

CLEARWATER FREE CLINIC

CARE GIVER

SUMMER 2023

Health care for uninsured families



HILLIS FAMILY GIFT IN MEMORY OF SANDY MILLER

PHARMACY RECEIVES NEW UPGRADED REFRIGERATORS

David and Patrice Hillis, who were friends of Sandy Miller on and off the golf course, recently made a generous gift to the Clearwater Free Clinic in her memory. The Hillis' knew how much Sandy loved her weekly volunteer time in the Medication Room working alongside Director of Medication Services, Victor Riccardo, and Medication Nurse, Janet Edmiston, and wanted to identify a need in that area.

This past spring, the CFC was able to purchase two pharmacy-grade, temperature regulated refrigerators with locks, temperature sensor alarms, and remote alarm contacts. These refrigerators house the Clinic's injectable insulins, vaccines, and immunologics that require a strict temperature controlled environment. This gift was a wonderful way to honor Sandy's memory of helping others. Thank you to David and Patrice!

JOIN THE B.E.S.T. PROGRAM

MAKE AN IMPACT WHILE MAKING CONNECTIONS



B.E.S.T. is a group of philanthropic community leaders and business operators who understand the connection between access to healthcare and maintaining employment. Your B.E.S.T. membership will secure ongoing medical and mental health programs serving the low-income and uninsured in Pinellas County. If you would like to make a commitment to the B.E.S.T. Program or make your annual pledge, please contact Maria Christiano at 727-331-8146 or mchristiano@clearwaterfreeclinic.org.

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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.

SPECIAL EVENTS

John H. Meek Jr. MEMORIAL GOLF TOURNAMENT



SPECIAL EVENTS

THANK YOU SPONSORS!

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THANKS TO THE RUTH & J.O STONE FOUNDATION THE CFC IS EXPANDING!

On March 31, 2023, the Clearwater Free Clinic purchased 1212 Court Street with generous funding from one of our long-time donors, the Ruth & J.O. Stone Foundation.

Plans for the 8,500 sq. ft. building include space for a comprehensive Wellness Program, which includes education and meeting rooms, a workout and gym area, and a teaching kitchen. Also housed in the new building will be a Food Clinic, run by Baycare, to provide our patients with healthier and nutritious food options that would otherwise be too expensive and costly to purchase.

New Patient Registration and Development will also be housed in the new building to allocate additional space for more clinical services in the 1218 building. Plans are underway for a remodel and renovation project in the fall.

We are so grateful for this transformational gift! The new wellness program will allow the Clinic to focus on preventative care and be proactive about our patients' health instead of just treating illnesses.

CLINIC NEWS

CFC RECEIVES GRANT FROM COMMUNITY FOUNDATION TAMPA BAY



The Clearwater Free Clinic (CFC) has developed a model of integrated healthcare where patients can receive support for their physical and chronic conditions and mental health challenges at one location as part of our comprehensive care plan. The Community Foundation Tampa Bay has awarded the CFC \$25,000 to continue to expand our Behavioral Health Program through their competitive grants program.

“About 98 percent of patients in the Behavioral Health Program have experienced some sort of trauma,” said Laurie Deer, Licensed Clinical Social Worker (LCSW). “Studies link past trauma to poor medical health.”

Behavioral health care is not something that would normally be accessible to people living at or below 200% of the federal poverty line. The financial cost is far too great. CFC patients can be referred to the Behavioral Health Clinic for a number of reasons, including depression, anxiety, existential concerns and interpersonal functioning. Since the expansion of our Behavioral Health Program at the Clinic, over 86% of our patients have reported that their health has improved.

The funds from this grant will be used to expand the new art and music therapy classes provided to our patients. In addition, these funds will also support the continuation of women’s therapy groups to support our female patients who have or are experiencing physical, mental, or emotional trauma.



PATIENT STORY: XAVIER

After relocating to Florida, Xavier found himself without insurance and his only income came from Doordash and Instacart. Completely unaware of his medical condition, Xavier ended up in the emergency room due to complications from his diabetes and hypertension. Feeling hopeless about his health, Xavier worried about how he was going to afford his medication and treatment after being discharged from the hospital. Through our hospital referrals program, Xavier learned about the Clinic and was able to become a patient.

