



FREE CLINIC OF CULPEPER
CULPEPER SPORT & FITNESS
POWELL WELLNESS CENTER

Culpeper Wellness Foundation

COMMUNITY REPORT 2019



Healthy People in Healthy Communities



FREE CLINIC OF CULPEPER
CULPEPER SPORT & FITNESS
POWELL WELLNESS CENTER

Culpeper Wellness Foundation

MISSION

To improve health and promote wellness in Culpeper, Madison and Orange counties.

VISION

Healthy people in healthy communities.

BOARD OF DIRECTORS

David Jones, Chair

Tripp Butler, Vice Chair

Debbie Bennett, Treasurer

Laura Grigsby, Secretary

Charles Barrell

Shirley Ann Bayne

Kelsey Carlson Settle

Mort Chiles, MD

Cathy Dalrymple

Spencer DeJarnette

Rich Harrington

Jeff Hetmanski

Tom Reynolds, MD

Ed Scott

CULPEPER WELLNESS FOUNDATION, established in October 2014, works to improve health and promote wellness in Culpeper, Madison and Orange counties. The Foundation operates the Free Clinic of Culpeper, Powell Wellness Center and Culpeper Sport & Fitness. In addition, it collaborates with public and private entities to organize community level responses to issues that affect the health of our communities.

Culpeper Wellness Foundation provides funding to support the health and wellness work of other organizations and values the dedication and passion of the many local people who are working to make our communities stronger. Together we are accomplishing great things.

DEAR FRIENDS,

Culpeper Wellness Foundation works across Culpeper, Madison and Orange counties to improve the health and wellness of our communities. We work in close partnership with local government, schools, nonprofit organizations and other stakeholders to accomplish our mission. We could not do it alone, nor would we want to. This work requires collaboration and a shared vision. We are grateful for our many partners and their ongoing commitment to working together to improve the health of our communities.

The Foundation's work is funded through investments, revenue generated at our fitness centers, grants and, most importantly, the generosity of our donors. Over the past year we have accomplished more than ever—providing services directly to community members through the Free Clinic, Powell Wellness Center and Culpeper Sport & Fitness; leading and facilitating collaborative projects and funding the health and wellness work of our local partners.

This work would not happen without you. Thank you for your continued support.

Warm regards,

David Jones, Board Chair

Shari Landry, President



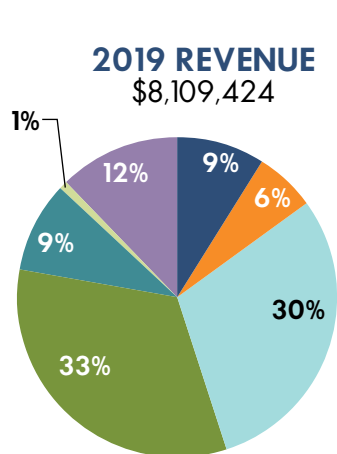
FOUNDATION HIGHLIGHTS

- Voted **Culpeper's Best of the Best** nonprofit 2019
- Funded **\$1,631,692 in grants and strategic investments** in Culpeper, Madison and Orange counties
- Helped to establish **Culpeper's first sober living house** with a grant of \$100,000.
- Led funding for installation of a **FitCore Extreme Obstacle Course and 40-yard dash track** at Culpeper's Rockwater Park with a gift of \$210,000.
- Supported childcare in Madison county by gifting the South Main St. childcare facility to the **Madison Learning Center, Inc.**
- Funded over \$68,000 in **dental care for low-income adults** in Culpeper County.
- Awarded 2 **health & wellness scholarships** for students pursuing related fields at Germanna Community College.

