

# CARE GIVER

 Summer 2021

Health care for uninsured families

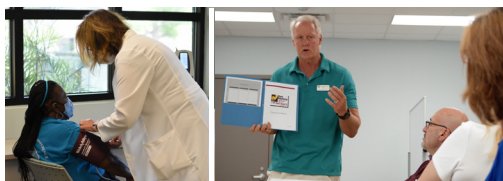
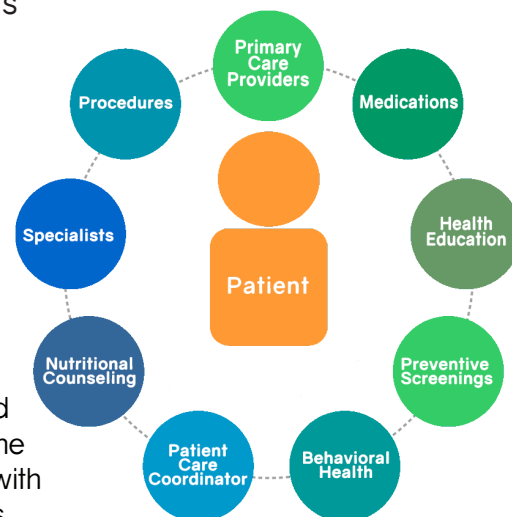
## What is comprehensive medical care?

### CARING FOR THE WHOLE PATIENT

At the Clearwater Free Clinic, comprehensive care is an approach to manage multiple physical and emotional health problems simultaneously. Our organization uses a wide range of Clinic services along with the expertise of numerous medical professionals to provide integrated healthcare...treating the whole patient.

The Clinic's extensive volunteer workforce provides specialty services to prevent, monitor, and treat a wide range of conditions while community partners are able to provide more advanced procedures and testing not available at the CFC. The Clinic's Behavioral Health program completes our integrated

health care approach by addressing the mental health needs of our patients with diagnosing, counseling and medications.



Clinic patients also have the opportunity to achieve a healthier lifestyle by participating in educational initiatives. Currently, the CFC offers a smoking cessation class and two wellness programs: "My Heart, My Health" and the Go Healthy Chronic Disease Self-Management Program to enhance their health.

Comprehensive care ultimately allows providers to monitor the health of a patient as a whole, helping to identify diseases earlier, making treatments easier, resulting in fewer emergency hospital visits and better outcomes!

## WHAT'S INSIDE

John H. Meek Memorial

Golf Tournament ..... 2

A Day at the Clinic ..... 3

Spotlights ..... 7

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

## CELEBRATING DR. LOUIS MICHAELOS FOUNDER OF CFC EYE PROGRAM

In celebration of healthy vision month, Dr. Michaelos, founder of the CFC eye program, spoke with us about his years of volunteer service. In 2002, Dr. Michaelos expressed his desire to help. When told we didn't have an eye room, he replied:

**"That's ok, we'll just do the exam the best way we can."**

As luck would have it, the CFC was in the middle of an expansion and the large storage room soon became our eye room. The development of the eye program allowed the CFC to provide eye-saving exams to our diabetic patient population. With Dr. Michaelos' strong foundation, we look forward to expanding the eye program in the future.



## The John H. Meek Memorial Golf Tournament was un-fore-gettable!

We are grateful to all who helped make the 2021 John H. Meek, Jr. Memorial Golf Tournament such an un-fore-gettable day! The sell-out event held at Innisbrook's Copperhead Course raised a record amount of funds in a time of great need for the CFC. Special thanks to our event committee, donors and volunteers!



## Thank you to our sponsors & friends for your support!

### EAGLE

Don & Mary Ann Harrill  
Craig Brown

Northstar Family Foundation  
John H. Meek, Jr. Family

### BIRDIE

SunCoast Arcade  
Dr. Richard & Susan Murbach  
ProVise Management Group  
PDR CPAs + Advisors  
Sandra Miller  
Tampa Bay Trust Co.  
The Perno Family  
Gary Stubbings  
Bruce & Deidra Livingston  
Client 1st Advisory  
Jeff & Jill Cogen  
McGill Plumbing  
BayCare  
The Cantonis & Heller Families  
Valley Bank

