



FREE CLINIC OF CULPEPER  
PATH Recreation & Fitness Center  
POWELL WELLNESS CENTER

Culpeper Wellness Foundation

# COMMUNITY REPORT 2022

*Healthy People in Healthy Communities*



## MISSION

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

## VISION

Healthy people in healthy communities.



FREE CLINIC OF CULPEPER  
PATH Recreation & Fitness Center  
POWELL WELLNESS CENTER

*Culpeper Wellness Foundation*

**CULPEPER WELLNESS FOUNDATION**, established in 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 PATH Recreation & Fitness Center and manages Piedmont Regional Dental Clinic. 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 individuals who are working to make our communities stronger. Together we are accomplishing great things. The Culpeper Wellness Foundation is proud to do its part in improving the lives of people who live and work in its region.

The Foundation is guided by a three-year strategic framework that was updated by its volunteer board of directors in 2020. The framework identifies the Foundation's major priorities for 2020-2023 as follows:

1. Address critical community mental health needs, especially, but not exclusively, through prevention
2. Strengthen our impact on positive youth development
3. Place continued emphasis on the prevention and treatment of chronic illnesses such as obesity and diabetes

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## DEAR FRIENDS,

In 2022, the Culpeper Wellness Foundation board and staff built on the bold decisions and large investments made in 2021. It was a big year for the Foundation as we celebrated the opening of the PATH Recreation & Fitness Center—a facility made possible by the generosity of donors who contributed over \$1.5 million toward this \$6 million project.

Our new center provides a welcoming place for children and families to enjoy recreation and fitness activities while building connections to others. This is an important step toward addressing the high prevalence of obesity and related health issues in our community. As well, when children are engaged in fun, challenging activities it builds self-esteem and resilience, both of which help to prevent mental illness and substance abuse. And, they are less likely to participate in harmful or illegal behaviors.

We are also proud to share that Powell Wellness Center (PWC) passed the rigorous Medical Fitness Facility 5-year recertification process with a score of 100%. PWC is focused on serving older adults and meeting the community's rehabilitation and medical fitness needs. Local physicians referred 322 patients to PWC for a specialized fitness program known as FitScripts. 63% of those participants continued to exercise after the program ended.

The Free Clinic of Culpeper provided primary medical care and medications to 597 low-income Culpeper adults in 2022, of which 85 % were Spanish-speaking. This would not have been possible without our cadre of passionate volunteers for whom we are grateful every single day. The medical services provided at the clinic improve the health of our community, make families stronger and reduce the need for emergency care.

Over the year Culpeper Wellness Foundation continued to work closely with Piedmont Regional Dental Clinic (PRDC) to provide dental care for 2,700 low-income children and adults. As with the Free Clinic of Culpeper, the urgent, preventative and restorative dental care provided at PRDC resulted in fewer avoidable emergency room visits for tooth abscesses/infections, prevented complications related to oral disease and improved overall health.

Through these programs, Culpeper Wellness Foundation served more than 6,300 people in 2022. Additionally, the Foundation invested \$445,000 in health and wellness initiatives carried out by our local nonprofit and municipal partners. Together we are improving health and promoting wellness, one person at a time!

Thank you for your ongoing support.

