

# CLEARWATER FREE CLINIC

# CARE



# GIVER

Winter 2022

Health care for uninsured families

## MUSIC FOR THE SOUL

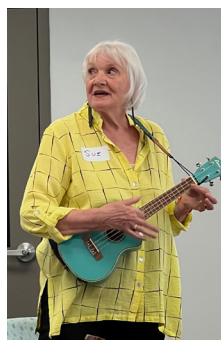
### NEW UKULELE CLASS AT THE CFC OFFERS A NEW LOOK AT THERAPY

In October, the Clearwater Free Clinic (CFC) introduced a new program for Behavioral Health patients centered around the use of music as a form of therapy. The ukulele class introduced a new instrument to many of the patients at the CFC and allowed them to express their feelings and emotions musically. Over a 6-week period, patients learned the basic skills of the ukulele and practiced familiar tunes and songs.

*"I look forward to surprising my daughter when she comes home for Christmas and showing her I can play the ukulele."  
Peggy Melcher, CFC Patient*

The ukulele class was generously funded by a gift from the Tampa Bay Ukulele Society who donated ukuleles for CFC patients and led by volunteers from the Dunedin Ukes Club. The first classes took place every Tuesday for an hour and a half to explore new notes, chords, and techniques.

With the completion of the ukulele class, patients would receive the ukuleles as gifts. Many patients said it has provided them with many benefits, including a sense of accomplishment, joy, and an outlet for their emotions.



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The Clearwater Free Clinic's mission is to deliver comprehensive medical care to uninsured families through volunteerism and community partnerships... Building Healthy Communities.

## MEET YOUR MARTINIS + MATISSE HONORARY CHAIRS



### CYNDI & STEVE HELLER

The Martinis + Matisse Committee and the Clearwater Free Clinic (CFC) are happy to announce longtime supporters, Cyndi and Steve Heller as the Honorary Chairs of the January 21st event. Residents of North Pinellas County since 1981, Cyndi and Steve have served on several boards of local community organizations. The Hellers

feel strongly about the importance of giving their time and energy towards helping serve those less fortunate in the community and are proud to be a part of the Clearwater Free Clinic in all that we do.

# DIABETES EDUCATION & EMPOWERMENT



## Diving into Diabetes & Health

THE CFC STARTS THE DEEP CLASS FOR DIABETIC PATIENTS

In late October, the Clearwater Free Clinic (CFC) began the first Diabetes Education & Empowerment Program (DEEP) for diabetic and pre-diabetic patients. Funded by Baycare and led by the Clinic's Healthy Living Coach, Georgeann O'Leary, the class served as an education and support group. A group of 10 CFC patients gather every Monday for two hours to learn more about diabetes management, healthy eating habits, exercise techniques, and share their own experiences with others.

*"Not only do the patients learn about diabetes and how they can manage it, but they get to network with other people with diabetes, get support, and learn from each other."*  
Georgeann O'Leary, Healthy Living Coach



## Patient Impact: Bonnie

Worried she would not be able to afford her diabetes medicine, Bonnie learned about the CFC from a friend who was a patient at the time. Without insurance, Bonnie was in need of a medical home. Diagnosed with Type 2 diabetes over 20 years ago, she struggled to regulate her glucose, manage her symptoms, and maintain a healthy lifestyle. Bonnie regularly attends the DEEP classes taught by Georgeann and learned more about diabetes management and healthy living.

"The class has been really helpful in teaching us about how diabetes affects the whole human body," Bonnie said. "I've been on a healthier diet and more self-disciplined."

Since becoming a patient, Bonnie has lowered her A1C to 6.0 percent - the lowest it has been in 20 years.