During his first visit, he met with Georgeann O’Leary, our Healthy Living Coach, who guided him through getting his diabetes and A1C under control. Xavier started off with an A1C of 10.6 and worked with Georgeann to learn diet and exercise tactics to replace his unhealthy habits.

“Georgeann really helped me with my diet and what to eat,” Xavier said. “She gave me a cookbook of what to cook that I take with me when I go grocery shopping. I learned how to portion and eat healthy.”

Xavier also worked with Nurse Practitioner, Sara Cetta, to monitor his blood sugar levels and weight. Sara ensured Xavier received follow-up labs and medication to regulate his diabetes. The two even developed a friendship and motivate each other to go to the gym and exercise daily. During his most recent visit, Xavier’s A1C was 4.9—the lowest it has ever been since being diagnosed with diabetes.

“I tell everybody they are saviors to me,” Xavier said. “I am so grateful the hospital told me about the Clinic because, at the rate I was going, I would’ve been dead.”

WELCOME MARIA

SPECIAL EVENTS & DONOR RELATIONS COORDINATOR



Maria Christiano is pleased to be a part of the Clearwater Free Clinic as the Special Events and Donor Relations Coordinator. She is a near-native of Pinellas County, graduating from Seminole High School, St. Pete College and USF Tampa with a Bachelor of Arts in Visual Communications. Maria has more than a decade of experience working in Tampa Bay non-profits and is honored to share her expertise in special events and fundraising with the CFC Development and Marketing team. Maria has also been accepted into the Class of 2024 Leadership Pinellas and is looking forward to making new connections and promoting the mission of the Clearwater Free Clinic. What Maria loves most about the Clearwater Free Clinic is being a part of a dedicated and caring staff that provides a much-needed service in our community.

“This is a wonderful service that small business owners need to be made aware of to share with their employees. One of my goals as the Special Events & Donor Relations Coordinator is to launch and grow our Business Executive Support Team (B.E.S.T.) Program. I look forward to getting out in the community and educating businesses and individuals about our organization.”



WELCOME DANIELLE

SOCIAL WORK INTERN

Danielle Abali has spent the past five years in social services working with domestic violence survivors, victims of child abuse, homeless families, and those battling with addiction within an inpatient treatment setting. Danielle is passionate about the work she does and considers it an honor to meet with people during some of the lowest points of their lives and provide hope. She strives to be the most knowledgeable and compassionate professional within the work she does each day. Danielle received her Bachelor’s in Social Work from Indiana University. She is currently a Master’s of Social Work (MSW) candidate at the University of South Florida. After obtaining her degree, Danielle hopes to continue working in the nonprofit sector and eventually become a Licensed Clinical Social Worker (LCSW) with her own private practice providing therapy to children, adults, and families.

“I am honored to be a part of the Behavioral Health team at the CFC! The therapy process is a sacred time and I am honored to walk this path with each client that comes into my office. My supervisor, Laurie Deer, has been so supportive and guided me in this process as an MSW intern. I am grateful for all the staff and volunteers that bring a positive attitude and kind heart to the Clinic every day!”

TRIBUTES:

THE CFC IS GRATEFUL FOR THE FOLLOWING DONATIONS:

MEMORIALS:

- Mark Abel**
Dr. Todd & Raegan Miller
- Wendy Barmore**
Bruce & Deidra Livingston
- Maria Borrelli**
Dr. Todd & Raegan Miller
- Bud and Ann Elias**
Bob & Laura Bentz
- Kathlyn Ferris**
Dr. Todd & Raegan Miller
- James Ford**
Dr. Todd & Raegan Miller
- Paul Hegh**
Dr. Todd & Raegan Miller
- Faisal Meerzo**
Carol Toscani
- Richard Murbach**
John Marco
- Diane O’Neill**
Dr. Todd & Raegan Miller
- Robert Uhnavy**
Dr. Todd & Raegan Miller
- Lorrell Wayland**
Dr. Todd & Raegan Miller

HONORARIUMS

- Our Family**
Anne-Todd and Mark Eisner
- Jeannie Shapiro**
Richard Cohen

FOLLOW US ON SOCIAL



CLINIC SPOTLIGHT



PATIENT STORY: TODD

About 7 years ago, Todd thought he was in good health until an aortic tear resulted in a week-long stay in the ICU. Fearful he might need emergency surgery, Morton Plant stationed a nurse in the ICU with him 24/7, only to discover he had severe sleep apnea. During his sleep, Todd would stop breathing which caused his blood pressure to increase and resulted in an aortic aneurysm.