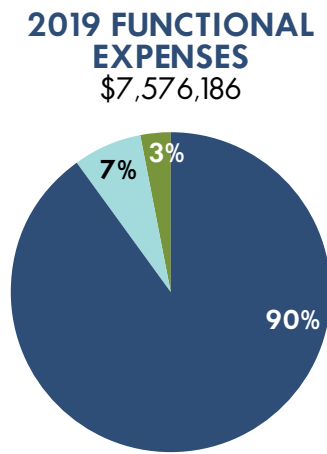


COMMUNITY GRANTS ADVISORY BOARD

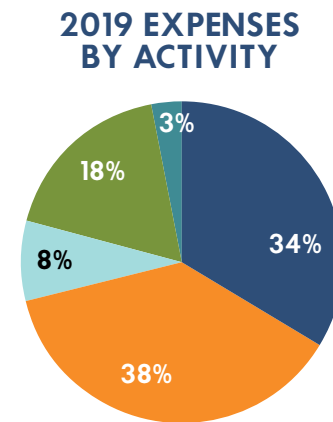
- Laura Grigsby, Chair
- Lori Bartczak, Vice Chair
- Tammy Barboza
- Shirley Ann Bayne
- Shannon Butler
- Temple Coates
- Richard Colvin
- Susan Keller
- Ginny Koontz
- Christine Moubray
- Phyllis Ryan



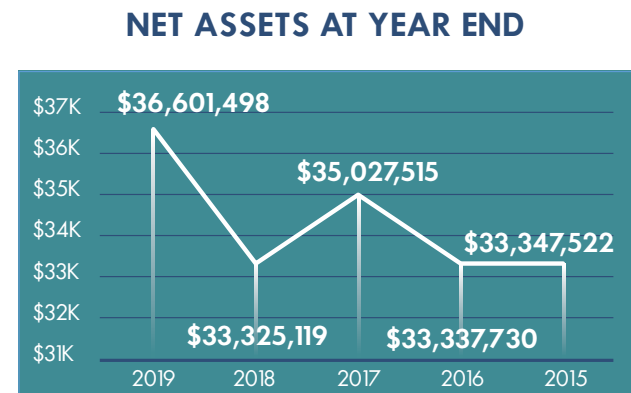
- Allocation from Invested Funds
- UVA Pledge Payment
- Program Revenue
- Grants and Contributions
- Rental Income
- Special Events
- Gain on Sale of Fixed Assets



- Program
- General Management
- Rental



- Powell Wellness Center
- Free Clinic
- Culpeper Sport & Fitness
- Culpeper Wellness Foundation
- Rental





FREE CLINIC OF CULPEPER ADVISORY BOARD

Katherine Ayers, Chair

Sam Walker, Vice Chair

Thomas Reynolds, MD, Medical Director

Marty Bywaters-Baldwin

Kelsey Carlson Settle

Mort Chiles, MD

Cathy Dalrymple

Ginny Eisenstaedt

Norma McGuckin

Darius Vesuna

FREE CLINIC OF CULPEPER

571 patients received free medical care and medications

2,240 medical visits valued at \$333,760

9,192 prescriptions filled for patients valued at \$2,425,300

OVER \$2.7 MILLION
IN MEDICAL CARE PROVIDED

20 is the average number of new patients each month

100s of patients were assisted with applying for expanded Medicaid and transition to a new medical provider



MEET JENNIE

The Free Clinic of Culpeper supports many members of our community who are struggling to manage serious health challenges. People like Jennie, whose name has been changed to protect her privacy.

A few years ago Jennie's husband of 25 years was killed in a tragic accident. He earned most of the family's income and had a job that provided them with good health insurance. In the blink of an eye, everything changed.

Shortly after her husband's death, Jennie came to the Free Clinic complaining of frequent severe headaches. The diagnosis was grim; a cerebral mass that turned out to be brain cancer. Despite the seriousness of her illness, lack of health insurance and recent loss of her husband, Jennie was determined to beat the cancer.

After surgery to remove the mass, Jennie began to have frequent seizures. For now, the seizures are mostly under control, but the side effects are troubling. She has little feeling in her feet and often loses her balance. Jennie also has insulin-dependent diabetes that requires regular monitoring, a special diet, and daily blood testing.

Jennie works two part-time jobs and regularly works over 50 hours a week. Despite her difficult circumstances, Jennie perseveres and has seldom missed a shift at either of her jobs. Neither job pays much or offers benefits, but between the two she has been able to keep her home and put food on the table. There is little money left over at the end of the month and nowhere near enough to cover her medical expenses.