### HOLE

Guardian Trust Foundation  
Advantage Mental Health  
Park & Eleazer Construction  
Rogers Quimby  
Advanced Urology Institute

### TEE

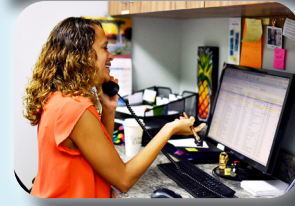
Finance of America Reverse LLC  
Elena Katsulos Reverse Mortgage Advisor  
Achieva Credit Union  
Michael & Carol Foley  
Shirley & Robert Galatas  
Abe's Place  
Steve & Becky Cole  
Sara & John Simmons  
Pat Callan  
Dr. Jeffrey Ellenberg  
Bob & Laura Bentz  
Dan & Sharon Meek  
In Memory of Dr. Charlie Kottmeier  
Dr. David & Jeannie Shapiro  
Valerie Ayers



### 2021 Vendors

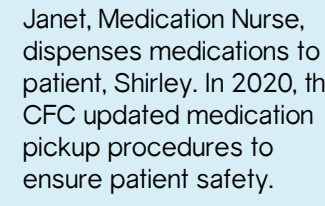


Let us walk you through an average day of serving our uninsured neighbors at the CFC...



9:15AM

Alexis, front office manager, calls patients to confirm next day appointments.



10:15AM

Janet, Medication Nurse, dispenses medications to patient, Shirley. In 2020, the CFC updated medication pickup procedures to ensure patient safety.



11:30AM

Volunteer ultrasound technician, Mariana, performs a diagnostic scan. Since she began at the clinic, she has completed over 150 scans! "I just love to help people here."



2:00PM

Optometry volunteer, Barbara, begins an eye exam with Joshua. The CFC's Eye Program is critical for diabetic patients, who are at high risk for complications that can affect eyesight in the long-term.



4:45PM

Patients participating in the My Heart, My Health Wellness Program learn a new exercise. This 12-week program also includes elements of health education and healthy cooking!



8:30AM



CFC doors are unlocked. Today, 65 patients will be seen at the CFC.

9:45AM

Georgeann completes a healthy living session with Elizabeth. "I couldn't find a full time job providing insurance I could afford. With multiple health problems I really don't believe I would be doing well at all [without the clinic.]"



1:00PM



Afternoon volunteer shifts begin. Nurses, clerks, pharmacists and physicians arrive to care for more patients!

3:30PM

Michelle receives treatment from volunteer podiatrist Dr. Rothschild. "The CFC is helping me to meet my goals and feel better about myself physically and mentally."



5:30PM



Jeannie Shapiro, CEO, provides a tour of the Clinic's facility to supporters and donors.

## Today at the Clearwater Free Clinic...

- » 5 volunteer physicians and 3 nurse practitioners saw 65 patients.
- » 3 new patients were registered.
- » 10 behavioral health visits were provided.
- » 4 new applications for drug assistance plans were submitted.
- » 202 prescriptions were filled.
- » 3 ultrasound diagnostic scans were completed.

# CLINIC SUPPORT

## In Memory of Dr. Richard Murbach



We honor the memory of beloved volunteer, dedicated physician, friend and colleague to countless members of this community.