## #GivingTuesday

THE CFC RAISES FUNDS FOR NEW CGM MONITORS

**GIVING**  
*Patients*  
*More*  
**TUESDAYS**

In recognition of #GivingTuesday - an annual day of giving on November 29th for nonprofits and communities worldwide - the CFC asked the community to support the purchase continuous glucose monitors (CGMs) for our diabetic patients. These life-changing devices are far too expensive for our patients without insurance or ample income to afford. CGM devices are instrumental in diabetes management by providing patients with 24/7 monitoring of glucose levels. These devices also reduce the number of fingerstick tests patients must do daily. The CFC sends a heartfelt thank you to all who supported our campaign and helped us provide CGMs to our patients. If you would still like to give, donate to our campaign here: [clearwaterfreeclinic.harnessgiving.org/campaigns/8766](https://clearwaterfreeclinic.harnessgiving.org/campaigns/8766)

# SPECIAL EVENTS



## ANOTHER DANCE ON THE BEACH

Many may remember the fun, day after Thanksgiving party for families called "Dance on the Beach." The Clearwater Free Clinic, residents of Pinellas County, and partners celebrated "Another Dance on the Beach" on Friday, November 25, 2022. We are so grateful for the committee for selecting the Clinic to benefit from this special event. A special thanks goes to Ellen Bilgore, Molly DuPont, and Sarah Wilkerson for their dedication to making this event a success.



See you at...

**MARTINIS  
+  
MATISSE**

January 21, 2023

[www.martinisandmatisse.org](http://www.martinisandmatisse.org)

**SAVE THE DATE**

**John H. Meek Jr. MEMORIAL**

**GOLF TOURNAMENT**

**MAY 1, 2023**

**NEW LOCATION:**

**BELLEAIR COUNTRY CLUB**

Newly renovated West Course with signature peninsula hole!

# CLINIC NEWS

## HONORING DR. LOUIS MICHAELOS

THE CFC DEDICATES EYE CARE ROOM TO LOCAL OPHTHALMOLOGIST



On November 17, 2022, the Clearwater Free Clinic (CFC) dedicated its beautiful ophthalmology suite in honor of physician volunteer Dr. Louis Michaelos. Dr. Michaelos is credited for starting the Clinic's eye program in 2002. With direction and support from Dr. Michaelos, a storage closet was equipped and transformed into the Clinic's first dedicated eye room. Over the past 20 years, thousands of Clearwater Free Clinic patients have received specialized eye care because of Dr. Louis Michaelos' commitment to the uninsured population of our community. In their 2022 fiscal year, the Clearwater Free Clinic had 152 eye appointments to support patients who would otherwise not be able to get the care they needed.

## THANK YOU TO OUR VOLUNTEERS!



**Dr. David Shapiro**  
Physician of the Year



**Marie Ziegler**  
Volunteer of the Year



**Jared Carter**  
Volunteer of the Year



**Alex Hervey**  
Above and Beyond Award



**Kathy Ronan**  
Above and Beyond Award



## VOLUNTEER LUNCHEON 2022

November 11, 2022 was a wonderful day of celebrating for the CFC's volunteers at our annual Volunteer Appreciation Luncheon at the Carlouel Yacht Club! There aren't enough thank you's to show just how much they mean to the Clinic, our patients, and the community. We hope they all enjoyed the day! Congratulations to all of our outstanding volunteers who received awards for their commitment and dedication!



## WELCOME MICHAEL

CFC FRONT OFFICE MANAGER

Michael Everett-Qualters is proud to be a part of the CFC team as the Front Office Manager. Michael grew up in North Texas and graduated high school in 1998. He then started his healthcare journey soon after graduation and became passionate about caring for others. Michael received his associate's degree in 2016 from St. Petersburg College in Liberal Arts. He is now currently enrolled in the Elementary Education program and works part-time as a substitute teacher for Pinellas County. What Michael enjoys most is greeting our patients at the front desk, assisting patients with their healthcare needs, and working with wonderful volunteers who give 110% to all the patients.



"I am excited to be joining the Clearwater Free Clinic family! It is truly an honor to work with wonderful medical professionals who volunteer their time to provide five-star healthcare to the people of North Pinellas"



## WELCOME SANDY

CFC SPECIAL EVENTS & DONOR RELATIONS COORDINATOR

The CFC is thrilled to introduce Sandy Godinho as its Special Events and Donor Relations Coordinator. Sandy started her nonprofit career 11 years ago in the education sector. Her formal education includes a Bachelor of Arts in Business Administration from the University of Central

Florida and an MBA from Webster University. She recently moved from Orlando, Florida. Three things Sandy loves about the clinic is having the opportunity to meet patients, assisting with Spanish and Portuguese translations, and working alongside such an incredible team.