Beyond the cost of her frequent doctors' visits—at the Free Clinic and with her neurologist and oncologist—Jennie's medications cost a small fortune. Each day she takes nearly a dozen medications prescribed to manage her medical challenges. Availability of medical care and prescriptions is one area of reduced worry for Jennie as a patient of the Free Clinic.



SUCCESS STORY

In 2018 the Foundation, in collaboration with Culpeper Medical Center, established a pilot program to reduce unnecessary emergency department admissions by individuals with a history of frequent non-emergency visits. The program, operated by the Free Clinic, is staffed by a Community Health Worker who works closely with program participants to provide health education and facilitate connections with preventative care and community resources. In 2019, 16 people were served through this program and all but two decreased unnecessary emergency department visits. The Foundation, the Free Clinic and hospital staff are working together to improve collection of outcome data to document the success of this program.



130

FITNESS SCHOLARSHIPS
FOR LOW-INCOME
CHILDREN AND ADULTS

OVER **4,600**
MEMBERS

FitScripts at PWC

*Health management
through specialized
fitness programming*

“Our family has received a scholarship for the FitScripts program. This program allows our teenagers to get in shape through a fitness program in a safe environment. We feel confident our kids are in a family-friendly facility, which is very important to us. We have seen improved health and wellness with our guys. They are more aware and attentive to their overall health. The certified medical fitness program makes us, as parents, feel confident that our family is getting the best possible care, direction and supervision that we need to gain and maintain new healthy habits. The program works well because the employees give direction, feedback, and encouragement as well as safety instruction, accountability and support with obtainable goals.”

LIVE LIFE WELL AT POWELL WELLNESS CENTER FIND YOUR FIT AT CULPEPER SPORT & FITNESS



POWELL WELLNESS CENTER

- Awarded Best Fitness Center in Best of Your Hometown vote by community members.
- Provided a variety of specialized medical fitness programs that improved the health of over 300 people.
- Led community participation in the Medical Fitness Association's annual Walk 10K program; won the national competition with nearly 64,000,000 steps.
- Promoted water safety with classes provided for every 3rd class in Culpeper County; participation in the World's Largest Swim Lesson; and free swim skills assessments for community residents.
- Managed the Culpeper Country Club swimming pool during the summer season.
- Provided health assessments for Culpeper County employees.

MEET SCOTT

In October 2019, Powell Wellness Center member Scott completed a 5-week trek across northern Spain on the Camino de Santiago—The Way of Saint James—a path that pilgrims have followed for centuries. As part of his preparation for the 500-mile trek, Scott took advantage of the yearly free fitness assessment that is available to members. He had some physical concerns that were alleviated while working with a personal trainer. Scott said, "I have a bad back, so I was nervous about using the machines and about doing core body work. Personal trainer Katie Hutchins made sure I knew which machines to use and which ones to avoid. She set me up with a core training program and helped with some stretching exercises. With her help, I was able to work circuit training and core work into my routine. Since I planned to use hiking poles on the trip, upper body work was important. The core work helped me manage the back problems on the trip."

Scott adds, reflecting on the experience, "The most important gift I got from Powell's staff, though, was encouragement. They were genuinely interested in my success. As a 66-year-old man, I was very nervous about whether I was up for the challenge. The folks I worked with at Powell were always so positive and reassuring. Their encouragement gave me confidence that I could walk the 500-mile trek and their positive outlook proved true—I was able to successfully complete the pilgrimage and to avoid any serious injury while doing so."