- |                              |                                  |                                          |                               |
|------------------------------|----------------------------------|------------------------------------------|-------------------------------|
| David S. Alexander           | Dr. Thomas & Pauline Deal        | David & Carolyn Howell                   | David and Nancy Richardson    |
| Jean & Don Alli              | Carlie Donow & Franklin Ascencio | Matt Schaeffer & Jan Humphreys-Schaeffer | Kenneth & Anne Rodgers        |
| Kiely & Steve Allen          | Dennis Durkin                    | Erik Johansen                            | Ann Rood                      |
| Michael & Joanna Andriola    | Dean Echols                      | Doug and Pat Johnson                     | Mary Rutledge                 |
| Ed Armstrong                 | Janet Edmiston                   | Mary Lee & Peter Jones                   | Dr. Brian & Eva Salisbury     |
| George Arnaoutakis           | Brad & Susan Evans               | Eddie & Deb Jordan                       | John P. Sanders               |
| Chicago Babes                | Kiersten & Travis Finchum        | Theresa Ketcham                          | Robin Schenck                 |
| Aileen & David Bair          | Doffi & John Fischer             | Scott Klavans                            | Jack Scherer                  |
| Sal and Maria Basile         | John & Sally Fisher              | Karen Koch                               | Doug & Beth Seith             |
| Carol Bate                   | Jerry Flanagan                   | Soosie Lazenby                           | Dr. David & Jeannie Shapiro   |
| Bob & Laura Bentz            | Arlene Freilich                  | Deidra & Bruce Livingston                | Peggy Souza                   |
| Robert Black, MD             | Pamela Gannon                    | Julie Lopes                              | Judith St Onge, PhD, RN       |
| Stephen Bouton               | Gregory and Donna Garvin         | Diane Morse                              | Jill St. Louis                |
| Mary Jane Campbell           | Ernest Giambra                   | Susan Murbach                            | Stuart & Stephanie Strikowsky |
| Paul & Penny Camporini       | Beverly Gibbs                    | Missy Murray-Lansing                     | Lisa & Gary Stubbings         |
| Gina & Tom Cardy             | James & Tana Gibson              | LuAnn Nelson                             | Cindi Thomas                  |
| Theodore Chamberlain         | John R. Gillis                   | Richard M. Nini                          | Martha Thorn                  |
| Tyler Chambers               | Belinda & George Glover          | Todd O'Donnell                           | Judith Tobin                  |
| Dr. Samuel & Diane Cleveland | Jack & Linda Goldfarb            | Georgeann O'Leary                        | Josephine Tucker              |
| Client 1st Advisory Group    | Tom and Beth Goodgame            | Mark Panado                              | Kristin Vaslij                |
| Cindy Cooper                 | Scott Gran                       | Alexis Perez                             | Stephen and Susan Warner      |
| Mary Cole                    | Rodney Hale                      | Dr. Joseph & Jenine Perno                | Holly Wayland                 |
| Mary Bess and Geoffrey Cole  | Robbin Hedges                    | Rob Phillips, Phillips Industries        | Jim Williams                  |
| Kevin & Charlene Connelly    | Cyndi & Stephen Heller           | Bay Area Chest Physicians, PA            | Elizabeth & Daniel Winter     |
| Mary Critchfield             | Phil & Jenny Henderson           | Johanna & Crayton Pruitt                 |                               |
| Sandra J Dailey              | Blaine & Laura Heric             | Cari Reagin                              |                               |
| Frank & Lynn Dame            | Darlene Hiatt                    | Meredith Reagin & Chris Stubbings        |                               |
| Dawn Daugherty               | Cathy Holbrook                   | Jan Marie Reynolds                       |                               |

## FEATURED B.E.S.T. MEMBER

B.E.S.T. is a group of philanthropic community leaders & business operators who understand the connection between access to health care and maintaining employment. Your B.E.S.T. membership will secure ongoing medical and mental health programs serving the low-income and uninsured.



To learn more contact Development Manager, Meredith Reagin at: (727) 443-3504 or mreagin@clearwaterfreeclinic.org



I was originally introduced to the Clearwater Free Clinic through good friends about 10 years ago. I have always been amazed by the work they are able to do with their volunteers and the funds they raise. In short, they fill an underserved and understated need for healthcare in our community.

Since then, my company, West Coast Medical Resources, has been able to support the clinic with funds and equipment to bridge gaps. Just in the past year, we made a financial donation for the purchase of a new communications system and sourced cystoscopy equipment to meet their clients' needs.

When Jeannie and Meredith approached me about becoming a founding member of their BEST program, it was a no brainer. We the CEOs of successful Clearwater companies owe it to the community to step up and educate our staffs and others on the non-profits who truly shape our region.

– WestCMR Founder and CEO Emeritus, Randy Ware



## CINDY BOYD

### MEDICARE TRANSITION ASSISTANCE



Cindy Boyd is a Medicare Specialist who volunteers her time to help Clinic patients transition after they turn 65. Cindy began donating services after her mother, a long time CFC volunteer, expressed the need of our patients for guidance as they age out of the Clinic. For our patients, many of whom are navigating the healthcare system for the first time, transitioning to Medicare can be confusing and overwhelming. This is where Cindy comes in!