In health,

Debbie Bennett, Board Chair (2022)      Shari Landry, President



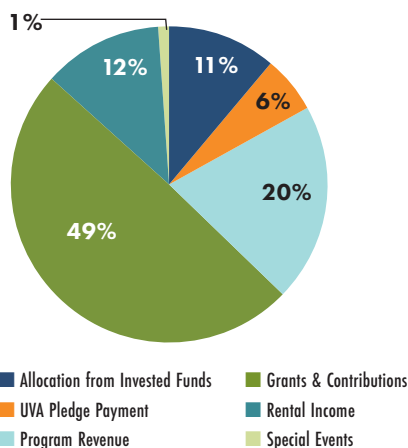


## FOUNDATION HIGHLIGHTS

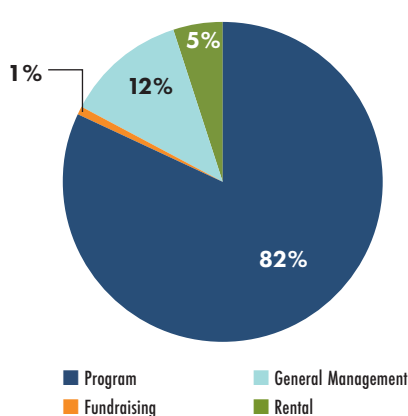
- Voted **Culpeper's Best of the Best** nonprofit for the fifth year.
- Responded to community health and wellness needs with **grants and financial support of \$445,000**.
- Opened **PATH Recreation & Fitness Center (PRFC)**.
- Continued **collaboration with community partners** to identify how PRFC could best support community recreation needs, particularly youth needs.
- Recognized through the **2022 Business Honor Roll Program** by the Virginia School Boards Association.
- Continued to manage and lead **Piedmont Regional Dental Clinic**, which provides preventive and restorative dental care and helps to prevent emergency room visits for infections and complications from oral disease.



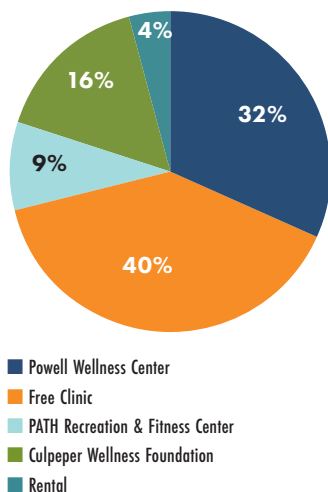
### 2022 REVENUE



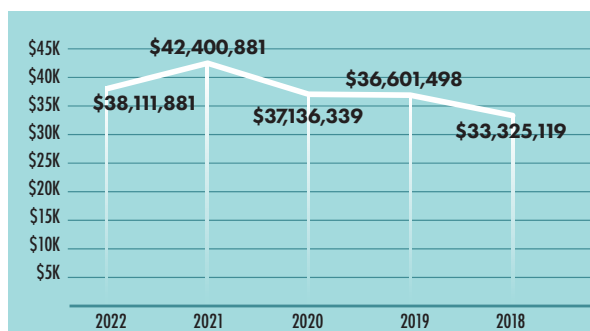
### 2022 EXPENSES



### 2022 EXPENSES BY ACTIVITY



### NET ASSETS AT YEAR END



## CONSOLIDATED STATEMENT OF ACTIVITIES

### REVENUES, GAINS AND SUPPORT

Membership dues	\$1,230,310
Ancillary revenue	\$350,426
Contributions	\$546,883
Contributed non-financial assets	\$586,292
Donated stock	\$530,624
Donated property	\$243,513
Contributed non-financial services	\$1,392,817
Grants	\$524,544
Special events	\$68,003
Rental income	\$965,065
Net assets released from restrictions	—
<b>Total revenues, gains and supports</b>	<b>\$6,438,477</b>

### EXPENSES

Program services	\$5,261,313
Management and general	\$790,441
Fundraising	\$34,937
Rental property	\$329,696
<b>Total expenses</b>	<b>\$6,416,387</b>
<b>Change in net assets from operations</b>	<b>\$22,090</b>

### NON-OPERATING ACTIVITIES

Net investment loss	-\$4,311,090
Change in net assets from non-operating activities	-\$4,311,090
Change in net assets	-\$4,289,000
Net assets, beginning of year	\$42,400,881
Net assets, end of year	\$38,111,881



### FREE CLINIC OF CULPEPER ADVISORY BOARD

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## FREE CLINIC OF CULPEPER

**597** PATIENTS

**2,129** medical visits valued at \$368,317

**6,145** prescriptions valued at \$1,247,435

**\$1.6 million** in medical care provided

**255** new patients for the year

### HIGHLIGHTS

- Increased eligibility requirements to up to 300% of the federal poverty level to serve more community residents.
- For the third year, earned a Gold Rating from the National Association of Free and Charitable Clinics Quality Standards Program.
- Continued monthly health & wellness programs focusing on healthy eating for healthy cholesterol; blood pressure; diabetes; reading food labels; and the importance of exercise.
- In partnership with Powell Wellness Center, launched a program for Spanish-speaking mothers to focus on health goals, resource awareness and health education.
- Coordinated with community partners to provide HIV and Hepatitis C testing, fresh vegetables, infant supplies and formula, vision screenings and resource information to patients.