POWELL WELLNESS CENTER ADVISORY BOARD

Robert Ellis, Chair

Tripp Butler, Vice Chair

Richard Brooking

Karen Carroll

Leroy T. Gravatte, IV, MD

Heather Heard

Isabel Kulick

Jamie Tanner

POWELL WELLNESS CENTER MEDICAL ADVISORY COMMITTEE

Brevard Wallace, MD, PWC Medical
Director and Committee Co-Chair

Beverly Garrison, RN

Leroy T. Gravatte, IV, MD,
Specialty: Family Medicine

J. Cullen Hardy, MD,
Specialty: Cardiovascular Medicine

Jennifer Herdman, FNP, MSN, RN

Armin Aalami Harandi, MD,
Specialty: Orthopedics,
Committee Co-Chair

Jane Probst, LCSW

Zia Roshandel, MD,
Specialty: Cardiology

Kevin Stocker, MD,
Specialty: Obstetrics and Gynecology

Ostranda Williams, MD,
Specialty: Pediatrics

"Having our kids be a part of a grant that allows us to go to Culpeper Sport & Fitness is just fantastic. The visits give the kids the opportunity to increase their physical activity under the supervision of personal trainer Marcus Haywood, who guides them and helps them learn how to work out and use the equipment properly. The staff at CSF have been helpful and very professional. We're so appreciative of the opportunity."

—David Kemp, Culpeper County Options youth program director

"Kid Central's ongoing partnership with Culpeper Sport and Fitness along with the Culpeper Wellness Foundation has continued to enrich and enhance the lives of children enrolled in its afterschool program. The positive coaching encouraged by CSF instructors creates and builds healthy lifestyles, self-esteem, and improved sports performance for our children."

—Marshall Conner, sports and marketing coordinator, Kid Central

"I have so much fun taking the Zumba classes and dancing. I feel great about myself and I will continue to work out and dance my whole life."

—Alivia, 7, Kid Central

"I really liked the classes from coaches Marcus and Christine—they made me better in sports and they showed me that hard work pays off."

—Ira, 10, Kid Central

"Culpeper Sport and Fitness is a great partnership and it offers an incredible opportunity for our Kid Central children and teens to improve their health and see what it takes to improve in sports. Not only did they motivate our teens, but they also encouraged me to work out and get fit."

—Angie Starks, group leader, Kid Central

CULPEPER SPORT & FITNESS

- Achieved its goal of reaching more youth with nearly 2,500 youth contacts
- Expanded youth programming to include B-Board, yoga, boot camp, tumbling, Tae Kwon Do, sports camps, tennis programs and more.
- Offered an array of personal and small group training for adults of all fitness levels.
- Provided specialized training for local high school athletes and teams.

MEET HOLLY

A family affair—that's how Holly describes her experience at Culpeper Sport & Fitness, because her husband, her two daughters, her son-in-law, and her two granddaughters all head to CSF to enjoy the variety of programs as members. Holly came to the gym through her oldest daughter, who joined several years ago and urged Holly to become a member. "We started doing Boot Camp together, and got kind of competitive," laughs Holly. At one time or another, almost all of Holly's family have been in Boot Camp with trainer Marcus Haywood, including Holly's oldest granddaughter Abigail, age 10, who loves youth Boot Camp. "She's competitive with herself," notes Holly. "She went into Boot Camp with the goal of climbing the rope, and now she can do it!" Her 5-year-old granddaughter Delaney has found instructor Kasey Wilcox's tumbling classes to be her favorite activity. Beyond Boot Camp, Holly (on the left in the photo) also enjoys group exercise classes with instructors Lou Ellen Miller, Lynnette Woycik and Christine Kauffman. While the variety of classes gives every family member activities they enjoy, Holly points out that the instructors and trainers are a key part of the mix. "Their programs are great and they watch out for us—for instance, by offering a modification to support a physical condition. All of the instructors are just wonderful."



Kids' Boot Camp with trainer Marcus Haywood



2019 GRANT RECIPIENTS

Culpeper County Public Schools
Rappahannock Rapidan Community Services
Postpartum Support Virginia
Novant Health UVA Health System
Culpeper Medical Center
Madison Senior Center
Orange Senior Center
Culpeper Senior Center
Culpeper Human Services
The Salvation Army
Skyline CAP, Inc.
Love Outreach Food Pantry
Madison Emergency Services Association
Manna Ministry
Culpeper Food Closet
Culpeper Housing & Shelter Services
SAFE
VA Consortium for Healthcare
Orange County Free Clinic
Lake of the Woods Lioness Food Pantry
Town of Culpeper Police Department
Culpeper County High School

Culpeper Baptist Church
Culpeper Human Services
Culpeper Winter Heat Shelter
Team Jordan
AG Richardson Elementary
Emerald Hill Elementary
Sycamore Park Elementary
Yowell Elementary
Floyd T. Binns Middle School
Aging Together
Boys & Girls Club of Central VA
Culpeper Mid-Day Lions
Culpeper Winter Heat Shelter
Friends of the Culpeper Library
Hero's Bridge
Lake of the Woods Fire & Rescue
Orange County Free Clinic
Piedmont Regional Dental Care
RAPPU, Inc.
Reva Volunteer Fire & Rescue
Sex, Drugs & God



2019 DONORS

With gratitude to our donors for their commitment to supporting health and wellness initiatives in Culpeper, Orange and Madison counties!

