



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

Culpeper Wellness Foundation

COMMUNITY REPORT 2024

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 November 2024, we proudly celebrated the 10th anniversary of the Culpeper Wellness Foundation—a milestone made possible through the dedication and support of our staff, donors, community partners, board members, and friends. Together, we reflected on the early days of our organization, our high aspirations, the challenges of the COVID-19 pandemic, and the many accomplishments that followed. Every success along this journey has been a collective achievement, and we are deeply grateful to all who have been part of it.

Over the past decade, we have awarded more than 300 grants to 90 community partners, investing over \$3.5 million in programs that strengthen the health and wellness of our region. These grants have helped provide healthcare, food, shelter, mental health services, childcare, eldercare, and much more across Culpeper, Madison, and Orange counties.

In 2017, we established a scholarship fund through the Northern Piedmont Community Foundation to support local students pursuing health-related careers at Germanna Community College. To date, the fund has awarded 16 scholarships. This investment in the future of our healthcare workforce will continue to make scholarships available for years to come.

The Free Clinic of Culpeper served 742 patients in 2024—a remarkable increase from 440 in 2016. Today, patients not only receive high-quality, compassionate medical care but also benefit from telehealth mental health services, a food pharmacy, fresh produce, diabetes education, and other wellness programs.

We also awarded \$75,000 in fitness and recreation scholarships in 2024 through Powell Wellness Center and PATH Recreation and Fitness—up from \$42,000 in 2023. This growth reflects our ongoing commitment to ensuring that everyone in our community has access to fitness and recreation opportunities, regardless of financial barriers. We are sincerely thankful for the generous grants and donations that make this possible.

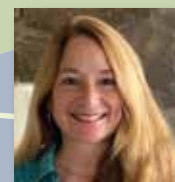
The Piedmont Regional Dental Clinic, managed by the Foundation, provided oral healthcare to nearly 4,700 patients in 2024. The clinic expanded its services to include free urgent care for low-income and uninsured adults from Culpeper, Madison, and Orange counties, as well as free comprehensive dental care for low-income, uninsured children.

As we look back, it is clear that every step forward has been made possible through the power of partnership. Together, we have improved the lives of so many — and together, we will continue to do so.

Thank you—to each and every one of you—for your unwavering support.

Ed Scott, Board Chair

Shari Landry, President



CULPEPER WELLNESS FOUNDATION

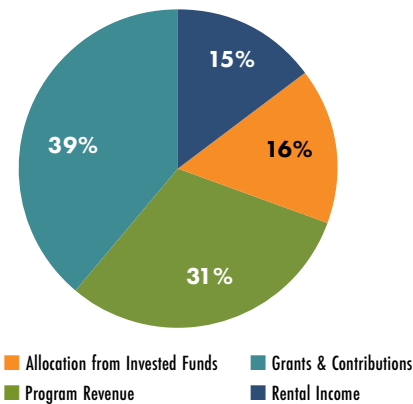
FOUNDATION HIGHLIGHTS

- Responded to community health and wellness needs with grants of \$276,500.
- Through funding for education scholarships, supported seven local students pursuing certificate or degree programs related to health and wellness at Germanna Community College.
- Initiated internal discussions and outreach to community partners to identify how Foundation property adjacent to 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. Through a Dental Delta of Virginia Foundation grant, the clinic acquired a 3D printer and scanner for crowns and night guards. This has expanded treatment options and provided in-house convenience for patients. The clinic also became a full member of the Virginia Association of Free & Charitable Clinics.