As a Medicare specialist, she takes each individual's needs into consideration to help them choose a plan that's right for them.

*"I just want to make sure they feel comfortable about the plan they've chosen."*

Giving back to the community through her work with the Clinic gives Cindy a strong sense of purpose and warms her heart. We're so appreciative of all the help she provides to patients during their transition to Medicare.

## WELCOME CATHY!

### NEW STAFF MEMBER

Please join us in welcoming Cathryn Cardwell to our staff. At the Clinic, you'll find Cathy in discharge assisting patients at the end of their visit. Cathy may be new to our staff, but she's no stranger to the CFC. In November of 2020, she began volunteering at the Clinic as an intake nurse, taking vitals and preparing patients for their visit. In February, when a staff position opened up, Cathy gladly stepped in. She finds working at the CFC extremely rewarding.

*"It's made me realize how fortunate I am."*

When she isn't at the Clinic, Cathy enjoys boating, fishing, or being in the water.



## TRIBUTES

THE CFC IS GRATEFUL FOR THE FOLLOWING DONATIONS:

### MEMORIALS:

- Martha Jo Shortill
- Bob & Laura Bentz
- Evelyn Kornfeld
- Dr. Donald & Sharon Bergner
- Richard Panish
- Joy & Jerald Collman
- Jack & Mary Ewers
- Paulette Panish
- Cheryl Parrett
- David Miller
- Richard and Gloria Morris
- Dr. David & Jeannie Shapiro
- Shirley & Aryln Tegeler
- Helen Vetter
- Ken Klespies
- Robert Conroy
- Margie K Danahy
- Bruce & Bernice McGroarty
- Phil & Phyllis Remolador
- Jane & Bill Schumacher
- Diane Uithoven
- Debbie White
- Carolee Pezzuti
- Shari Maxwell
- Patricia McNab
- Dr. Todd & Raegan Miller
- Katie Canter
- Dr. Louis & Linnea Paolillo

### HONORARIUMS:

- Don Harrill
- Ann McMurry
- Fred Fisher
- Dr. David & Jeannie Shapiro
- Ed Droste
- Michael E. Sutton
- Sarah and Steven Tonkinson
- Aileen & David Bair
- Barry Hennessey, D.O.
- Colleen Schell
- Kristina Shamonina
- Sarah and Burt Wiand
- Brian Salisbury
- Ed Armstrong
- Jeannie Shapiro
- Richard S. Cohen
- Dr. Richard Maza
- Emily Maza Gleason
- Jody Cox
- Howard Watts

# CARE CHRONICALS: *Meet Bobi*



As a new CFC patient, Bobi received treatment for hypothyroidism and hypertension. It didn't take long for her primary care provider and ARNP, Corey, to discover that she also was diabetic. Through the Clinic's on-site medication program, she received the medications and support she needed to manage these conditions. Bobi says about her current situation,

**"I would love to be able to afford health insurance. Right now, my life is at a spot where I can at least pay my bills, put gas in my car and put the right food on the table. Any extra that I have, I donate to the Clearwater Free Clinic."**

Fatigue initially presumed to be related to her hypothyroidism diagnosis was found to be a symptom of severe depression and she was directed to the Clinic's Behavioral Health team to address these issues. With new clarity and the guidance of the Clinic's Healthy Living Coach, Georgeann, she was motivated to make big changes! The integrated care she received at the Clinic inspired Bobi to commit to a healthy diet and lifestyle, and she has seen improvements in all areas of her life. We are proud of how far Bobi has come and the CFC will continue to help her meet her goals.

For more about Bobi's story check out the CFC HealthHub blog.

## GRANT ANNOUNCEMENTS

### PUBLIX SUPER MARKETS CHARITIES

Our partnership with Publix Super Markets Charities continues! Building relationships with foundations and corporations who support the CFC's mission to build healthy communities ensures the best quality care and a wide variety of services for our neighbors in need. Thank you, Publix, for your commitment to the Clinic's Medication Program!



PUBLIX SUPER MARKETS CHARITIES

### GFWC CLEARWATER COMMUNITY WOMAN'S CLUB

Clearwater Community Woman's Club celebrated 50 years at their annual luncheon last month! We were so proud to be among the group of impressive nonprofit organizations that received a grant to help fund our Women's Care Program.



