylor, Jr.
 Mr. Robert Turner
 Mr. and Mrs. Glenn H. Updike
 Mr. Michael Uzzle
 Mr. and Mrs. R. D. Vroman
 Ms. Soun-ja Walters
 Mr. Eric Watt
 Ms. Shirley Weaver
 Mr. Craig Welsh
 West End Baptist Progressive Men's Class
 Mr. and Mrs. William L. Whitley
 Mr. Robert Wiatt
 Mr. and Mrs. Curtis R. Williams
 Mr. and Mrs. George Winslow
 Ms. Kara Wuest
 Mr. Patrick D. Yacobi, Sr.
 Ms. Joann Yaeger
 Dr. Scott Yagel
 Mr. and Mrs. Thomas Young

GIFTS IN KIND

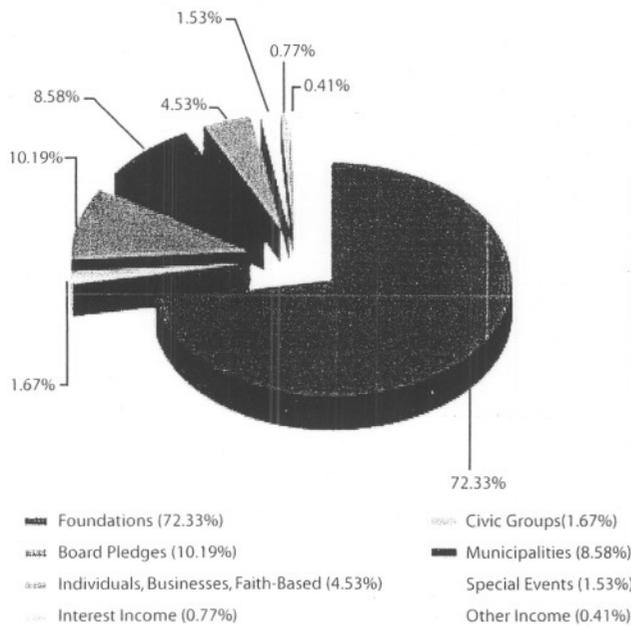
AARP
 Albemarle Prosthetics
 Ms. Linda A. Allison
 Mrs. Fran Allwood
 Mr. Henry Arthur
 Mr. Thomas Ashcraft
 Mr. Robert Babb
 Mr. Robert Baker
 Mr. Bret Becker - Becker American Corp.
 Bennis United Methodist Church
 Bennis United Methodist Church Women's Group
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 Mr. Norman Blumenson
 Boy Scouts of America - Troop 25 - Chuckatuck
 Ms. Cathie Bresnahan
 Ms. Jean Brinkley
 Mr. Robert Brooks - APB, Inc.
 Ms. Carol Brown
 Ms. Mary Ellen Browning
 Mrs. Carolyn Burke
 Ms. Sarah Burns
 Business Technologies, Inc.
 Mr. and Mrs. Jesse Canada
 Peninsula Womens Care
 Mrs. Frances Carr
 Ms. Carolyn Carty
 Ms. Forrest Cathey
 Ms. Melissa Cavins
 Ms. MaryAnn Chaney
 Barbara and Jack Chapman
 Drs. Coalter and Llewellyn
 Ms. Linda Cournoyer
 Dr. Fred Crum
 Ms. Donna Darden
 Ms. Cathy Darden
 Downtown Suffolk Arts
 Mrs. Lydia Dunkailo
 Ms. Jacqueline Edwards
 Ms. Cindy Fegley
 Ms. Theresa Fisher
 Ms. Amy Fowler
 Mr. Ned Friend
 Ms. Angela Gaskins
 Ms. Patsy Golden
 Ms. Deanna Gossert
 Mr. Josh Graham
 Mr. Scott Graham
 Mr. Ronald Greene
 Mr. and Mrs. Paul N. Guy
 Mr. and Mrs. Conrad E. Haas
 Ms. Annie B. Hall
 Ms. Carolyn Harris
 Ms. Anita Hassell
 Heartland Hospice
 Mr. and Mrs. Eugene Herring

Sentara Obici Hospital
 has provided close to
\$1 million in diagnostic
 and treatment services for
 WTFC patients.

