



# MOSS FREE CLINIC



There are thousands of low-income individuals who do not have access to health care in the Fredericksburg region.

The Lloyd F. Moss Free Clinic is a private, nonprofit, community-based organization that coordinates volunteer health care professionals to provide medical, dental, mental health care and prescription medications to low-income people who are

uninsured. Essentially, the Clinic is a community safety net for the poor who do not qualify for Medicaid, whose employers do not provide health insurance, and who cannot afford to pay for the rapidly rising costs of health care.

The Clinic provides outpatient health services to the uninsured in a manner that promotes dignity, compassion, and coordination of services. Volunteers perform most of the Free Clinic work, along with a small core of paid staff. Physicians, nurse practitioners, physician assistants, pharmacists, dentists, nurses, office helpers and many others volunteer regularly as a way of giving back to their community.

Care is provided free of charge; patients, if able, are asked to make a donation. Other financial support comes in the form of foundation grants, fundraising events, Rappahannock United Way support, and funding from churches, civic groups, and individuals.

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## PATHWAYS COMPASS

### PATHWAYS HMIS AT ONE YEAR

As of June 30th, Fredericksburg Regional CoC member agencies have been using the Pathways HMIS for a full year. Now we can get a better picture of the Region's homeless population served by the CoC in FY 2010-2011 and where the CoC's HMIS user agencies need to focus their efforts to improve the reporting of clients and services in homeless shelter and other programs.

#### Demographic Summary

The three shelters actively using the Pathways HMIS (Thurman Brisben Center, Hope House and Micah Ecumenical Ministries, along with Quin Rivers, CAA) served 1,585 unique (unduplicated) persons, of which 55.7% were male and 82.7% were adults over the age of 17 (with 274 children or 17.2% under the age of 18). 1023 homeless shelter clients were unaccompanied (i.e., not in a family), representing 64.5% of the total, while 562 persons (35.4%) were in families. 121 persons (21.5% of all family members) were members of a family unit.

79 of 1585 (4.98%) homeless were Hispanic (of all race combinations), 1470 (92.7%) were non-Hispanic (of all race combinations), and 36 (2.27%) were of unknown ethnicity. The racial composition of the homeless served by the shelters shows some diversity, with 736 (or 46.4% of total 1585) white persons, 676 (42.6%) Black/African-American, and 93 (5.9%) reported

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## Greater Fredericksburg Habitat for Humanity

### DEDICATES ITS 16TH HOME

Greater Fredericksburg Habitat for Humanity dedicated its 16<sup>th</sup> home on June 26. This was the third foreclosure rehabilitation through the George Washington Regional Neighborhood Stabilization Program for Habitat and will allow a refugee family of 8 to move out of a 2 bedroom apartment into a 6 bedroom home of their own thanks to a dedicated group of volunteers and community partners.

Habitat didn't build the house stick by stick, as it has done in the past. Instead, the group worked with the Central Virginia Housing Coalition to renovate the foreclosed house.

Volunteers renovated all three bathrooms, painted the entire house, including the six bedrooms, and put in new flooring throughout the home. At least 50 different people, representing groups as diverse as bankers and Marines, restaurant owners and roofers, donated manpower or supplies.

Habitat for Humanity is a Christian based ministry open to anybody who believes that everyone deserves a simple, decent and safe place to live and in our goal of eliminating poverty housing and homelessness in the Greater Fredericksburg area.

If you believe in Habitat's goal and wish to contribute toward reaching it, please visit our website at [www.fredhab.org](http://www.fredhab.org).