Without insurance, working a part-time job, and suffering from a severe medical condition, Todd was in need of a medical home and follow-up care. Todd came to the Clinic in August of 2016 fearful about his future and in dire need of support. Medical Director, Mary Lovera, learned of Todd's condition and knew he needed a sleep study. At the time, the CFC didn't have any more available sleep studies for the year, and he would have had to wait almost 6 months until February. Mary worked with Baycare to make an exception and ensured Todd received the care he needed so he wouldn't have to wait.

"Honestly, if it weren't for her dedication and the medication the Clinic provided me, I don't think I would have lasted a couple of months after getting out of the hospital," Todd said.

The first couple of years were very rough for Todd adjusting to his new medical condition. Every couple of months, he needed a CT scan to monitor his aortic tear and ensure it wasn't worsening. Todd was taking very high dosages of blood pressure medication along with seven other courses of treatment and had to visit the Clinic for follow-ups once a month.

"I went through a really bad depression and anxiety issues," Todd said. "My medical needs were just seriously overwhelming, and I couldn't fight off the depression no matter how hard I tried."

Todd was referred to the Behavioral Health Program to help manage while navigating his medical health. In his depressive state, Todd lost his broadcast job of 14 years.

"When you looked at me, everyone thought I was okay and there was nothing wrong with me," Todd said. "But it was all internal and I didn't show it. The Behavioral Health Program helped me admit that I had a problem and address it."

Todd was extremely grateful for the care that he received from both the clinical and behavioral health team. He is now in a better space mentally and realizes his medical condition is not the end of his story. He has begun working with Healthy Living Coach, Georgeann O'Leary, to improve his health and become more active.

"I've lost over 15 pounds in the last few months, started eating healthy, and it has motivated me to get my life on track," Todd said. "It's all because of the Clinic. I've finally reached a turning point in my health and I'm starting to feel like myself. I have more life to live."

CONGRATULATIONS VOLUNTEERS



ALEX HERVEY

Congratulations Alex for being accepted into Nova Southeastern University Medical School! We are so proud of you and thankful for all of the hard work and dedication you have given to the Clinic. Alex has volunteered as a clerk and scribe at the Clinic for the past 2 years. We wish you much success in your educational journey!



CHRIS PHILLIPS

Congratulations Chris for being accepted into the University of South Florida's Medical School! We are beyond proud of your accomplishments and we are grateful for your volunteerism here at the Clinic. Chris helped with special events and worked at the front desk. We wish you much success in your future!

NEW VOLUNTEERS

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

RESIDENTS

Dr. Jenny Choy
Dr. Christina Koo
Dr. Alin Pournouri
Dr. Shivani Trivedi

REGISTERED NURSES

M. Gray Connelly, APRN

SCRIBES

Karishma Pandya

CLERKS

Sydney Gilbert
Zaynab Gilani
Brian Ellsworth
Adam Williams
Nicholas Douridas
Kerriann Kinports
Missy Yates
Dotti Fischer

CFC SNAPSHOT: APRIL 1 - JUNE 30


88 
NEW PATIENTS!

383
BEHAVIORAL
HEALTH VISITS

46 
NEW BEHAVIORAL
HEALTH PATIENTS!

3,348
CLINICAL VISITS



9,152 
COURSES OF MEDICATION

VOLUNTEERS...

MAKE a difference.

LEARN new skills.

MEET new people.

GAIN valuable experience.

HELP those in need.

CARE GIVER

SUMMER 2023

SAVE THE DATE



**MARTINI'S
+
MATISSE**
JANUARY 20, 2024

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Jeannie Shapiro

Chief Executive Officer

Mary Lovera

Director of Clinical Services

Diane Morse

Director of Operations

Victor Riccardo

Director of Medication Services

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

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