Will and Stephanie Adams
Affirmed Technologies INC
Patricia Aitken
Mark and Joyce Almquist
Anchor Mere Farm
Katherine and Fred Ayers
Page Aylor
John Backe
Donald Bailey
Leah Baldwin
Charles and Jane Barrell
Andrew Basile
Paul and Donna Bates
Battlefield Farms
Michael Baudhuin
Douglas and Shirley Ann Bayne Sr.
BB&T Securities
Bear Creek Land Services LLC
Timothy Beard
Patrick and Donna Bedwell
Matthew Bell
Belmont Farms of Virginia, Inc.
Debbie Bennett
Susan Bernhardt
Joseph and Mary Beverly-Kotek
Aqueel and Marcia Bilal
Joey Bloedel
Kristopher and Karen Boushie
Jane Bowling-Wilson
Boxwood Celebration Venue
Stephen Lynn Breedwell
Bess Brooks
Joseph Brumett
Wylie Bunker

Paul Burrell
Shannon M. Butler, D.D.S.
Patricia Bywaters
Janice Cabot
Mary Jo Campbell
Sally J. Canavan
Nancy E. Cannon
Carter Machinery Company
Randy Caylor
Cedar Mountain Stone Corporation
Juanita Chavis
Chemung Contracting Corporation
The Choice for Temporaries, Inc.
Chrysler of Culpeper
Clarity Homes LLC
Japreshia Clark
James Carlton Clore Jr.
John Clore
Clore-English Funeral Home
Ruth Ann Cobleigh
Jo Ann C. Colvin
Stefani Conner
Richard N. Crenshaw
Charles Crist
Nancy W. Crow
Culpeper '92 Lions
Culpeper Baptist Church
Culpeper Duplicate Bridge
Culpeper Mid-Day Lions
Culpeper Presbyterian Church
Culpeper Surgery Center
Culpeper Towing & Salvage, Inc.
Culpeper Wash, LLC
German P. Culver Jr.

Regina Curtis
Mike and Mary Dale
Emily Daniel
Joe & Linda Daniel
Butch Davies and Marty Moon
Billy and Kathryn Davis
Sue Davis
Barbara M. Davis-Flanagan
Neal F. Deane
Chris and Michelle Decker
Susan L. DeGaetani
Spencer and Mary DeJarnette
Marion B. Dodson
Pamela Dolgin and Robert Rushia
Marilyn E. Doyle
Clara S. Eden, M.D.
Betty J. Edwards
Rick and Ginny Eisenstaedt
Robert and Katherine Ellis
Frank O. Estes III
Diane Evans
Larry E. Ferguson
A. V. Philip and Ginny Ferlazzo
Michael Finkle
Scott Fisher
Bernard and Vivian Fleming
Fray, Hudson, Clark & Walker, L.L.P.
Ronald L. Frazier
Friends of Paul Walther
Sara B. Gallagher
Larry and Deanna Garber
Nancy C. Garrett
Andrew Gayheart
Donald S. Gerhart

Alan and Frankie Gilmore
Clark and Mary Jane Glass
Steve Gordon
Anita Goss
John and Cyndy Grano
Leslie Eloise Gredler
Floyd and Laura Grigsby
Joseph and Margaret Grills
Brenda Groves
Jason and Melinda Hancock
Michael and Karen Hanrahan
Linda J. Hardaway
Pedro Hargrove
Richard and Tracy Harrington
Daniel and Marla Haug
Patricia Hawkins
Stephanie A. Haynes
Sandy Heard
Jay Hebert
Valerie Helm
Mark Henderson
Carol Lynn Hertz
Jack A. Hoffman
The Holden Group Realtors, Inc.
Horizon Food Stores
Jerry and Reva Huff
Annie Williams Hyder
Fred Ives
Kirk A. Jackson
Christina Jamison
JBR Strategic LLC
Jeffersonton Ruritan Club
Henry and Lois Johnson III
Marie P. Johnson

