

**WESTERN TIDEWATER FREE
CLINIC - ANNUAL REPORT**



RECEIVED AUG 30 2010

Dear Friends,

Western Tidewater Free Clinic, Inc. (WTFC) is pleased to present our 2009 Annual Report. We hope you will read it and feel good about your commitment to the Clinic. Inside you will find stories about patients and volunteers, patient demographics, and the successes WTFC experienced in 2009. Many people have had a hand in the success of WTFC and the services it provides. None of our work would be possible without the generous support from people and organizations across the Western Tidewater communities.

The demand for services at WTFC points to the ever increasing need for access to healthcare in Western Tidewater. We are grateful beyond words for the passionate volunteers who deliver the high-quality care our patients experience. We are also honored to have the support of individuals and groups who provide invaluable time, talent, and resources. Whatever your role in supporting the Clinic, thank you.

If you have questions about this Annual Report, our work, or how you can become involved, please contact Miriam Beiler, Executive Director, at 757-923-1060 or a member of the Board.

With grateful thanks,

The Board of Directors



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

Message 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.

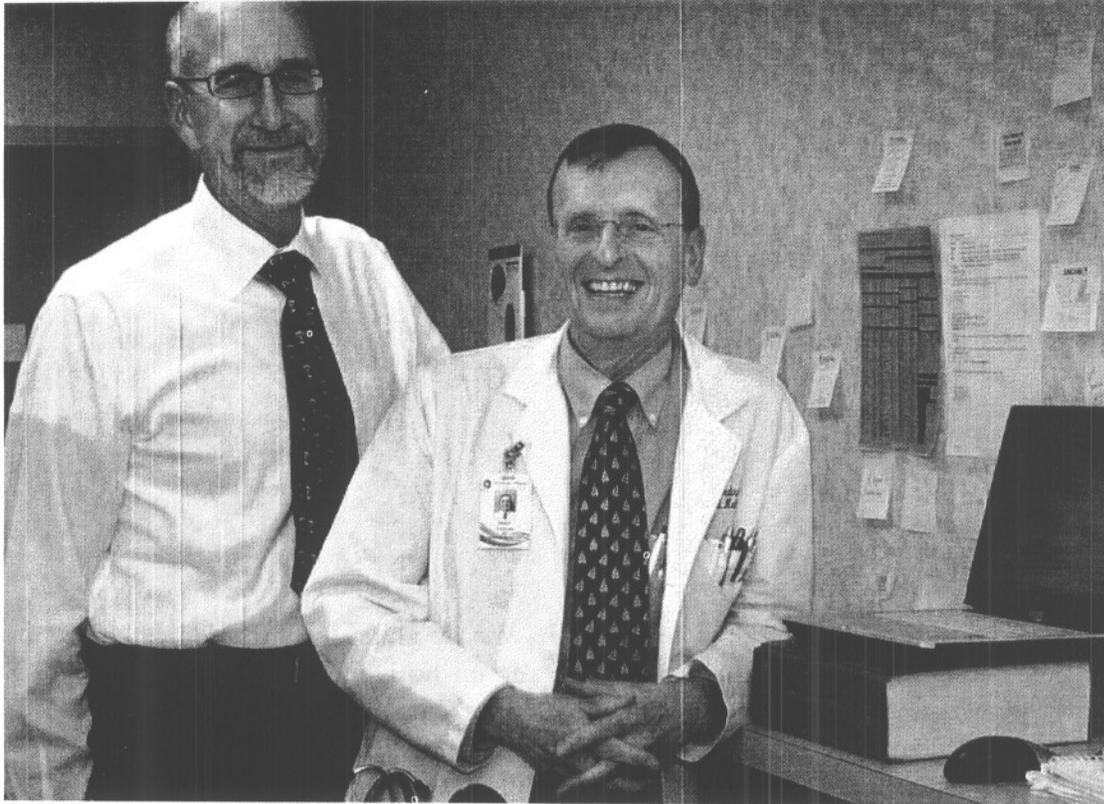
Our goal is to be the health home for our patients and to provide comprehensive, coordinated care to improve the quality of life for them, their families, and the community. To that end, we are expanding our services in 2010 to include a dental clinic and a comprehensive Women's Health Program.

