



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

Culpeper Wellness Foundation

# COMMUNITY REPORT 2023

*Healthy People in Healthy Communities*



FREE CLINIC OF CULPEPER  
PATH Recreation & Fitness Center  
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.

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**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.

**DEAR FRIENDS,**

In 2023, Culpeper Wellness Foundation helped more people improve their health, in more ways, than ever before. Looking back, it is amazing to see all that we have accomplished with the support of our community partners, donors, funders, members, patients and staff.

The Free Clinic of Culpeper provided medical care and prescription medications for nearly 600 patients and expanded programs to promote overall wellness. The clinic garden, tended by volunteers, provided over 300 pounds of fresh herbs and vegetables for clinic patients who also received cooking tips and healthy recipes. Special activities for moms of young children, literacy workshops and onsite immigration legal services were also provided for patients. Many volunteers and interns worked closely with Free Clinic staff throughout the year. We couldn't do it without them! In addition to providing a growing number of patients with high-quality medical care, staff also spent time at the Culpeper Heat Shelter connecting some of our most vulnerable neighbors with needed services.

Powell Wellness Center saw steady growth in membership and participation – all good signs for the health of our community. Rock Steady Boxing, a program for people living with Parkinson's disease, welcomed many new members who enjoyed positive results. Participants reported better balance, increased strength and improved mood among other positive indicators. Local physicians also referred 340 patients to our FitScripts program, which offers specialized exercise programming to address medical concerns like diabetes, joint replacement, stroke, obesity and more.

Over the year, more and more people learned about PATH Recreation and Fitness Center and enjoyed a wide variety of activities at our new facility, including birthday parties. Partnerships with Kids Central, Culpeper Head Start, Culpeper Soccer Club, the Culpeper Cavaliers and more brought hundreds of people in to the facility for the first time ... but not their last! And, at both Powell Wellness Center and PATH Recreation and Fitness Center we expanded activities for families to enjoy together including family basketball and volleyball, the Turkey Trot and Glow Run, the Family Swim Easter Egg Float, the World's Largest Swim Lesson, Breakfast with Santa, Trunk or Treat and more.

In 2023, Culpeper Wellness Foundation provided \$285,500 in grants to our nonprofit partners for health and wellness related activities in Culpeper, Madison and Orange counties. By working together in this way, we expanded our impact exponentially. Looking ahead, our board and staff worked together to create a new strategic framework that will guide our work for the next several years. In particular, the Board will look to ensure that the Culpeper Free Clinic has the space, equipment and resources needed to serve a growing number of patients. They will also plan for the future of our Crossroad Parkway campus, which is now home to PATH Recreation and Fitness Center and the Foundation offices.

Lastly, our ongoing partnership with Piedmont Regional Dental Clinic in Orange meant that 4,070 local residents received dental care in 2023. Oral health is an important part of overall health that is often overlooked. The relationship between the two organizations has had a tremendous impact on the health of our community.

We are most grateful for the broad and generous support we receive in pursuit of our mission to improve health and promote wellness. Thank you.

Ed Scott, Board Chair

Shari Landry, President



# FOUNDATION HIGHLIGHTS

- Responded to community health and wellness needs with grants and financial support of \$465,000.
- Worked with the Culpeper Police Department and Virginia Department of Health to host a public program featuring Narcan training to prevent overdose deaths and Hidden in Plain Sight, an interactive display and training that helps adults identify signs indicating that youth may be engaging in risky behavior.
- Awarded three education scholarships to local students who are pursuing certificate or degree programs related to health and wellness at Germanna Community College.
- Continued collaboration with community partners to identify how PATH Recreation & Fitness Center could best support community recreation needs, particularly for youth.
- 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.