Bruce Segar, Executive Director  
Fredericksburg Habitat for Humanity



**SAVE THE  
DATES**

#### **2011 GOVERNOR'S HOUSING CONFERENCE**

November 16th—18th, 2011

Hampton Roads Convention Center, Hampton, VA

[www.vagovernorshousingconference.com](http://www.vagovernorshousingconference.com)

#### **2011 ANNUAL STATEWIDE LEGAL AID CONFERENCE**

October 26th-28th, 2011

The Cavalier Hotel, Virginia Beach, VA

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

#### **RUW'S GRANT APPLICATION & PRESENTATION TIPS**

September 2, 2011

Rappahannock United Way, Fredericksburg, VA

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

#### **FREDERICKSBURG REGIONAL CONTINUUM OF CARE SERVICES FAIR**

October 22, 2011 from 9:00 a.m. to 12:00 p.m.

Hurkamp Park, Fredericksburg, Virginia

To sign up for a table, please contact Marne Sherman at [mesherman@fredericksburgva.gov](mailto:mesherman@fredericksburgva.gov)

## GRANT WRITING WORKSHOP RECAP

On July 12 and 13, the Fredericksburg Regional Continuum of Care partnered with the U.S. Department of Housing and Urban Development and the Rappahannock United Way to provide the Capacity Building, Organizational Development, and Grant Writing Workshop for area non-profit and government organizations. The training was made available at no cost to approximately 50 attendees, but was valued at \$700 per person for a \$35,000 investment to build capacity for agencies serving the local community.

Topics included an overview of grant opportunities, critical basics of organizational and board development, strategic planning, financial management, grant writing, and performance measurements. This effort is expected to increase the competitiveness of grant applications, bring in new funding from outside of the region, and expand services to area residents in need.



The Hair Cuttery Salon is holding a “Share A Haircut” program. From August 1<sup>st</sup> – August 15<sup>th</sup>, every time someone 18 years or younger receives a haircut at the Hair Cuttery Salon, the salon will donate a free haircut to a child in need.

This is a wonderful program. Most kids get back to school haircuts and if you take them to Hair Cuttery they donate a coupon to Department of Social Services. The Department of Social Services shares these coupons with all Spotsylvania and Fredericksburg City Schools, the Thurman Brisben Center, Rappahannock Council on Domestic Violence, and many other non-profit service agencies. It’s a great program and there are no catches. Just take your child to Hair Cuttery for their back to school haircut!

Lori Weresnick

Spotsylvania Department of Social Services

# LLOYD F. MOSS FREE CLINIC



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The Free Clinic is a community-wide effort. Our services are heavily supported by Mary Washington Healthcare and the Spotsylvania Regional Medical Center. The hospitals provide lab testing, x-rays, and other diagnostic services. We make referrals to specialists for patients with heart disease, cancer, neurological disorders and other conditions outside the scope of family practice care. Diabetic patients receive an annual eye and foot exam courtesy of local ophthalmologists and podiatrists.

By helping our uninsured neighbors stay healthy, the Clinic enables more workers to remain employed and productive. This allows local employers to maintain their workforce and contribute to the local economy and tax base.

The Clinic is effective because it leverages financial support with thousands of hours of time donated by volunteers. In 2010, for every dollar of funds received, the Clinic was able to provide almost \$12 of health care services. Thus, a relatively small amount of funding goes a long way in helping the Clinic meet the health care needs of the uninsured.

The number of patients being served by the Clinic has increased approximately 16% from 2008 to 2010. (1,948 patients received health care services at 10,833 patient visits in 2010.) Community support and funding is essential for keeping pace with existing Clinic "utilization". Additional support is needed to address the health care needs of the dozens of people each week who are being turned away.

By supporting the Lloyd F. Moss Free Clinic, our community makes a rational investment in less-expensive indigent health care for hundreds of Fredericksburg area residents.

For additional information about volunteer and donor opportunities, please call Karen Dulaney, Executive Director, at (540) 741-1065.



