

CARE GIVER

 Summer 2022

Health care for uninsured families

THE ART OF HEALING

NEW PROGRAM AT THE CFC OFFERS A NEW LOOK AT THERAPY

In April, the Clearwater Free Clinic introduced a new program for Behavioral Health patients centered around the use of art as a therapy. The Art Connection class allows patients to connect with their feelings and experience a sense of self-accomplishment and self-worth while exploring new outlets through the art they complete over an 8-week period. (CONTINUE READING ON PAGE 3).



“Art therapy allows people the opportunity to express themselves and be creative.”

- Laurie Deer, LCSW



WHAT'S INSIDE

John H. Meek Memorial

Golf Tournament 2

Art Connection (cont.) 3

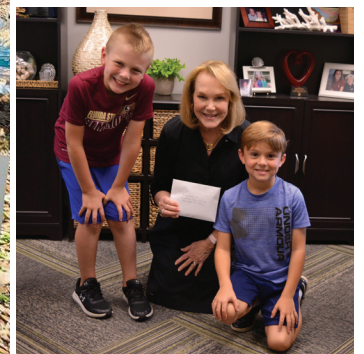
Spotlights 7

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

TURNING LEMONS INTO LEMONADE FOR THE CFC



In April, two of our youngest donors, Drew and Luke, set up a lemonade and cookie stand to raise money for the Clearwater Free Clinic's CPAP Fundraiser! Thanks to Jim and Sue Petru's matching pledge, their donation had double the impact!



John H. Meek Jr. MEMORIAL GOLF TOURNAMENT

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

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



Thank you to our wonderful Committee!

- | | | |
|-----------------|-----------------|------------------|
| Jody Cox- Chair | Samantha Hooten | Chandler Nessler |
| Jeff Cogen | Thomas Hooten | Thomas Nessler |
| Jill Cogen | Marta Howell | Craig Phillips |
| Shea Cox | Richard Howell | Meredith Reagin |
| Brian Crisorio | Trace Meek | Michael Venezia |
| Carlie Donow | Lauren Meek | Sarah Venezia |
| John Halliday | Patty Meek | Amanda Wood |
| Heather Herrema | Sandra Miller | Shane Wood |
| Mitch Herrema | | |



Presenting Sponsor
THE RUTH & J.O STONE
FOUNDATION

FARWAY
Don & Mary Ann Harrill

2022 Sponsors
EAGLE
Don & Mary Ann Harrill
The Meek Family
Northstar Family Foundation
David Hillis & Dr. Patrice Muchowski

- | | | |
|---|--|--|
| BIRDIE
Steve & Aggie Engelhardt
Karl Flammer Ford
Refiner MedSpa
Carr, Riggs & Ingram LLC
ProVise Management
Group LLC
Cantonis Family Foundation
FrankCrum
The Perno Family
Harbor Painting | Bob Coston, Edward Jones
BayCare Hospitals:
Mease Countryside, Mease
Dunedin & Morton Plant
Lisa & Gary Stubbings
Dayton Andrews Chrysler
Dodge Jeep Ram Fiat
McGill Plumbing
Jody Cox & Family
Meek Insurance Agency | Suncoast Arcade
Guardian Trust Foundation
Ted Twombly
Craig Brown
Erin & Kevin Quintero
Orthopaedic Specialties
Moss Feaster
Dr. James Chow
Deidra & Bruce Livingston
Brad Meinck |
|---|--|--|

- | | | | |
|---|--|---|--|
| PAR
Scott Baker
Catherine Connolly
Earle Cooper
Crystal Glass & Mirror,
Joe & Jennifer Pampanye
Harold Fischer | Dr. Gordon Goodman
John Hayes
Dr. Federico Lenz
Dominic Lorusso
Sean & Laura Manning
Robert Moreyra | Tom O'Brien
Roger Peters
Rick Rolli
Dave Sheffield
Paul Sheil | Bob Simmons
Joe Tobin
Valley Bank
Ron Lancaster
Lancaster Insurance Inc. |
|---|--|---|--|