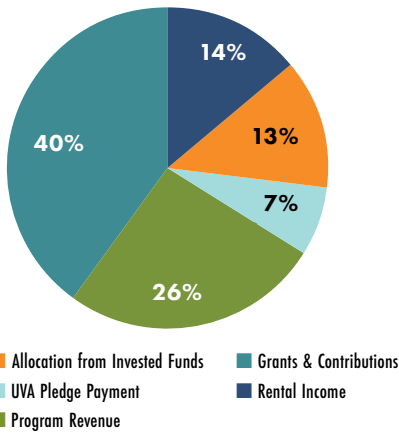


## CONSOLIDATED STATEMENT OF ACTIVITIES

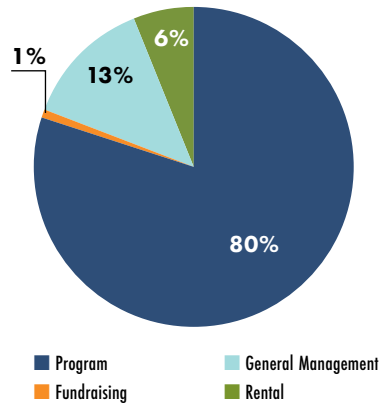
### SUPPORT AND REVENUE

Membership dues	\$1,357,657
Program revenue	\$299,994
Ancillary revenue	\$193,797
Contributions	\$589,152
Contributed non-financial assets	\$713,838
Contributed non-financial services	\$1,248,488
Grants	\$327,733
Rental income	\$1,018,840
<b>Total support and revenue</b>	<b>\$5,749,499</b>

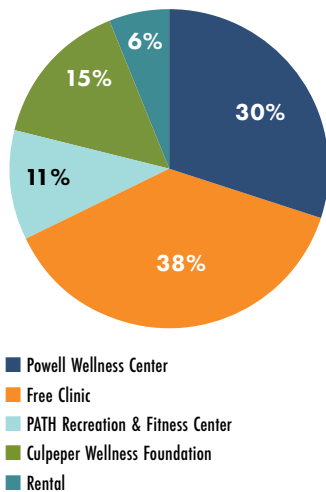
### 2023 REVENUE



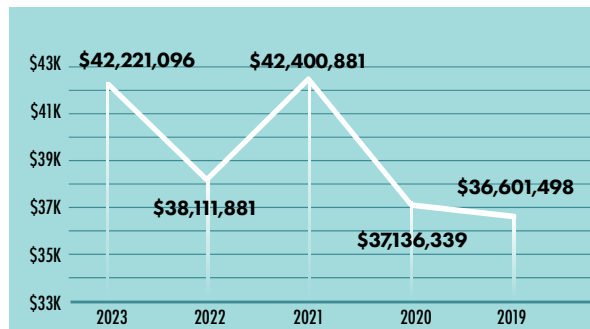
### 2023 EXPENSES



### 2023 EXPENSES BY ACTIVITY



### NET ASSETS AT YEAR END



### EXPENSES

Program services	\$5,155,651
Management and general	\$848,180
Fundraising	\$64,978
Rental property	\$370,903
<b>Total expenses</b>	<b>\$6,439,712</b>
<b>Change in net assets from operations</b>	<b>\$690,213</b>

### NON-OPERATING ACTIVITIES

Net investment gain	\$4,799,428
Change in net assets	\$4,109,215
Net assets, beginning of year	\$38,111,881
Net assets, end of year	\$42,221,096



### FREE CLINIC OF CULPEPER ADVISORY BOARD

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## FREE CLINIC OF CULPEPER

**587** PATIENTS

**1,938** medical visits valued at \$379,848

**6,150** prescriptions valued at \$1,420,650

**\$1.8 million** in medical care provided

**225** new patients for the year

**67** patients were helped with Medicaid enrollment

### HIGHLIGHTS

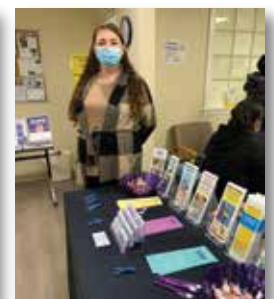
- Partnered with the Culpeper Police and the Less Cancer program to elevate awareness of the importance and availability of cancer screenings within the community.
- Continued monthly health & wellness programs focusing on healthy eating for healthy cholesterol; blood pressure; diabetes; reading food labels; and the importance of exercise.
- In partnership with Powell Wellness Center, continued a program for Spanish-speaking mothers to focus on health goals, resource awareness and health education.



- Initiated outreach to individuals receiving Culpeper Winter Heat Shelter services to provide clinic applications and UVA Health financial aid forms.



- Initiated overdose prevention training for patients.
- Participated in community outreach and hosted service organizations offering health screenings and other resources to clinic patients.