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

### VOLUNTEER FEATURE: LESLIE STEELE VOLUNTEER CLERK

Leslie is one of the fabulous volunteer clerks who help keep the front desk at the CFC running like clockwork!

She was first introduced to the Clinic as a volunteer for our annual winter fundraiser, Martinis & Matisse. Her experience helping at the event sparked her interest in the Clinic's mission and soon, she was hooked! What Leslie loves most about about the Clinic is that she is helping people while surrounded by friendly faces.

**"[Volunteering at the CFC] has helped me understand the medical needs of people in our community."**

Leslie has also spent time advocating for the CFC through her employer, New York Life, and has helped spread our mission far and wide. Thank you, Leslie, for all you do!



### STAFF FEATURE: BOB, PATIENT CARE COORDINATOR



Bob began his CFC career as a volunteer clerk in 2015. He had a gift for connecting with the patients, always answering their questions and making them feel comfortable. Bob joined the CFC staff in 2016 as the Clinic's first Patient Care Coordinator. His role is to be an advocate and liaison between patients and the Clinic's healthcare team. Bob also helps oversee the Clinic's smoking cessation, chronic disease self-management, and new "My Heart, My Health" wellness classes. In addition, he works closely with the Lions Club of Clearwater to facilitate sight-saving procedures and eye exams for patients. Bob enjoys helping patients in need and working with dedicated staff and volunteers.

**"Working here has made me realize everyone has an interesting story, you just have to take the time to ask!"**

Bob is a familiar face that our patients can always count on when they need help and we are thankful that he is a part of the CFC family!

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

### NEW VOLUNTEERS

We're glad to welcome these new volunteers to our family and more to come in the coming months.

#### INTAKE:

REBECCA BASTON  
MA/SCRIBE

#### CLERKS:

REEM SULAIMAN  
CHRISTOPHER PHILLIPS  
SAL LUMIA

#### NURSES:

ANNA HOPEN, RN  
VLAD LUT, RN

#### PHARMACY:

OANA ALARAKHIA



## VOLUNTEERS...

- MAKE** a difference
- LEARN** new skills
- MEET** new people
- GAIN** valuable experience
- HELP** those in need

Both Clinical and non-clinical volunteers needed.

[www.ClearwaterFreeClinic.org/Volunteer](http://www.ClearwaterFreeClinic.org/Volunteer)



# CLEARWATER FREE CLINIC

Health care for uninsured families

1218 Court Street  
Clearwater, FL 33756

NON-PROFIT  
ORG.  
U.S. POSTAGE  
**PAID**  
TAMPA, FL  
PERMIT NO. 3443

# CARE



# GIVER

Summer 2021

## Save the Date



## January 22, 2022

We can't wait to  
"olive it up"  
together again!

Benefiting



CLEARWATER  
FREE CLINIC  
Health care for  
uninsured families

### LEADERSHIP STAFF

**Jeannie Shapiro**  
*Chief Executive Officer*  
**Mary Lovera**  
*Director of Clinical Services*  
**Diane Morse**  
*Director of Operations*  
**Victor Riccardo**  
*Director of Medication Services*  
**Meredith Reagin**  
*Development Manager*  
**Darlene Hiatt, ARNP**  
*Nurse Practitioner*  
**Corey Shapiro, ARNP, FNP-C**  
*Nurse Practitioner*  
**Dr. Todd Miller & Dr. Paul Steele**  
*Volunteer Medical Directors*

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

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



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

### BOARD OF DIRECTORS

**John Peterson**  
*Board Chair*  
**Jacqueline Velilla**  
*Board Vice Chair*  
**Laurel Flynn**  
*Board Secretary*  
**Cathy Haug**  
*Board Treasurer*

### MEMBERS

**Stephen Bouton**  
**Kiersten Finchum**  
**Cyndi Heller**  
**Bruce Livingston**  
**Luke Lovgren**  
**Trace Meek**  
**Sandra Miller**  
**Joseph Perno, MD**  
**Craig Phillips**  
**David Phillips**  
**Brian Salisbury, MD**  
**Buster Wiand**  
**Elizabeth Winter**