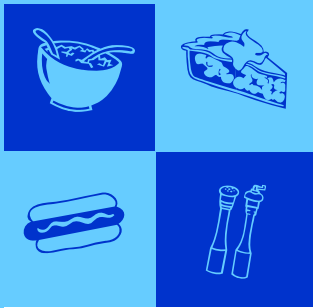
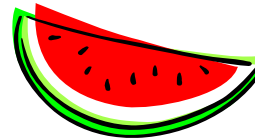


Health Matters



Moss Free Clinic Summer Social

We will be opening our doors to the community on August 8th from 10AM-2PM. This will be an excellent opportunity for you to bring friends and family to the clinic. Free refreshments and snacks will be available as you tour the clinic and discover things you never knew!



Help us spread the word! In an effort to raise awareness and interest in supporting the clinic, we are looking forward to sharing an insider's look at our organization.

Be sure to bring your family and friends by for a quick tour and snacks from Chick-Fil-A and Cold Stone Creamery!

A Patient's Story

Mr. Mullen is 44 years old and has been coming to the Clinic for 5 years as a Chronic Care patient. He is seen for his Type II Diabetes, Hypertension, high cholesterol, and chronic knee pain.

Always prompt and present for his appointments the staff began to worry when he missed an appointment without any notice. At his rescheduled appointment Mr. Mullen was asked if he was all right and why he had missed his last appointment. Visibly, distraught he replied that "there were a lot of things going on in his life." The staff member persisted and asked what was bothering him. He revealed that he was feeling very depressed and "unlike himself" because he was going through a divorce and fighting for custody of his five children. Mr. Mullen was told about the mental health counseling that the clinic offered and it was suggested that he ask his doctor if it was appropriate for him. Mr. Mullen agreed and was treated for his depression and suicidal thoughts. His physical health is being monitored and treated. He states that receiving the needed health care has helped him keep his job through this stressful time in his life.

With the care of his nurses, Mr. Mullen has learned how to properly take prescription medications despite his illiteracy. He has learned how to manage his Type II Diabetes and has successfully completed his mental health counseling which he says gave him the confidence and support needed to win custody of his children and gain child support. Mr. Mullen is healthy and continues to work, supporting himself and his children.

Check it Out!

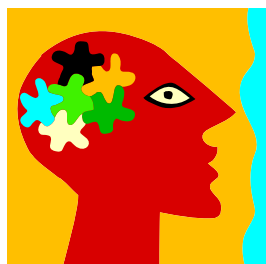
- ◆ *The 2008 Annual Report is now available at www.mossfreeclinic.org*
- ◆ *Online Giving is available !*
- ◆ *Sign up to receive our e-newsletter at our website!*
- ◆ *Find us on Facebook!*



Meet Marsha Green!

As a result of receiving a grant from the Virginia Health Care Foundation, the Clinic has hired a Psychiatric Nurse Practitioner. Mental health plays an important role in physical health. Marsha Green has been hired to address the mental health needs of the Clinic's chronically ill patients. She has been practicing Psychiatric Nursing since 2003 and is experienced in Program Development. Marsha is passionate about her work and joined the Moss Clinic staff last month after two years at Remuda Ranch, an eating disorders clinic in Caroline County. We are pleased to welcome Marsha Green to our staff.

With the addition of a psychiatric nurse practitioner, the Lloyd F. Moss Free Clinic has become the first free medical clinic in Virginia to offer full-time mental health services.



Mental Health Services

The Virginia Health Care Foundation awarded a grant of \$100,000 to the Clinic to establish an Integrated Primary Care Model. Services with this program will begin in June 2009. This project will track the association between depression and diabetic control. This ongoing doctoral project, coordinated by Donna Bowser, DNP, involves screening patients with diabetes using 3 instruments via ACASI (audio computer assisted self interviewing): Patient Health Questionnaire-9 (PHQ-9) for depression, RAND36 Health Survey (RAND-36) for quality of health, and Diabetes Empowerment Scale-Short Form (DES-SF) for diabetes related self-efficacy. Also tracked are length of treatment in a free clinic setting and number of missed appointments. These results are correlated with presence or absence of depression and with demographic variables (age, race/ethnicity, gender, literacy level and income level). Also monitored are HgbA1c, BMI, and systolic and diastolic blood pressure. Appropriate patients will be referred to a Psychiatric Nurse Practitioner for management of depression. All patients will be tested once a year via ACASI with the PHQ-9 and RAND-36, and all diabetic patients will also take the DES-SF. Once the patient is in the mental health program, the tests will be given every 3 months. The goal of this project is to determine the prevalence of depression in our diabetic patients and whether appropriate treatment of depression improves diabetic control. This new program will greatly enhance the Clinic's mental health program which provided 184 visits to 71 patients in 2008.

Planned Giving

Have you ever wanted to support the Moss Free Clinic but just couldn't afford to do so? What if you could make a gift that would cost you nothing during your lifetime? Well you can! It's called Planned Giving.

The Clinic recently received a gift of this nature from a quiet patron who believed in our mission and wanted to ensure that the Clinic would have her support even after her time.

Creative techniques called "planned gifts," are a result of thoughtful planning. By inquiring about such a gift you can turn personal giving challenges into win-win solutions for you and for us.



Make a gift that costs you nothing during your lifetime.

Health Care Reform News

The growing number of uninsured is an enormous and complicated American crisis. While the debate rages on across the nation as to how to provide health care to all Americans, how it will be paid for, and how we will ensure quality while controlling costs, the Moss Free Clinic will encourage all stakeholders to come to an agreement on solutions and we will continue to treat uninsured people who need health care TODAY.

In recent weeks, health care reform has take center stage in congress. Major health care reform proposals have been put forward by a variety of committees, moving toward universal coverage. Most people would agree that our health care system needs to be more efficient, cost less and improve in its access and service to all. How to do it well, and how to pay for it, will be widely discussed.



Dominion Power...Making a Difference!

On June 2nd Dominion Resources Inc., parent company of Dominion Virginia Power announced it would donate \$1 million to more than 100 free clinics in Virginia and 13 other states. A total of \$500,000 was distributed in Virginia. Dominion made this grant through the Dominion Foundation, the company's philanthropic arm.

The Moss Free Clinic was pleased to receive a check for \$10,000 to support medical care for the uninsured and underinsured and may be used to fund doctor exams, prescription medications, lab work, diagnostic tests and other essential services. We are thankful for this valuable contribution!



**Moss Free
Clinic Summer
Social**

**COME ONE
COME ALL!!!!**

E-mail us at
info@mossfreeclinic.org

OR

Visit us at
Mossfreeclinic.org

Phone: 540-741-1061
Fax: 540-741-1096

Volunteers call: 741-3590

Date: 08/08/09
Time: 10:00-2:00

This is your chance
to see what it's all
about!

**FREE FOOD!!!
FREE TOURS!!!**

Lloyd F. Moss Free Clinic
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