## Interfaith Community Council School Dressing Days

Serving Fredericksburg, Caroline, Stafford, Spotsylvania  
and King George Counties



**When?**

**Saturday**

**August 13, 2011**

**9am — 4pm**

**Monday**

**August 15, 2011**

**9am—2pm**

**Tuesday**

**August 16, 2011**

**9am—12pm**

**Provides Clothing and school supplies for  
children school grades K-12**

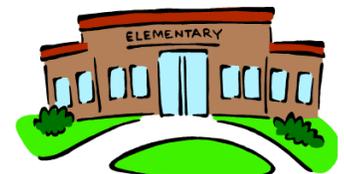
**Where?**

**BRAGG HILL FAMILY LIFE CENTER**

**400 Bragg Hill Drive**

**What to bring?** ID for each child (report card, SS card or medicaid card), proof of current address (NO P.O. boxes)  
Children need not be present but it is helpful for fitting.

**For more information call  
Becky Paul (540)373-2294  
Erin Faulconer (540) 785-2682**



## Regional Farmers Market Coalition Seeks USDA Grant to Improve Access for Low-income Families to Healthy, Locally Grown Foods



Every Saturday the busy sidewalks of the downtown Fredericksburg, Virginia's Farmers Market are lined with a vibrant, multicolored display of everything from blackberries and tomatoes to peaches and peppers. Farmers and their customers exchange money, recipes, and gardening tips. In the middle of this hustle and bustle, Donna Leahy, the Fredericksburg Market Manager, works at her booth, swiping cards, handing out tokens, and chatting with customers. This same scene can be witnessed at the Spotsylvania Farmers Market, where Elizabeth Borst is Market Manager, and at the King George Farmers Market, with Market Manager DeLaura Padovan. While these unique markets operate individually in their communities, they also work collaboratively as the Farmers Market.Co (TFM.Co).

The markets appear to be composed of ordinary, effortless processes; quick transactions allow farmers to provide nourishing produce for families around the region. However, many shoppers are unaware of the significance of the tokens handed out by Leahy, Borst, and Padovan. Many may not be aware that these Market Managers run a program enabling low-income families to use their Supplemental Nutrition Assistance Program (SNAP) benefits at these three local farmers markets. Over 8,500 households within the three localities alone are enrolled in SNAP. These families can now use their SNAP benefits at each farmers market to buy fresh, healthy food. In addition, SNAP shoppers receive a bonus of up to ten dollars per week.

TFM.Co operates these SNAP/EBT programs and works collaboratively on program resources, education and outreach. In June Leahy, Borst, and Padovan, along with volunteer Lisa Biever of the Community Foundation of the Rappahannock River Region and Betsy Hudson of the George Washington Regional Commission (GWRC), applied for a \$99,640, two-year USDA grant to help promote and manage these local farmers markets. The USDA's Farmers Market Promotion Program (FMPP) makes \$10 million available through a competitive application process to fund projects that raise awareness of farmers markets. Working with TFM.Co, the GWRC agreed to support the grant request as a regional initiative.

The goal of The Farmers Market.Co's proposed project is to improve access for low-income shoppers to healthy, locally grown foods, thus increasing the percentage of federal nutrition benefits redeemed at the region's farmers markets. In addition, this increases direct producer to consumer sales and strengthens the local farm economy. To sustain and grow the regional program, TFM.Co requires funding for additional staff capacity, incentives, outreach and fiscal agent expenses.

The project's stages of work include 1) promoting and strengthening the current healthy food incentive programs at the markets by 2) developing culturally-appropriate marketing and educational materials aimed at SNAP clients and health-conscious shoppers in the George Washington region, and 3) completing a comprehensive evaluation of the project with measurable outputs and outcomes. Through these initiatives, TFM.Co aims to increase SNAP and credit sales at the three regional markets.

The FMPP grant recipients will be announced by the end of October 2011.

For more information, visit [www.thefarmersmarket.co](http://www.thefarmersmarket.co) or call Elizabeth Borst at (540) 845-4267.



being of three or more races. 39 persons (2.4%) were reported as bi-racial (White & Black/African-American) and 19 (1.2%) persons of the American Indian/Alaskan Native race group. The remaining Asian, American Indian and Pacific Islander populations (in all possible combinations) represented the remaining 22 persons (or 1.4%).

