



# House Call

*News from the Loudoun Free Clinic*

January, 2012

So far this year  
we've treated  
patients during  
**1084 medical  
visits** and  
provided **7,200  
prescriptions**  
valued at more  
than  
**\$1,000,000**

(FY 7/1/11-6/30/12)

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## LFC Welcomes New Executive Director

In October we welcomed the newest member of our team. Debra Townsend has dedicated her personal and professional life to the service of others, celebrating 40 years within the profession of clinical nursing and professional development.

Prior to her work with the Loudoun Free Clinic, she served as the CEO-President of four companies. She consults for a variety of organizations, assisting them with retention, culture development and establishing a more healthy/empowered work envi-

ronment. She designed the first Caregiver Retention Model® in the country and piloted this within twelve healthcare organizations during the past decade.

“Throughout life, we are presented with opportunities to witness countless acts of care. I am blessed to be the leader of an incredible team. Each and every day, I watch the staff and volunteers at our Clinic give tirelessly to our patients and families in need. It is my joy to wrap my arms around this team,



Debra Townsend, Executive Director, The Catocotin Foundation and Loudoun Free Clinic

and to invest in this community. Together, we have the potential to change the lives of thousands of people in Loudoun County.”

## Kaiser Permanente Donates \$15,000 and Full-Time Provider

This winter LFC was the recipient of a significant gift-in-kind and cash donation from Kaiser Permanente of the Mid-Atlantic States. Kaiser’s contribution came in the form of an addition to the clinic’s staff—through funding of a fulltime physician assistant, and a \$15,000 year-end donation. Kaiser has previously supported the clinic with a year-end gift as well as contributing to the annual fundraising event.

Kaiser’s Community Ambassador Program matches skilled Kaiser Permanente clinicians, including nurse practitioners and physician assistants, with

selected safety net health clinics throughout the District of Columbia, Maryland, and Virginia. Following training, the program then matched 39 of Kaiser Permanente’s nurse practitioners and physician assistants with 17 area health clinics. Patricia Nicholson, PA, is the Loudoun Free Clinic’s new physician assistant.

“These passionate community ambassadors are an extension of Kaiser Permanente’s commitment to building healthy communities,” said Mindy Rubin, director of safety net partnerships, Kaiser Permanente of the Mid-Atlantic States. “Their



Doug Brown, Staff PA-C, and Pati Nicholson, PA-C and Kaiser Community Ambassador

work with partnering safety net health clinics will improve access to quality health care and expand the clinics’ treatment capacity for the vulnerable communities we serve.”

*“These passionate community ambassadors are an extension of Kaiser Permanente’s commitment to building healthy communities.”*

*-Mindy Rubin, Director of Safety Net Partnering*

## Casablanca Gala November 2011

"We're overwhelmed and very grateful for the outpouring of community support this year for the Loudoun Free Clinic's Casablanca Gala," said Sharon Meyers, Loudoun Free Clinic board member and chair of the event committee. To the delight of guests, the National Conference Center ballroom was transformed on Nov. 12 into a scene from Casablanca as the iconic film showed on a large screen while casino-theme games,

delicious food, and spirited bidding held court during the silent and live auctions.

The festive atmosphere quieted midway in the evening for the showing of a heartfelt documentary and introduction of its stars—two grateful patients of the Free Clinic, presented to the audience by Executive Director, Debra Townsend.



### In-Kind Donors

*Beauty by Meriem*

*Carlos Vega, BluePrint Video*

*Chuck Larochelle, Graphic Design*

*Infinite Printing*

*Karen Hunter, Comcast*

*Leigh MacDonald*

*PreferredPay*

*SMI Signs, Inc.*

*West Belmont Place at the National Conference Center*

*All of our generous auction donors*

### Gala Committee

*Sharon Meyers, Chair*

*Dawn Van Berkel*

*Sue Boyer*

*Christina Druther*

*Catherine Grossman*

*Ashley Hunnicutt*

*Monica Tressler*

**Thanks to our generous sponsors, auction donors, and everyone who came out to support us, Casablanca raised over \$80,000 to care for Loudoun Free Clinic patients.**