## WELCOME DELORES

CFC MARKETING COORDINATOR

Delores Battle is pleased to be a part of the Clearwater Free Clinic as the Marketing Coordinator. Delores recently graduated from Florida A&M University with a Bachelors of Science in Public Relations minoring in Graphic Design. Delores has always been passionate about working in the non-profit sector, completing several internships with organizations such as the National Association of Black Journalists. What Delores loves most about the Clearwater Free Clinic is being able to use her skills to tell stories that change lives and make a difference in her community.



## TRIBUTES:

THE CFC IS GRATEFUL FOR THE FOLLOWING DONATIONS:

## MEMORIALS:

**Clair Vetter, Jana Vetter Bernsee & Shirley Tegler**

Helen Vetter

**John Clark**

Dr. Todd & Raegan Miller

**Lucille Clemens**

Dr. Todd & Raegan Miller

**Marguerite Coates**

Dr. Todd & Raegan Miller

**Everett Dallacosta**

Dr. Todd & Raegan Miller

**William Floyd**

Dr. Todd & Raegan Miller

**George Foster**

Dr. Todd & Raegan Miller

**Dr. Harry "Jim" Free**

Joseph F. Cornelius Family Foundation

**Brigitte Ho**

Dr. Todd & Raegan Miller

**Thomas Hogan**

Dr. Todd & Raegan Miller

**Ruth Hooker**

Dr. Todd & Raegan Miller

**Robert Hurd**

Dr. Todd & Raegan Miller

**Ryan Johnson**

William & Jean White

**Sandy Miller**

Barbara Thomas

Bruce & Deidra Livingston

Dr. David & Jeannie Shapiro

**ML Narayan**

Manikyam T. Sunder

**Celia Saunders**

Annuit Coeptis Trust

**Frederick Teague**

Dr. Todd & Raegan Miller

**Teresa Vellardita**

Dr. Todd & Raegan Miller

**Marilyn Warneka**

Gina Grunza

Carol Toscani

**Elizabeth Yeloushan**

Dr. Todd & Raegan Miller

**John Zilles**

Dr. Todd & Raegan Miller

## HONORARIUMS:

**Don Harrill**

Jo Ellen Harrill

**Bruce & Deidra Livingston**

Mayor George & Carolyn Cretekos

**D. Judith Lutz**

Marli Lutz

**Stephanie Strikowsky**

Melanie & Peter Sandler

# CLINIC SPOTLIGHT



## CELEBRATING THE LIFE OF SANDY MILLER

It is with great sadness and love that we remember the incredible life of Sandra "Sandy" Miller: a true friend, volunteer, and board member of the Clearwater Free Clinic. Her generous heart touched the lives of countless individuals throughout her life as she was deeply committed to her community and beyond. As a cardiac care specialist, Sandy participated in clinical trials and established guidelines for state of the art nursing care. Sandy volunteered at the Clinic as an intake nurse starting in 2000 and served on the Board for seven years.

## CARE CHRONICLES: SUSAN

In 2016, Susan happened to drive by the Clinic and was interested to find out more. After learning about the Clinic's mission and goal, she immediately became a patient and has made the CFC her healthcare home.

After she expressed mental health issues, Susan was quickly enrolled in our Behavioral Health program. Susan suffered from routine mental breaks caused by intrusive thoughts, feelings of tension, high blood pressure, and restlessness. Our Behavioral Health specialists were able to help Susan find ways to cope with her emotions and manage her anxiety.

In 2019, Susan again faced challenges managing her anxiety after COVID-19 isolated her from friends and family. She also struggled with maintaining clients and contracts for her cleaning business. Not to be deterred, Susan continued to visit CFC's Behavioral Health program to manage her mental health. Realizing she needed more extensive care, the CFC was able to refer Susan to another local mental health program where she could get more in-depth care and medication at no cost to her.



*"The people [at CFC] are fantastic. I would rather come here than go to a private doctor," Susan said. "I have referred other people to come here. They are some of the best people I've known."*

In addition to receiving mental health care, Susan has attended three classes recommended by our Behavioral Health specialist. Her favorite has been the Go Healthy class.

Susan is now receiving the care she needs and does not hesitate to give the Clinic praise.