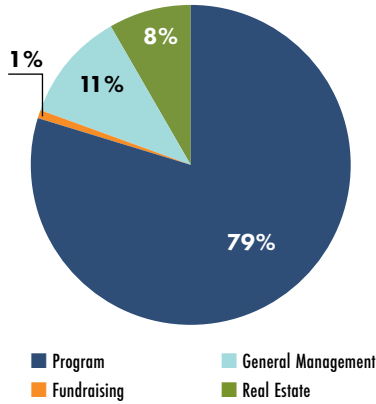


A successful first 3D crown procedure

2024 REVENUE



2024 FUNCTIONAL EXPENSES

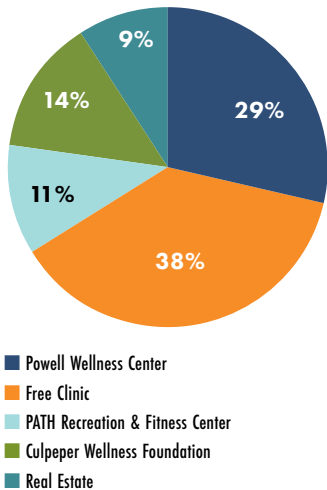


CONSOLIDATED STATEMENT OF ACTIVITIES

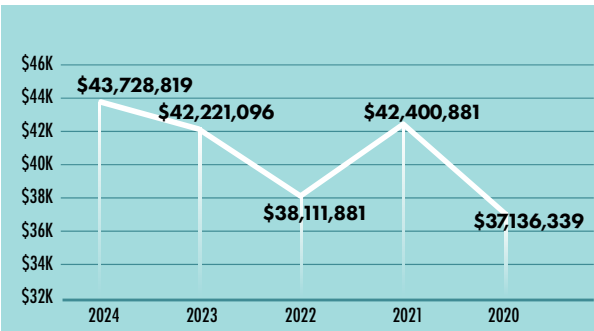
SUPPORT AND REVENUE

Membership dues	\$1,555,289
Program revenue	\$332,835
Ancillary revenue	\$199,525
Contributions	\$431,408
Contributed non-financial assets	\$665,188
Contributed non-financial services	\$1,206,056
Grants	\$338,437
Rental income	\$1,042,910
Total support and revenue	\$5,771,648

2024 EXPENSES BY ACTIVITY



NET ASSETS AT YEAR END



EXPENSES

Program services	\$5,116,143
Management and general	\$702,089
Fundraising	\$88,300
Rental property	\$546,179
Total expenses	\$6,452,711
Change in net assets from operations	(\$681,063)

NON-OPERATING ACTIVITIES

Net investment gain	\$2,188,786
Change in net assets	\$1,507,723
Net assets, beginning of year	\$42,221,096
Net assets, end of year	\$43,728,819



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FREE CLINIC OF CULPEPER

742 PATIENTS

1,887 medical visits valued at \$583,083

4,236 prescriptions valued at \$1,003,932

\$1.6 million in medical care provided

235 new patients for the year

42 patients were helped with Medicaid enrollment

HIGHLIGHTS

- In partnership with the Blue Ridge Area Food Bank, established a Food Pharmacy at the clinic to improve patients' access to nutritious food.
- Increased patient accessibility to mental health services through an affiliation with the Virginia Telemental Health Initiative.
- Hosted service organizations offering health screenings and other resources to clinic patients.
- For the fifth year, earned a Gold Rating from the National Association of Free and Charitable Clinics Quality Standards Program.
- Participated in community outreach to expand awareness of clinic services.



CULPEPER WELLNESS FOUNDATION

FOOD PHARMACY OFFERS ACCESS TO NUTRITIOUS FOOD

In fall 2024, clinic patients began benefiting from year-round convenient access to healthy food, thanks to the Blue Ridge Area Food Bank's Food Pharmacy program.

Many clinic patients have chronic illnesses such as high blood pressure, diabetes and high cholesterol. These conditions can show improvement when healthy foods are incorporated into the diet.

The Food Pharmacy program is tailored to the clinic population's needs and complements nutrition education provided at the clinic as part of patient care. The clinic also provides recipes and samples of foods that patients may have never tried or may not be used to eating.

With the help of local Eagle Scout candidate Evan Lennox and a team of scouts, the clinic's conference room was transformed into a pantry with sturdy shelving and a refrigerator.

A donation by the Culpeper Mid Day Lions Club to help address diabetes supported the purchase of cookbooks and other education materials as well as cold storage units.

By becoming a partner site in the Food Pharmacy program, the Free Clinic is reducing the primary challenges faced by patients seeking fresh food: cost and accessibility.



MEET CLINIC PATIENT AND VOLUNTEER REBECCA

Years ago, Rebecca, then a resident of Peru, was able to obtain a visa to visit the United States to see her sister. Rebecca says the visit "opened her eyes to a different way of life." She returned to Peru determined to convince her family to move to the U.S.

After moving, neither Rebecca nor her husband were able to find work in their professional fields due to differing education and licensure requirements in the U.S. When Rebecca's husband found work, his salary covered the family's food and housing, but his new employer didn't provide health insurance.



Rebecca and her husband learned about the Free Clinic and applied to become patients. When she noticed that there were Spanish speaking patients struggling to communicate with clinic staff, Rebecca became a volunteer translator at the clinic.

She also became connected with a number of other community organizations, which led to her enrollment in a Certified Nurses Aide training program. Rebecca interned at the Free Clinic and then continued as a volunteer until finding a fulltime position with benefits in her new field. Her children also pursued additional education and are active in their community.

Reflecting on her involvement with the Clinic, Rebecca says, "The clinic team is there to give you a hand up to help you get to the next part of your journey. Without the help from the team at the Free Clinic, my life and my children's lives would have been very different."

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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 \$75,000 through the scholarship program at Powell Wellness Center and PATH Recreation & Fitness Center.