**SAVE THE DATE  
FOR NEXT YEAR'S GALA:  
SEPTEMBER 22, 2012**

### THANK YOU TO OUR SPONSORS!

**\$15,000**

*Donohoe Real Estate Services*

**\$10,000**

*Architecture Inc.*

*Design Management Group*

**\$5,000**

*Commonwealth Emergency Physicians*

*General Dynamics Information Technology*

*Inova Loudoun Ambulatory Surgery Center*

*Inova Loudoun Hospital Medical Staff*

*Washington Real Estate Investment Trust*

*Kaiser Permanente*

**\$3,500**

*A.W. Smith III Enterprises*

*RSc, pc Architects*

**\$2,500**

*ADI Construction*

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**\$1,000**

*Olivera Music*

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*Reston Hospital Center*

**\$500**

*Belfort Furniture*

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*The National Sports Medicine Institute*

**\$200**

*BenefitSmart, LLC*

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*Matthew Gavin, MD*

*New Edge Awards*

*Peter Stackhouse Esq.*

*Realty Management Company*

*Village 9 Salon*

## Hope for the Holidays

On December 23rd the patients and families of the Clinic got a very special gift—50 holiday meals prepared and donated by Cookology and delivered by Reston Limo. Maria Kopsidas, owner of Cookology, arrived with her daughter in tow to deliver the meals of roasted chicken, potatoes, winter vegetables and apple pie. With the help of a fleet of volunteers we unpacked and distributed meals to 50 very grateful families.



Many of our patients struggle to put food on the table every day of the year and aren't able to celebrate the holidays.

Thank you to Cookology, Reston Limo and the dozens of volunteers who collaborated to make sure hundreds of people didn't go hungry this year.

*"We witnessed countless acts of compassion over the holidays. Thank you to everyone who worked tirelessly so that the real meaning of Christmas could be shared with the less fortunate of our community."*

*-Debra Townsend, Executive Director*

*The Catoclin Foundation & Loudoun Free Clinic*



## Clinic Fiscal Year-to-Date Highlights

July 1, 2011—December 31, 2012

- ♥ In the last six months we've distributed 7,200 prescriptions valued at more than \$1,000,000.00 to our patients.
- ♥ We've cared for more than 800 patients during 1084 medical visits.
- ♥ We selected software for Electronic Medical Records and will be transitioning over the next year.
- ♥ Our volunteers have donated 2,681 hours of service since July 1st.

♥ In addition to general medical clinics, we've provided clinics on-site for specialties including diabetes, well-woman, rheumatology, endocrinology, chiropractic, orthopedics, nutrition, nephrology, physical therapy and urology.

♥ Two of our patients and many of our staff and volunteers were featured in the first-ever Loudoun Free Clinic video, created by Blue-Print Video and available on our website at [www.loudounfreeclinic.org](http://www.loudounfreeclinic.org)

♥ 45 local doctors saw our patients in their offices at no cost for the following specialty services:

Biopsy	Neuro-Psych
Cardiology	Nutrition
Chiropractic	Oncology
Colonoscopy	Ophthalmology
Dermatology	Optometry
Echo	Orthopedics
Endocrinology	Physical Therapy
ENT	Podiatry
Gastroenterology	Pulmonology
Gynecology	Radiology
Hearing	Rheumatology
Labs	Sleep Study
Mammograms	Surgery
Mental Health	Ultrasound
Neurology	Urology

**Loudoun Free Clinic  
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Raymond James

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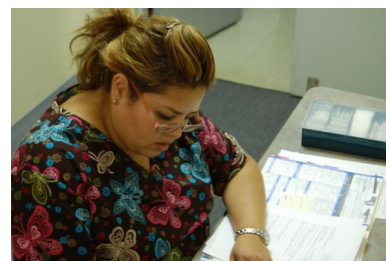
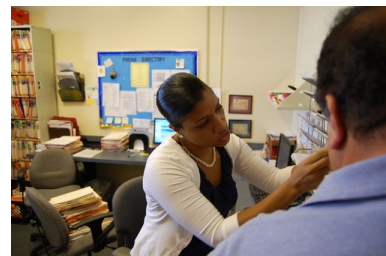
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