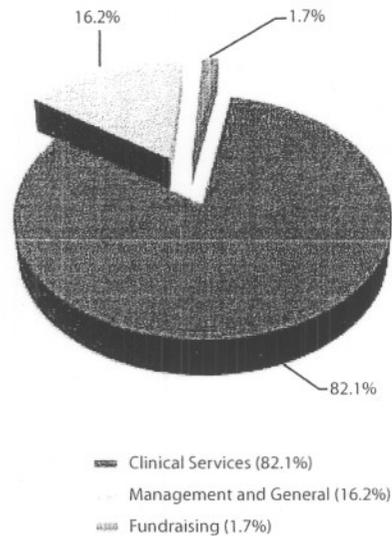
Lakeview Medical Center
 has provided nearly
\$200,000 in physician and
 diagnostic services.

Ms. Pat Hillard
 Hillcrest Baptist Church-WMU
 Ms. Sandra Hoffman
 Ms. Regina Holleman
 Mr. Erwin Hutchins - American Sign Corp
 Isle of Wight Health Department
 Ms. Lisa Johnson
 Ms. Thelma P. Johnson
 Mr. Tim Johnson - Johnson's Florist
 Ms. Edith Jones
 Dr. Richard Kaye
 Mrs. Ginny Kelley
 Mr. Ronnie Kelly - Kelly's Nursery
 Lake Meade Office Associates
 Lakeview Medical Center
 Ms. Adele Lawton
 Fixit Man, LLC
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 Mr. Tim Martin
 Ms. Sheila McCafferty
 Ms. Jean Medina
 Mr. John Mellon
 Mr. Charles Mercer
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 Ms. Pat Miner
 Mr. Lonnie Minson
 Asphalt Road & Materials Co.
 Mr. Steve Mitchell
 Ms. Jane Moore
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 MRI-CT Diagnostics
 Nansemond Pointe
 Ms. Janice Newberry
 Dr. Russell Nobleit
 Mr. Hunter Odom
 Mr. Charles Parr
 Patterson Dental
 Ms. Lisa Perry, NP
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 Ms. Brenda Richards
 Mr. Michael D. Robbs
 Ms. Tina Rowley
 Mrs. Ruth Saunders
 Mrs. Virginia Savage
 Ms. Ruth L. Scholl
 Ms. Teresa Scott
 Ms. Muriel Scully
 Sentara Home Care
 Sentara Obici Hospital
 Mr. Skip Sharpley
 Ms. Myra Shuler
 Mr. Jack Simpson
 Ms. Tammy Singletary
 Smithfield Rotary Club
 Ms. Patricia Spurrier
 Ms. Joyce Stagg
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 Suffolk Health Department
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 Mr. Dan Tuckfield
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 Ms. Wanda Wyatt
 Ms. Mattiejo Volk
 Ms. Barbara Young
 Mrs. Vivian Young
 Mr. John Yow

2009 Operating Revenue Sources



2009 Operating Program Expenses



Fiscal Year 2009

Fiscal Year 2008

Operating Revenue Sources

Foundations	\$521,688	72.33%	\$542,798	74.84%
Civic Groups	\$12,020	1.67%	\$38,035	5.24%
Board Pledges	\$73,503	10.19%	-	0.00%
Municipalities	\$61,900	8.58%	\$50,150	6.91%
Individuals, Businesses, Faith-Based	\$32,667	4.53%	\$84,912	11.71%
Special events	\$11,016	1.53%	-	0.00%
Interest Income	\$5,520	0.77%	\$9,428	1.30%
Other Income	\$2,933	0.41%	-	0.0%
TOTAL	\$721,247	100.00%	\$725,323	100.00%

Operating Program Expenses

Clinical Services	\$568,277	82.1%	\$459,588	76.2%
Management & General	\$112,303	16.2%	\$128,848	21.4%
Fundraising	\$11,911	1.7%	\$14,881	2.5%
TOTAL	\$692,491	100.0%	\$603,317	100.0%

Change in Net Assets

\$28,756

\$122,006

The above does not include \$2,130,387 of revenue used for the purchase and renovations of WTFC's new facility.