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 Siddeh
- 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 DeGroff
- 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
- Georginne 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
- Hollie 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
- Joanette 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

Body and Soul

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!"



"Form Follows Function" at New Clinic Location

"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

Soul and Body

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 9-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 was 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



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

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.

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



Medical student Celeste Young looks over a patient chart with Dr. Patricia McNulty.

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 require a minimum gift amount to qualify.

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

Passion and Compassion

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

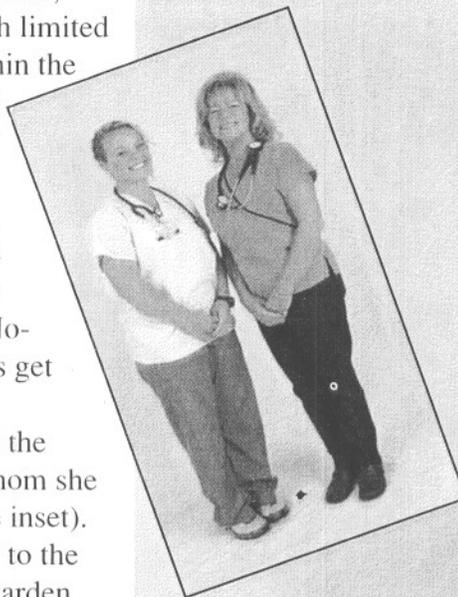
On any given day, she may be involved in direct patient care, writing procedures for the in-house lab, referring a patient to Legal Aid, developing clinical protocols, compiling data for grant reports, or helping to write grant proposals.

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.

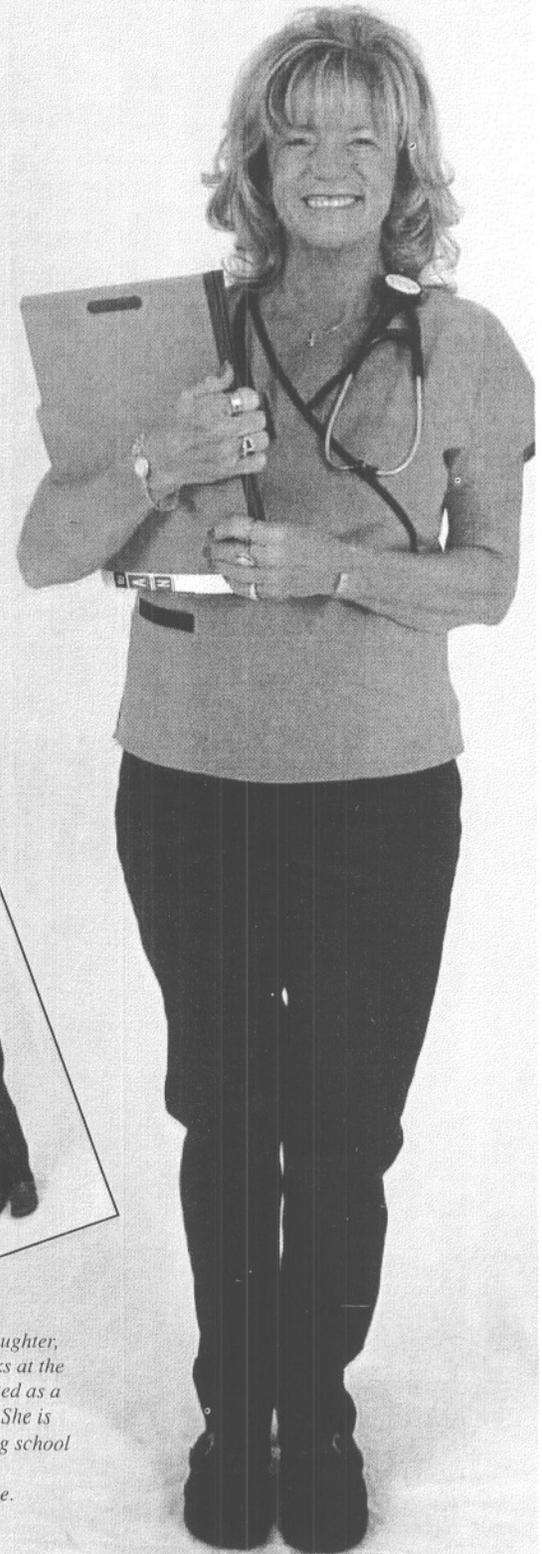
Dr. B.F. Jamison, Medical Director of WTFC, has known Pam for many years. He states, "She always puts the patient first and will go to great lengths to make sure everything is done right. Nobody works harder than Pam to help the patients get what they need. She's a great lady."