- For the fourth year, earned a Gold Rating from the National Association of Free and Charitable Clinics Quality Standards Program.



## MEET CLINIC PATIENT JACK

Jack visited the Free Clinic for a common health condition that might be perceived as annoying but not serious: a skin tag. Prior to his clinic visit, he had sought and received treatment elsewhere because the skin tag appeared inflamed. Our nurse practitioner did not like the look of the skin tag and made an urgent dermatology referral. Follow up by our patient coordinator ensured Jack was seen quickly, without the months-long delay common with a routine appointment. A biopsy confirmed that Jack had melanoma, a common but serious form of skin cancer. He is now being treated by an oncologist and is undergoing immunotherapy treatments. Jack has a new appreciation for the importance of regular scans of his skin and knows he can count on the assistance of Clinic staff to assist with his future health needs.

## MEET CLINIC PATIENT LUCA

During an annual physical, Luca mentioned he had been experiencing some progressive weakness in his hands and arms. He had noticed that it had become more and more difficult to hold onto his hammer in recent months, threatening his job as a roofer. A neck x-ray came back negative, and a course of steroids did not improve his symptoms. Ultimately, an MRI showed a tumor in his cervical spine.

Together, Clinic staff and Luca reviewed his options. No treatment could lead to complete paralysis. However, with surgery, there was a similar risk. Luca chose the surgery.

Clinic staff provided guidance on which medications to discontinue prior to the surgery, as well as diet management and following a healthy lifestyle while he is not taking his medications.

Clinic staff alerted Luca to the support available through UVA Health in Charlottesville pre and post-surgery, and through organizations such as People Inc. and the Department of Aging & Rehabilitative Services for any long-term resource deficits.

Good news: while his post-operative recovery time was long, Luca has recovered from this major surgery and is doing well. He has been back to the clinic for follow up and Clinic staff look forward to providing him with ongoing medical care.



*Free Clinic volunteers contributed nearly 1,700 hours in 2023.*

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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 \$42,276 through the scholarship program at Powell Wellness Center and PATH Recreation & Fitness Center.



## POWELL WELLNESS CENTER HIGHLIGHTS

- Recognized as Best Gym in the Culpeper Star Exponent's annual Best of Your Hometown campaign.
- Awarded 70 medical fitness scholarships serving 109 individuals.
- Received 339 referrals from physicians for individuals to participate in FitScripts medical fitness programs, representing 5% growth over 2022.
- Launched two new classes: Chair One Fitness, a seated, musically driven cardio & strength workout, and POUND, a cardio & strength class incorporating lightly weighted drumsticks for pounding out the beat. Both serve all fitness levels.
- Offered open programs and events promoting community health & wellness: Mardi Gras, Easter and Halloween family pool parties; quarterly Energy Medicine Yoga; blood pressure screenings with the Germanna Community College nursing students; an open house for individuals diagnosed with Parkinson's disease to learn about PWC's Rock Steady Boxing program; CPR & First Aid classes, and informational sessions on the UVA Health Outpatient Imaging Center, brain health; and fall prevention and safety. Flu shots and COVID boosters were offered on site through Remington Drug Company.
- Organized 6th annual Turkey Trot 5K. Through their race registrations, 590 runners and walkers (an increase of 150 registrants over 2022) helped support medical fitness scholarships for low-income individuals.



## A FITSCRIPTS PARTICIPANT CELEBRATES SUCCESS

As a certified medical fitness facility, PWC offers the professional expertise and programming necessary to assist people, regardless of current health status, to develop and maintain an active lifestyle that minimizes the risk of illness and promotes health and wellness.



With the goal of improving her overall fitness, Kim joined PWC and began to focus on her fitness after she went to the doctor for her physical. Kim says, "We got to talking about weight and all the fad diets or weight loss medicines being promoted, and my doctor offered to prescribe a weight loss medicine for me. Hearing that I was the perfect candidate was a bit of a wake-up call. After some research, I decided that the best, most healthy way to accomplish my goal of weight loss and toning was through diet and exercise."

Kim signed up for a PWC wellness assessment, which helps members establish a fitness baseline and track progress yearly. She learned about the FitScripts program and felt it was something she could benefit from. FitScripts is an eight-week program of supervised small group sessions, and diet & weight loss is one of the "tracks" supported by the program.