- | | | |
|---|--|---|
| TEE
Dr. Todd & Raegan Miller
Abe's Place
Carol & Michael Foley
The Murbach Family,
In Memory of Dr. Richard Murbach | Badfins Food & Brew
The Ayers Family
John Rasch Painting
Rev. Robert & Shirley Galatas
Bob & Laura Bentz | The Fischer Family
Betty & Paul Ley
Spencer Associates Architecture |
|---|--|---|

- | | | | |
|---|--|---|--|
| WINE PUTTING CONTEST
Sandra P. Miller | BLOODY MARY BAR
Jeannie & Dr. David
Shapiro | GOODY BAG
Noble Family Wealth | GOLF CART
DAYTON ANDREWS
Jeep
St. Petersburg / Clearwater
Where Great Things Begin. |
|---|--|---|--|

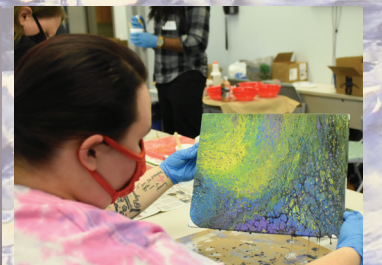


2022 Vendors



Thank you for your generous support of the Clearwater Free Clinic!

The Art Connection program was generously funded by a gift from the Love IV Lawrence foundation in early 2020. With the start of the COVID-19 pandemic, the program was put on hold until this year, when the Clinic was able to resume group classes. The first classes took place over two months, where patients would meet every Tuesday for two hours to explore new art techniques including painting, clay, and drawing. For some patients, this was their first public experience since the start of the pandemic.



With the completion of the Art Connection program, patients have said the class has provided them with many benefits including:

- Permission to take time for their thoughts.
- A sense of accomplishment
- Joy and fun during a complicated period of their life.

PATIENT IMPACT

Kevin was referred to the CFC by one of our hospitla partners after a hypertensive crisis landed him in the ICU. During his initial visit clinic practitioners prescribed medication to lower his blood pressure and provided education on heart health. During his exam, he mentioned concerns about his mental health. He was quickly enrolled in our Behavioral Health program. Since becoming a patient at the Clinic, Kevin's blood pressure has stabilized and he continues to improve under our care. As a patient of Behavioral Health, Kevin was selected to attend the CFC's Art Connection class.

"Everyone at the Clinic is extremely helpful and supportive. They genuinely try to help in any way they can. What I really like about the [Art Connection] class is being introduced to new mediums of art that I've never tried before." - Kevin



CLINIC SUPPORT

NEW EQUIPMENT AT THE CLINIC



Volunteer Gynecologist, Dr. Stephanie Van Zandt generously donated the funds for a transvaginal ultrasound wand. This new resource will allow the CFC to provide scans in-house and help deliver a quicker diagnosis for our patients. We are extraordinarily grateful to Dr. Van Zandt for providing this new addition to our library of equipment!

MOTIVATIONAL INTERVIEWING STAFF IN-SERVICE

On Thursday, February 10th, the entire Clearwater Free Clinic staff participated in an all-day, educational in-service, titled "Motivational Interviewing." The class was led by instructor and educator Robyn Ellison, M.Ed. from Greenville SC.

"Motivational Interviewing" is an evidence-based, psychotherapeutic approach to behavior change that helps patients find the motivation to make positive decisions, accomplish goals, and make change. One of the greatest benefits of MI is the ability to help non-compliant patients make the changes they need to achieve better health. It is a unique method of communication for both professional and personal interactions.