Miriam Beiler, Executive Director, accepts a donation from Khalil Barakat.

Putting His Money Where His Heart Is.

"I am so fortunate with a good home and a great family. I wanted to do something worthwhile with [my] money."

—Khalil Barakat

On the day of his interview for this story, Khalil Barakat arrived a few minutes late. As his mother and father, Serena and Habib Barakat, waited patiently, Khalil finally scurried into the waiting room of Western Tidewater Free Clinic. "Sorry I'm late," Khalil apologized. "My Meals on Wheels route took a little longer today."

Fifteen year old Khalil is a 10th grader at Nansemond-Suffolk Academy and is a typical teenager in many ways. He loves playing soccer and lacrosse. He's also looking forward to getting his driver's license. But Khalil possesses qualities that transcend those of most teenagers. Not only does he volunteer his time to help those less fortunate than himself,

he literally "puts his money where his heart is." He recently amassed what, to a teenager, was a small fortune through hard work and saving. Having \$150 cold cash in hand would tempt many young people to a shopping spree at the mall. Khalil had a different perspective. "I am so fortunate with a good home and a great family. I wanted to do something worthwhile with the money," he shares. "My mom and dad volunteer here, so I decided to donate the money here where it could do a lot of good. I also have a little brother. I try to be a good example for him."



Khalil's parents, Drs. Serena and Habib Barakat, volunteer at the clinic.

Western Tidewater Free Clinic depends greatly on the generosity and support of the community. Current economic conditions being what they are, the community needs the Clinic more than ever. And we don't have to look far for inspiration. Even at the young age of 15, Khalil Barakat serves as a shining reminder that the spirit of giving can be a part of each of us. We just have to care enough to make an effort.



Volunteer Marie Haas, Volunteer Coordinator Vicki Butler, and volunteer Laura Atkins are key to the smooth operation of the clinic.

Patients Served

- 55% live in Suffolk
- 27% live in Isle of Wight County
- 12% live in Franklin
- 6% live in Southampton County

Overall, our region's uninsured rate is 18% (approximately 23,000 individuals).

Ninety-nine (99) percent of WTFC services consist of treating and managing chronic illness (hypertension, cardiac disease, diabetes). Since the inception of the Medication Assistance Program, patients have received 7,792 free medications with a retail value of \$2,971,265 (totals reflect numbers through 2009).

Patient Demographics

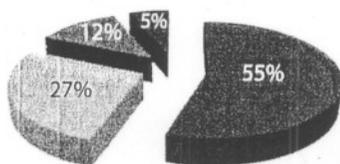
- 67% are between the ages of 44 and 64
- 60% are women
- 40% are working full or part-time, many working more than one job
- Majority live below 100% of the federal poverty level (income for family of 4 = \$ 22,050)

Potential patients must be qualified to receive services at the Clinic. To meet eligibility requirements, citizens must:

- Live in the Western Tidewater service area,
- Live at or below 200% of the federal poverty level (family income for 4 = \$44,100), and
- Have no health insurance.

Once eligibility has been confirmed, an appointment with the medical team is made within one week. On average, 15 people become new patients each week (60 patients a month).

Patients Served



- Suffolk (55%)
- Isle of Wight (27%)
- Franklin (12%)
- Southampton (6%)



"According to the Virginia Association of Free Clinics, for every \$1.00 spent, free clinics provide \$6.00 of medical care to patients."

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Sentara

Contributing Writers

Miriam Beiler

John Downs, Sr.

Virginia Savage

Gloria Seitz

Western Tidewater Free Clinic (WTFC) 2009 Annual Report is intended to provide an overview of the time, talent, and treasure utilized in providing a health home to eligible, uninsured residents of Western Tidewater. We are pleased to be a part of a large network of givers comprised of foundations, churches, individuals, and other organizations that provide resources to insure quality healthcare for our patients. To that end, the contents of this report have been extracted from personal interviews, existing content or database information. Therefore we cannot guarantee that this information is error-free. To provide any updates or corrections to this report, please notify the Executive Director of WTFC at 757-923-1060.



Some of the staff enjoy a good laugh as they pose for WTFC "Helping Hands" photo.