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.



2009 Honor Roll of Donors

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
Ruth 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

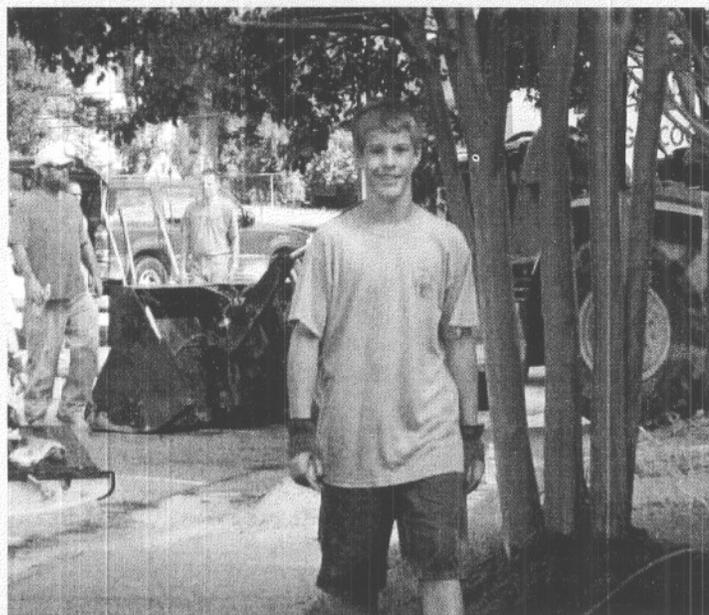
Albert Jones Real Estate
Mr. and Mrs. Nicholas S.
Amatangelo
Ms. Darlene Amon
Mr. and Mrs. Kirk Babey
Mr. and Mrs. Joseph B.
Benedetti
Bethany United Methodist
Church
Mr. James Boyd
Ms. Stephanie Boyles
Mr. and Mrs. Ezekiel
Brown
G. Browne
Vicki and Mark Butler
Mr. and Mrs. Linwood
Callis
Mr. and Mrs. 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 Ms. 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 Higbee, 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, WTFC patients are now greeted with a delightful landscape when entering the clinic.



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
 Brendan Paulson
 Ms. Peggy Penley
 Mr. Daryl Phillips
 Mr. and Mrs. James W. Pollard
 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

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
 Mr. 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. Holland
 Ms. Lula Holland
 Mr. J. Wesley Holland
 Dr. William E. Holland
 Mr. and Mrs. Todd Imbriaco
 J. Walter Hosier & Son, Inc.
 Mr. John Johnson
 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

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 Mrs. Fran Allwood
 Mr. Henry Arthur
 Mr. Thomas Ashcraft
 Mr. Robert Babb
 Mr. Robert Baker
 Mr. Bret Becker - Becker American Corp.
 Benns United Methodist Church
 Benns United Methodist Church Women's Group
 Dr. Elizabeth Bernhard
 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 Courmoyer
 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