COMMUNITY FUNDRAISER BENEFITING THE CFC



Many of you may remember the fun, day after Thanksgiving party for families called "Dance on the Beach." Well it's back! On Friday, November 25, 2022, "Another" Dance on the Beach will benefit Clearwater Free Clinic. We are so grateful for the Another Dance on the Beach committee for selecting us for this special event. For more information or sponsorship opportunities please go to:

www.anotherdanceonthebeach.com

WELCOME HOLLY

CFC DIRECTOR OF DEVELOPMENT & MARKETING



Holly Moon, CFRE is a nonprofit leader who is passionate about improving the lives of people in her community. Holly grew up in Pasco County and went on to earn her Bachelor of Science in Marketing and Bachelor of Arts in International Studies at the University of South Florida Honors College in 2016. Since then, she has dedicated herself to making Tampa Bay a better place through her fundraising efforts. Holly serves on the Board of Directors for the Association of Fundraising Professionals (AFP) Tampa Bay, working to provide ethical, impactful continuing education opportunities to local fundraisers. In 2019, she was a guest

on the Fundraising Talent Podcast with Jason Lewis speaking about the challenges that young professionals face in the fundraising profession. In 2020, Holly co-founded Tampa Bay Philanthropy Week, a storytelling project that celebrates philanthropists in our community. In May of 2021, Holly earned her Certified Fund Raising Executive (CFRE) credential.

"I am thrilled to be joining the Clearwater Free Clinic team! I sincerely look forward to supporting the frontline healthcare professionals at the Clinic to serve the people of Pinellas County through these vital services."

WELCOME KIERSTEN

CFC VOLUNTEER COORDINATOR

The CFC is thrilled to introduce Kiersten Finchum as its Volunteer Coordinator. Kiersten started as a volunteer nurse at the Clinic in 2013. Kiersten quickly became passionate about the CFC's mission and joined the Clinic's Board of Directors, in 2014. Prior to joining the Clinic's staff, she was an active committee member for both Martinis & Matisse and the John H. Meek, Jr. Memorial Golf Tournament. Two of the things Kiersten loves the most about the Clinic are the grateful patients and working with an amazing team of caregivers.



TRIBUTES

THE CFC IS GRATEFUL FOR THE FOLLOWING DONATIONS:

MEMORIALS:

- Elizabeth Cooley
- Dr. Todd & Raegan Miller
- William Crown, III
- Dr. David & Jeannie Shapiro
- Barry Debowsky
- Jack Goldfarb
- Marion Helm
- Dr. Todd & Raegan Miller
- Irene Hollbrook
- Dr. Todd & Raegan Miller
- Dale Jameson
- Dr. Todd & Raegan Miller
- Carol Laver
- Dr. Todd & Raegan Miller
- Lois Merola
- Joy Collmann
- Dr. Richard Murbach
- Paula & Greg Cirincione
- Don Newman
- Stephanie Newman
- Louise Norcross
- Dr. Todd & Raegan Miller
- Newell Phipps
- LuAnn Nelson
- Richard Thone
- Dr. Todd & Raegan Miller
- Roger Young
- Dr. Todd & Raegan Miller

HONORARIUMS:

- Darlene Hiatt
- Diane Morse
- Holly Moon
- Marion Yongue
- Dr. Henry Ohleyer
- Mary Lovera
- Susan Murbach
- Bruce & Deidra Livingston
- Victor Riccardo
- Diane Morse
- Corey Shapiro
- Diane Morse
- Dr. Stuart Strikowsky
- Eli Freilich
- Phylis Ficks
- Ira & Sherry Berger
- Richard & Nancy Snyder
- Gary & Ilene Klein

CARE CHRONICLES

Erika started receiving care at the CFC, after a tough few years. She originally attributed her multiple concerns and health decline to a previous foot fracture, resulting in her inability to bear weight without pain and limiting her activity. Erika believed her weight gain as well as joint and muscle pains were also caused by her fracture.

At her initial appointment with APRN, Corey, Erika mentioned a family history of rheumatologic disease and with her reported history of muscle and joint pains, her practitioner proceeded to perform a thorough rheumatologic workup. During her physical exam Corey noticed signs of Sjogren's syndrome. Sjogren's (SHOW-grins) syndrome is a disorder of your immune system identified by its two most common symptoms – dry eyes and a dry mouth. She is a professional singer and symptoms of Sjogren's can complicate her ability to perform. Erika's diagnoses was confirmed shortly after establishing care, and Clinic practitioners quickly made a plan.