2019 DONORS

Kurt T. Juroff
Joseph B. Keesee
Glenn and Sandi Kelly
Jane Kelso
Kathy Kidwell
Joseph and Constance Kincheloe Jr.
Koller Financial Services LLC
Nina S. Krueger
Isabel Kulick and Suzanne Linthicum
W. Douglas and Peggy Kyle Jr.
Ladies Auxiliary of the Knights of
Columbus Council
Nicholas Lally
David Sears and Shari Landry
Norm Laudermilch
Gary W. Lee
Rickey D. Lee
Prakash Lele
Monedia Ann Lewis
Thomas A. Lewis
Lignum Ruritan Club
Tom Locher
Jennifer C. Locsin
Mike and Betty Long
Gene and Anne Luckinbill
M and W Associates
Kevin Mahoney
Kathleen M. Mairs
Arvin B. Mangampat
Jithendra K. Manne
Carolyn Mawdsley
Susan L. McKenzie
John M. McLean
Jeanie Middlemas

Christiane Miller
Bikash R. Mishra
Roger L. Morton
Shelly Rene Naccarato
Norma Nelson
Laura Newman
Nicholas, Jones, & Co., PLC
Northern Piedmont Community
Foundation
NPCF WRG Fund
Otis & Mescal Burke Charitable Trust
Novant Health UVA Health System
Culpeper Medical Center
Marco F. Palazzolo
Douglas W. Parsons
PATH Foundation
MaryAnne Patrick
Lydia B. Patterson
Charles and Tabitha Perryman
Joan Petermann
Jason Pickett
Stephen Plescow
Plow & Hearth
Willard C. Poindexter
Audrey P. Powell
C. Richard Powers
Pranapiloga
Roger W. Printz
Wendy Pritchett
Catherine S. Pruett
Queen of Virginia Skill &
Entertainment LLC
Rapidan Title Agency
Rappahannock Electric Cooperative

RDM International, Inc
Reformation Lutheran Church
Women's Ministry
John C. Reimers, Jr.
David Reuther
Tom and Charla Reynolds
Michael Rider
Rotary Club of Culpeper
Daniel P. Rowan
S.W.I.F.T.
Dorothy O'Bannon Schaeffer
Tamela S. Schulte
Ed and Amanda Scott
Gene Scott
Jane N. Scott
F. Allen and Linda Seale
Second Look Studio
Chris and Kelsey Settle
Tim Alan Setzer
Reza Shariatmadari
Jack T. Shuey, Jr.
Donald H. Shuman
William O. Simms
Charles Sisk
Mary Lee Sisk
Sallie E. Slaughter
Judith K. Smith
Elwood and Harlean Smoot
Elvin Smythers
Sterling Edwards Home
Improvement, LLC
Superior Paving Corp.
Taft Construction, Inc.

Marcus Dane Terry
The Car-Jen Family Trust
William E. Thomas
Leon Thompson, Jr.
Sallie C. Thornhill
Eugene F. Triplett, Jr.
Elizabeth A. Truschel
United Methodist Women
UVA Community Credit Union
Darius and Melissa Vesuna
John Paul and Mollie Visosky
Minna Vogel
Howard and Marlene Ware
Justin D. Warfield
Joe Weld
Wellness Revolution LLC
Chris Wheeler
Missy White
Dwight Whitney
Stephen and Gwen Will
Margaret Williams
Roger C. Williams
Brian E. Wilt
Raj T. Witteborg
Priscilla W. Woll
Wortman Mechanical
Yates Properties, L.C.
Octavia Yates
Yount, Hyde & Barbour, PC
Carlton M Yowell



Culpeper Wellness Foundation

311 S. East Street, Suite 100, Culpeper, VA 22701

540-431-2397

www.culpeperwellness.org