CULPEPER WELLNESS FOUNDATION

POWELL WELLNESS CENTER HIGHLIGHTS

- Awarded medical fitness scholarships benefiting 125 individuals seeking to improve their health and wellness.
- Launched quarterly Tai Chi programming that includes introductory “sample” classes as well as an 8-week developmental program. This programming is open to members and non members interested in experiencing Tai Chi’s benefits, which include increased flexibility, mobility and lung capacity, greater leg and hip strength, and an enhanced sense of balance.
- Offered diverse programs in support of community health & wellness: World’s Largest Swim Lesson introduction to new swimmers; quarterly Energy Medicine Yoga; Yoga Nidra deep relaxation; blood pressure screenings; an 8-week fascia health group program; and informational sessions on improving sleep quality, preventing falls and improving balance, and choosing foods for better nutrition. Other sessions focused on hearing and peripheral artery disease with evaluations. Flu shots were offered on site through Remington Drug Company.
- Through their registrations for PWC’s 7th annual Turkey Trot 5K, 590 runners and walkers (an increase of 150 registrants over 2023) contributed to the medical fitness scholarship program.



ROCK STEADY BOXING RECEIVES POWER OF CHANGE GRANT

Rock Steady Boxing (RSB) is a research-based exercise program focused on improving quality of life for individuals living with Parkinson’s disease (PD). 2024 marked the program’s fourth year.

Rappahannock Electric Cooperative selected PWC’s RSB program as the recipient of a 2024 Power of Change grant. This grant supports scholarships to help expand access to PWC’s RSB program for more community members.

PWC also hosts a free PD Support Group that meets monthly for education and experience sharing. To boost community awareness, PWC hosted a free open house for individuals diagnosed with Parkinson’s disease and their support partners to learn about Rock Steady Boxing & the support group.



FITSCRIPTS

PWC’s FitScripts program offers exercise plans that reflect guidance from a participant’s health care provider to support the participant’s specific health needs.

In 2024, the program received 455 referrals from physicians for patient participation in FitScripts medical fitness programs, representing 34% growth over 2023.

Existing tracks support fitness needs related to cardiac health, cancer, diabetes, general weight loss, orthopedics, pre & post natal, and kids’ fitness.

A FitScripts participant commented, “I love the FitScripts program. Since enrolling in the program I feel better all around. My digestion, sleep and mood are all improved and I’ve been able to discontinue my anxiety medication. I’m so thankful for the program.”



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PATH RECREATION & FITNESS CENTER HIGHLIGHTS

- Recognized as Best Recreation Facility in the Culpeper Times' annual reader survey.
- Scholarships awarded to youth participating in tumbling, volleyball programming, homeschool Movement & Health, baseball camp, and athlete sculpting camp.
- Spring Glow Run and fall craft fair benefited youth fitness scholarships.
- Second year for youth summer camps, which included baseball, basketball, volleyball, athlete sculpting, and pickleball.
- Multi-week movement and health program offered homeschooled children ages 5-12 a diverse curriculum of exercise classes, recreation opportunities, health education, and crafts.
- Extensive basketball and volleyball programs supported youth player development from elementary to high school age.
- Second annual Trunk or Treat brought hundreds of families to enjoy facepainting, aerial acrobatics, crafts, and bouncy house fun.



A SCHOLARSHIP SUPPORTS A TEEN'S INTEREST IN VOLLEYBALL

A mom shares the positive impact that participating in volleyball programming has had for her daughter.

"I am the single mother of five children. I have been a single mother now for a good 12 years, and in those 12 years, I have never really been able to offer sports to my children, just because the funds were honestly not there. My 14-year-old daughter who received the financial aid scholarship suffers from social anxiety and depression, which also causes her to have migraines almost daily. She had been talking to me about her interest in volleyball for about two years now.

When I came across this program and applied, she was very excited to learn that she could participate with some of her peers from the community. In the start she was very anxious and nervous, but she pushed through and has gained quite a few friends and truly enjoys the time she gets to spend learning volleyball skills with her peers. She has a true drive for the sport.

I just want you to know that this would not have been possible without the funds for the scholarship. It has done wonders for her in more ways than one. Not only does she get to enjoy something she loves, but it has improved her sleep quality and overall mood. She now has the opportunity to take two more summer courses of volleyball through PATH and will be trying out to play for her school in the upcoming year. All of which would not have been possible without you, the sponsors. I would like to say thank you so much for all of your support, it is greatly appreciated."



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FOUNDATION GRANT SUPPORTS SOFT INTERVIEW ROOM

In July 2024 the Foundation board voted to approve a \$60,000 grant supporting creation of a soft interview space for Culpeper County children who are victims of violent crimes. The grant is in response to a need identified by the Culpeper County Sheriff's Office, Culpeper Department of Human Services, Culpeper Child Protective Services and Culpeper Youth Network. The interview space is designed with the needs of young victims and their family members in mind. The space will prioritize comfort and wellbeing through increased privacy and a softer and more comfortable ambience. The Foundation grant represents half of the project's developmental cost, with the other half contributed by the county.

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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

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