## MEET MARIA

Maria has been a patient of the clinic for 3 years and her husband Carlos was previously a patient. Six years ago Carlos came to the clinic because he was unemployed, uninsured and worried about a family history of heart disease. Carlos needed surgery due to a condition in which his heart was enlarged and the heart muscles weakened. He made a remarkable recovery post-surgery and landed a full-time job that provided him with health insurance.

Carlos regularly brought Maria to the clinic for her own appointments. When she arrived at the clinic one day without him, she tearfully shared that Carlos had been admitted to the hospital with chest pain and died.

In the wake of this tragedy, Maria focused on maintaining her own health so that she can support her two young children. She continues to visit the clinic for routine health assessments and lab work. She also works with the clinic's community health worker to take advantage of counseling and other community resources. The clinic has been a resource where Maria is comfortable asking for help during a difficult time in her life.

## LITTLE FREE LIBRARY SERVES PATIENTS & COMMUNITY

After patient coordinator Becca Buncie heard that many patient families do not have access to books and reading materials, particularly books with diverse representation and bilingual books, the idea for a Little Free Library® was born. Becca pursued the library project with volunteer Sarah Taylor and her family. A member of Rotary, Sarah received donations from members to support purchase of materials and signed up for Imagination Library for books. Her husband Chris constructed the library and its grand opening was celebrated in July. The Little Free Library is another resource offered by the clinic to support its patients on their health journeys. Relaxation and stress reduction are important health benefits of reading.



*Patient coordinator Becca Buncie unveils the library.*



*The Taylor family was instrumental in the library's creation.*



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## POWELL WELLNESS CENTER AND PATH RECREATION & FITNESS CENTER

- Income-eligible children and adults received free or subsidized memberships or program enrollment totaling \$30,347 through the scholarship program at Powell Wellness Center and PATH Recreation & Fitness Center.



CULPEPER WELLNESS FOUNDATION

## POWELL WELLNESS CENTER HIGHLIGHTS

- Achieved recertification with the Medical Fitness Association with a score of 100 percent. PWC continues to be 1 of only 2 certified medical fitness centers in Virginia.
- Awarded 66 medical fitness scholarships serving 91 members.
- In alignment with adjusted COVID protocols, reinstated important programs serving members and the public: Health Matters health education sessions; group swim lessons for children; and the World's Largest Swim Lesson focused on water safety.
- Received 322 referrals from physicians for individuals to participate in FitScripts medical fitness programs.
- Offered free programs promoting community health & wellness: Easter and Halloween family pool parties; yoga nidra relaxation class and Energy Medicine Yoga®; blood pressure screenings; an open house for individuals with Parkinson's disease to learn about PWC's Rock Steady Boxing program; Zumba classes; and a wellness fair featuring blood pressure, hearing and balance screenings, flu shots, and COVID boosters.
- Organized 5th annual Turkey Trot 5K. Through their race registrations, more than 400 runners and walkers helped support medical fitness scholarships for low-income individuals.
- PWC director Eric Good and medical program and fitness manager Whitney Propps were honored with leadership awards at the Medical Fitness Association's annual meeting. Good received the MFA's Hank Boerner Pioneer Award, presented annually to an individual who has significantly advanced the medical fitness industry. Propps was honored with a Rising Star award recognizing individual achievement and leadership within the medical fitness community.



## POWELL WELLNESS CENTER MEDICAL ADVISORY COMMITTEE

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PWC Medical Director &  
Committee Chair

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## THE POSITIVE IMPACT OF MEDICAL FITNESS PROGRAMS ON ARTHRITIS

The medical fitness programs offered at PWC are designed to support the needs of individuals with medical challenges that can be helped through exercise. One such challenge is arthritis.

Proper management efforts are important to help reduce the disease's impact. According to the American College of Sports Medicine (ACSM), the key to dealing with arthritis is to keep moving: regular physical activity can reduce pain and decrease stiffness.