She was scheduled for a consult with Dr. Lowenstein, volunteer rheumatologist, who started her on an immunosuppressant as well as a medication to help stimulate salivation due to her concern for long-term vocal cord damage. As a comprehensive medical facility, the Clinic was able to provide appointments to see pulmonology and immunology to address persistent respiratory illnesses and concerns for asthma. With her symptoms under control, Erika is on the path to wellness. She is singing again and looks forward to her future and her continued improvement.

"I am extremely thankful for this place and the donors that support it. It has changed my life significantly. With the care that I've received, there's no amount of words to really, and truly express how grateful I feel." - Erika



GRANT ANNOUNCEMENT

The Clearwater Free Clinic was recently selected as a recipient of a \$5,000 grant by the Rays Foundation. The Clinic is grateful to be recognized by this wonderful philanthropic organization in our community.



RAYS BASEBALL
FOUNDATION

Official Charity of the Tampa Bay Rays

WELCOME JENNIFER SELF, APRN BEHAVIORAL HEALTH NURSE PRACTITIONER

Through our partnership with Advantage Mental Health Centers, the CFC welcomed Jennifer Self as our Behavioral Health Nurse Practitioner, in February of this year. Jennifer is a psychiatric nurse practitioner (APRN) and a licensed mental health counselor (LMHC) with extensive experience providing mental health counseling and psychiatry services to adolescent and adult clients. She has master's degree in nursing and a doctoral degree in couple and family therapy from Saint Louis University.

"I strongly value social justice and health equity, so working at CFC, where I'm able to provide care to underserved patients, is really meaningful to me."



During her time at the Clinic she has enjoyed working as part of a collaborative healthcare team to ensure a truly comprehensive healthcare experience for our patients.

WELCOME LATRICE NEW BOARD MEMBER



We are thrilled to welcome Latrice Markison to the CFC Board of Directors. Latrice is no stranger to the CFC and served as our Behavioral Health Nurse Practitioner from 2019 to 2021. She is currently employed at Groups Recover Together, an addiction treatment center, treating patients diagnosed with substance use disorders. Latrice and her husband live in North Tampa with their three teenage daughters, all of whom have volunteered at the Clinic. The CFC board looks forward to benefiting from her experience and knowledge as we look to expand our Clinic's Behavioral Health services.

"My favorite thing about the Clearwater Free Clinic is the people—both the patients and the staff."

NEW VOLUNTEERS

We're glad to welcome these new volunteers to our family!

PHYSICIANS/SPECIALISTS:

- DR. AMY ROSS
- DR. ZUCEL SOLE
- DR. GEORGE THOMMI
- DR. UMESH CHOUDRY
- DR. JOELLA LAMBERT
- DR. ALLEN HUGHES
- DR. JACQUINE CRAWFORD

CLERKS/SCRIBES:

- JARON SANCHEZ
- MACKENZIE DAVENPORT
- JOSHUA LIM
- BRE LINGL
- SAVA DOURIDAS
- DYLAN PIETRANTONI
- SAMEERAH WAHAB
- NOVA SOUTHEASTERN
OCCUPATIONAL THERAPY PROGRAM

NURSES:

- KETHIA NOEL
- DARLENE RAZEL LESCANO
- ERIN DEVAUX
- KATHERINE HANRAHAN
- LISA PANISH, APRN
- DONG AN, RN
- TAYLOR CROSSE, RN
- JANICE BERMAN, RN

PHARMACY:

- SUTHIDA BAYRASY
- TANNER LOPER
- JENNIFER TRAN

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



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 2022

SAVE THE DATE!



MARTINIS + MATISSE

JANUARY 21, 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
Darlene Hiatt, ARNP
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

BOARD OF DIRECTORS

Jacqueline Velilla
Board Chair
Luke Lovgren
Board Vice Chair
Kimberly Lacina, APRNN-C
Board Secretary
Catherine Haug
Board Treasurer

MEMBERS

Stephen Bouton
Charles E. Hart, Jr.
Bruce Livingston
Latrice Markison
Sandra Miller
Joseph Perno, MD
Craig Phillips
David Phillips
Buster Wiand
Elizabeth Winter



MAKE A
GIFT TODAY!