## MEET SADIE

THE CFC WELCOMES SADIE AS THE NEW THERAPY DOG

The CFC is thrilled to introduce Sadie, a nine-year-old Yorkshire Terrier, as our new Behavioral Health therapy dog. In February, Sadie's owner, LuAnn, brought her to the Clinic because she needed to be monitored after a major surgery. Sadie instantly fell in love with the Clinic staff, volunteers, and patients. Never having been

trained as a therapy dog, Sadie surprised many of the CFC staff with how nurturing and calming she was for patients in the Behavioral Health Program. Sadie now comes once a week as a volunteer therapy dog and works with the behavioral health specialists to provide support and comfort.

### Due to a reporting error, the following donors were omitted from or misrepresented in our Annual Gratitude Report:

#### Founder Circle (\$10,000 - \$49,999):

Advantage Mental Health Center  
Craig Brown  
Dr. David & Jeannie Shapiro  
The Medical Staff of Largo Medical Center

#### Sponsor Circle (\$2,500 - \$9,999):

Advanced Urology Institute  
Cantonis Family Foundation  
Clearwater Cardiovascular Interventional Consultants  
Dr. Daniel Mason & Dr. Cynthia Paganini  
Dr. Joseph & Jenine Perno  
Gail & Newell Phipps  
Moss Feaster Funeral Home  
Rogers Quimby  
Sean & Trina Belanger  
The Tonkinson Foundation  
Trace & Lauren Meek  
Valley Bank

#### Partner Circle (\$1,000 - \$2,499):

Advent Health  
Carey Strickland  
CBIZ MHM, LLC  
Donald & Sharon Bergner  
Elizabeth & Daniel Winter  
James & Minda Chow  
McGill Plumbing  
Paul & Barbara Sheil  
Sandra & David Huston  
Stephen Bouton  
Thomas Hooten

#### Steward Circle (\$500 - \$999):

Alicia G Chase  
Rick Whalen

#### Friend Circle (\$499 and Below):

Dany Chenail  
Dean & Diane Hellickson

We are so sorry to all that were affected and will work to ensure that we eliminate these errors in the future. Thank you for your support!

With Gratitude,  
Holly Moon, CFRE  
Director of Development and Marketing

## NEW VOLUNTEERS

WE ARE GLAD TO WELCOME THESE NEW VOLUNTEERS TO OUR FAMILY!

### PHYSICIANS & SPECIALISTS

Dr. Louise Santos  
Dr. Mariane Bishara  
Dr. Alyson Raymond  
Dr. Vikesh Khanijow  
Dr. Lorraine Byrnes

### NURSING/MEDICAL ASSISTANTS

Beth Stinson  
Mary Murphy  
Henry Samuel

### PHARMACY

Cassidy Hild  
Carey Strickland, PA

### CLERKS & SCRIBES

Anastasia Laurenzo  
Isabella Cruz  
Ajay Gorg  
Markeeta Belmar

### FOLLOW US ON SOCIAL



Clearwater Free Clinic



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Clearwater Free Clinic



@CLWFreeClinic



Clearwater Free Clinic



@Clearwater FreeClinic

## VOLUNTEERS...

**MAKE** a difference.

**LEARN** new skills.

**MEET** new people.

**GAIN** valuable experience.

**HELP** those in need.

# CARE



# GIVER

 Winter 2022

## SAVE THE DATE

John H  
*Meek Jr*  
MEMORIAL

GOLF TOURNAMENT  
**MAY 1, 2023**



### LEADERSHIP STAFF

**Jeannie Shapiro**

Chief Executive Officer

**Mary Lovera**

Director of Clinical Services

**Diane Morse**

Director of Operations

**Victor Riccardo**

Director of Medication Services

**Holly Moon, CFRE**

Director of Development

**Dr. Todd Miller & Dr. Paul Steele**

Volunteer Medical Directors

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1218 Court Street  
Clearwater, FL 33756  
727-447-3041

Clinic Hours: Mon - Thurs  
8:30 AM - 6:00 PM

### BOARD OF DIRECTORS

**Luke Lovgren**

Board Chair

**Kimberly Lacina, APRNN-C**

Board Secretary

**Catherine Haug**

Board Treasurer

### MEMBERS

**Stephen Bouton**

**Merideth Henry**

**Charles E. Hart, Jr.**

**Bruce Livingston**

**Latrice Markison**

**Joseph Perno, MD**

**Craig Phillips**

**David Phillips**

**Buster Wiand**

**Elizabeth Winter**