PWC personal trainer and group fitness instructor Sharon Steele agrees. "Motion is lotion," she observes, referring to the "lotion" of synovial fluid that provides lubrication to joints.



Sharon is certified by the Aquatic Therapy & Rehab Institute, the Aquatic Exercise Association, and the Arthritis Foundation to provide aquatic therapy, rehabilitation and therapeutic exercise that can benefit individuals with arthritis. The classes she teaches, such as Joint Tune-up, can help alleviate arthritis symptoms and focus on movement to improve functional ability, mobility and muscle strength. Sharon also points to Arthritis Mobility Essentials, Liquid Silver, Fluid Pilates, Senior Strength, and gentle yoga classes at PWC as particularly beneficial for arthritis sufferers. Another benefit is the camaraderie that develops from participating in a shared experience with others facing similar challenges.

PWC member Beth Aitchison is pleased with the improved mobility she has gained from regular class participation. "I'm in Liquid Silver twice a week," observes Beth, "and have seen the benefits to my shoulder, hands and knees. I have much more range of motion, particularly with my shoulder, and have the ability to lift higher than I did before."

Sharon points out that all ages can benefit from a focus on moving with proper alignment and body mechanics to help prevent or minimize future challenges. She says, "With strengthening and proper movement, you can carry through extension and full range of motion when pain free. You'll discover you can enjoy activities far longer than you expect. One of my clients with arthritis was only able to garden for 20 minutes at a time, and now enjoys working in her garden for two hours. What a positive lift!"



## PATH RECREATION & FITNESS CENTER HIGHLIGHTS

- Launched fitness programming for youth and adults in March 2022 after completion of the fitness area with group exercise room, yoga room, Kids' Corner child care, cardio and strength area, and functional fitness area.
- Opened the full facility and kicked off recreation programs in July 2022 with the completion of the multiuse courts, lobby, activity room and multisport simulator room.
- Established a scholarship program for income-eligible families to ensure accessibility for all income levels.
- Initiated free programs such as monthly community yoga and weekly learn-to-play pickleball.
- Focused on serving all ages through fitness and recreation. Youth programming included basketball, futsal (indoor soccer), and tumbling. Dedicated open court time served volleyball, pickleball and basketball. Class offerings included charcuterie board creation, smartphone photography, and mosaic crafting.
- PRFC personal trainer Marcus Haywood was voted Best Personal Trainer in the Culpeper Star Exponent's "Best of Your Hometown" survey



## MOVEMENT & HEALTH PROGRAM FOR HOMESCHOOLED KIDS

PRFC's multiweek movement & health program contributes to the physical education needs of homeschooled families with kids ages 4-13. Each week, the kids rotated through activity stations where staff versed in fitness, wellness and crafts kept the children moving and learning with head to toe experiences. A segment on brain health including learning and coloring the different parts of the brain on a paper "brain crown." During another session, the kids explored dental health by practicing good brushing technique through use of a toothbrush and toothpaste on an egg. Always a group favorite, obstacle courses of all shapes and sizes encouraged running, jumping, climbing, balancing and agility footwork.



## PUMPING UP PICKLEBALL

Pickleball players of all ages and abilities enjoyed use of the recreation center's four pickleball courts. In response to the popularity of this growing sport, the court time dedicated to pickleball grew to include morning and evening court times.

For novice players, Pickleball 101 offered an opportunity to become familiar with rules of the game in a relaxed instructional atmosphere. Immediately following Pickleball 101, participants were welcome to practice their new skills during an additional hour of open play for beginners. Directed by experienced pickleball player and personal trainer Larry Horner, this 1-hour program was fully subscribed almost every week.





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*Generations Central Adult Day Center received a Healthy Living Grant to support program development for senior adults in the center's first year.*



*A Healthy Living Grant helped support Aging Together's annual Dementia Care Conference for health care workers and caregivers serving individuals with Alzheimer's disease.*

# 2022 DONORS

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

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# Healthy People in Healthy Communities

**Culpeper Wellness Foundation**

19002 Crossroad Parkway, Culpeper, VA 22701

540-431-2397

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