Kim had never worked with a trainer or done a program like FitScripts. She says, "I consider myself an active person and I've worked out on and off over the years. Prior to the pandemic, I swam laps regularly. Mostly my efforts have been single activity focused, such as swimming laps, using the elliptical, walking or aerobics classes. Working with personal trainer Bobby Zajkowski, I learned a variety of workouts so that every day is different."

Kim set short and long-term goals and smaller goals to challenge herself while working out. "Bobby encouraged me to wear my Apple watch and track my steps and calories burned each day. He showed me how to set up a fitness group—now my whole family and a few friends are all in a group. We compete against each other and keep each other motivated. I have my goal for calories burned every day and I try my best to move enough to meet that goal. I thought hitting my goal would never happen. Now I usually hit that goal every day."

As a result of her FitScripts and personal training experiences, Kim reflects, "I have much more energy! I was having a lot of lower back pain and that has gotten so much better. I've gone down in clothing size. I've learned so much more about working out and I keep learning every day." Kim's resting heart rate and blood pressure have gone down, her overall body fat percentage has dropped, and her flexibility has improved. A visit to her doctor has become an opportunity to share her progress.

## POWELL WELLNESS CENTER MEDICAL ADVISORY COMMITTEE

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Erin Thompson, Culpeper  
Medical Center UVA  
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Ostranda Williams, MD  
Specialty: Pediatrics

## PATH RECREATION & FITNESS CENTER HIGHLIGHTS

- Recognized as Best Gym in the Culpeper Times annual reader survey and Best Recreation Center in the Culpeper Star Exponent's annual reader survey.
- Held first Glow Run family event with more than 100 participants registering for the 5K, Kids Fun Run & indoor Walk 5K class to benefit youth fitness scholarships.
- PRFC personal trainer Marcus Haywood voted Best Personal Trainer in the Culpeper Star Exponent's "Best of Your Hometown" survey for the second year.
- Launched children's summer camp program that included baseball, basketball, volleyball, and athlete sculpting as well as a games & activity program for young children.
- Continued to offer multi-week movement and health program for homeschooled children with varied curriculum of exercise classes, recreation opportunities, health education and related crafts.



### YOUTH CAMPERS FILL THE COURTS

A preschooler exploring an obstacle course. A high school basketball player practicing their shot. Middle school volleyball players improving their skills to fulfill aspirations of high school play. A variety of programs attracted 81 children ranging in age from 3 to 16 to PRFC's first year of summer camp programming.

The "littles" enjoyed their own Clubhouse on the Courts camp, which included a range of games and active play on the courts, plus creative projects. The camp ended with a fun wrap up: an art exhibit showcasing their creations for their families.



A partnership with the Culpeper Cavaliers baseball team, a new addition to the Valley Baseball League franchise, brought collegiate players to the recreation center to share their game knowledge with young ball players ages 9-13. This unique experience gave the kids time to work on their game skills with drills on the courts and in the batting cage. Youth players also enjoyed relaxed fun with Cavaliers players through pickleball and basketball pick-up games during the recreation portion of the camp.

Volleyball camps served middle school and high school players, and an advanced skills basketball camp served boys high school players. An athlete sculpting camp focused on developing speed and agility gave youth participants the tools to hone their athletic skills through training exercises and drills.

"It was really fun to see the energy and enthusiasm the kids brought to the programs over the course of the summer," said PRFC manager Christine Kauffmann. "We're very fortunate to work with talented staff and community coaches who are committed to supporting youth sports and recreation in very positive and fun ways. Our first year offering camps was a great starting point and felt very community-building, with new families becoming aware of our center and its programming."



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- Khalil Hassan
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- Aging Together
- Boys & Girls Club of Central Virginia
- Bridge Ministry
- Christ-Centered Addiction Restoration Service (CARS)
- Community Development Redistribution (CDR) Resource Center
- Culpeper Food Closet
- Culpeper Renaissance Inc.
- Generations Central Adult Day Center
- Hero's Bridge
- Madison Free Clinic
- Madison Learning Center
- Manna Ministry
- Orange County Free Clinic
- People, Inc.
- Services to Abused Families, Inc. (SAFE)



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# Healthy People in Healthy Communities

**Culpeper Wellness Foundation**

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