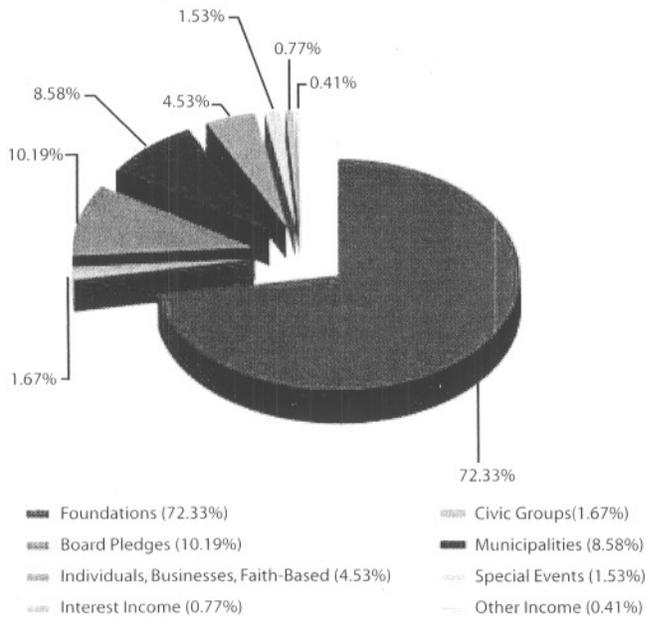
Sentara Obici Hospital
 has provided close to
\$1 million in diagnostic
 and treatment services for
 WTFC patients.

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

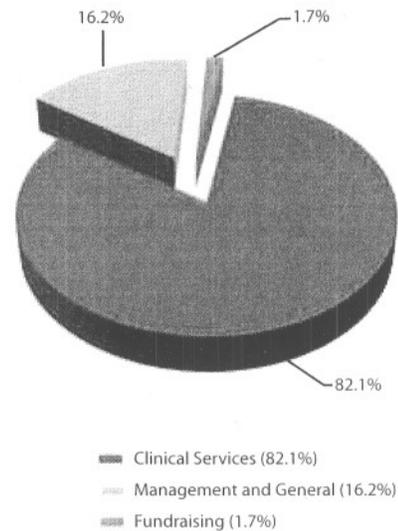
Ms. Pat Hillard
 Hillcrest Baptist Church-WMU
 Ms. Sandra Hoffman
 Ms. Regina Holleman
 Mr. Erwin Hutchins - American Sign Corp
 Isle of Wight Health Department
 Ms. Lisa Johnson
 Ms. Thelma P. Johnson
 Mr. Tim Johnson - Johnson's Florist
 Ms. Edith Jones
 Dr. Richard Kaye
 Mrs. Ginny Kelley
 Mr. Ronnie Kelly - Kelly's Nursery
 Lake Meade Office Associates
 Lakeview Medical Center
 Ms. Adele Lawton
 Fixit Man, LLC
 Ms. Virginia Lowe-Murrell
 Mr. and Mrs. Brian Martin
 Mr. Nicolas Martin
 Mr. Tim Martin
 Ms. Sheila McCafferty
 Ms. Jean Medina
 Mr. John Mellon
 Mr. Charles Mercer
 Dr. Brian Midgett
 Ms. Pat Miner
 Mr. Lonnie Minson
 Asphalt Road & Materials Co.
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 Ms. Jane Moore
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 Ms. Lisa Perry, NP
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 Mr. Michael D. Robbs
 Ms. Tina Rowley
 Mrs. Ruth Saunders
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 Ms. Teresa Scott
 Ms. Muriel Scully
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 Mr. Skip Sharpley
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 Mrs. Vivian Young
 Mr. John Yow

2009 Report on Revenue and Expenses

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



"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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Modlin Printing

Copico

Design/Art Direction

Virginia L. "Jinks" Babey

Contributing Photographers

James Biemann

John Downs, Sr.

Ginger D. Hatcher

Frank Kriston

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.



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WTFreeClinic.org