A review of the homeless served, by race and gender, finds that among most racial groups, the number of males and females are relatively evenly divided, except for white persons which were made up of 59.4% males, 39.3% female (and 1.4% of unknown gender).

#### HMIS Data Quality Improvements

In the last FY 2010 HUD grant competition, the HMIS system was worth 26 possible points, of which 18.5 were awarded to the CoC. From the HUD review comments, the biggest negative was "...high rates of missing values on required data elements", which appears to be the primary reason for the loss of 7.5 potential points. The HMIS Management Committee is actively working with GWRC and Pathways staff to isolate and correct coding problems in the HMIS to improve the CoC's overall grant score. Moreover, better client data will lead to the submission of an acceptable Annual Performance Report (APR) by September 30<sup>th</sup> and an Annual Housing Assessment Report (AHAR) sometime in November, both of which will also positively affect the CoC's grant scoring next year.

As data quality problems are identified and corrected, on-going data reports will be provided to the CoC to be added to the CoC website at: <http://fredcoc.org/>.

## MICAH ECUMENICAL MINISTRIES GOLF TOURNAMENT Friday, Oct. 14, 2011



### *Cannon Ridge Golf Course*

9000 CELEBRATE VA PKWY  
FREDERICKSBURG, VA  
[www.golfcannonridge.com](http://www.golfcannonridge.com)



### *Schedule of Events*

6:30am: Registration & Light Breakfast

**\*8am: Shotgun Start\***

1pm: Backyard BBQ Lunch Buffet

2pm: Awards Ceremony



*We invite you to participate in our work by sponsoring or playing in our first-ever charity golf tournament. The tournament is scheduled for October 14 at Cannon Ridge in Stafford County.*

*Sponsorship packages are available. Even if you are unavailable to golf, we appreciate your consideration of a sponsorship. Tournament registration is available at [www.golfcannonridge.com](http://www.golfcannonridge.com). Checks can be made payable to Micah Ministries. Micah is a 501c3, therefore all contributions are tax-deductible. Please consider stopping in sometime or visiting our web site, [www.doloovewalk.net](http://www.doloovewalk.net), to witness your contribution in action. Our staff, Alice Cates, is available at 540-479-4116 x15 or [catesalice@gmail.com](mailto:catesalice@gmail.com) if you have any questions.*

# CVHC HOSTS FIRST REGIONAL AFFORDABLE HOUSING AWARENESS WEEK



*Gary Parker, Executive Director, CVHC  
Ron Legette, HUD CPD Field Director*

Central Virginia Housing Coalition (CVHC) hosted its first area Affordable Housing Awareness Week (AHAW) June 3rd – 10th. The week was filled with a variety of activities, starting off with a “Kick-Off” Breakfast where Congressman Rob Wittman sent a message via video and Ron Legette, HUD CPD Field Director spoke about working together to get the message out about the need for affordable housing.

The week was busy with Roundtable discussions in each of the localities of Planning District 16. These discussions turned out to be very informative. Each locality has different housing issues, some groups felt that their locality already had enough affordable housing, while others had no truly affordable rental

units. Several of the groups felt that there was an affordable housing educational piece missing and that many people, especially young people, did not truly understand the importance of good credit or what it meant to be a responsible homeowner or tenant. Overall, there were very good conversations and most of the people involved had a positive attitude about the possibility of working together regionally to develop some type of supportive housing.

The Housing Resource Fair was held at the Spotsylvania Towne Centre. It was a great Saturday working with a variety of vendors from banks, real estate agents, home builders, and Lowes. Even Ronald McDonald came by for a visit and played games with the kids.

With the tremendous help of several contractors, four families received assistance and their homes were refurbished through CVHC’S Housing Essential Repair Outreach Program (H.E.R.O.). The contractors did some roofing, replaced windows, hauled away debris, and fixed plumbing. The families could not have been more grateful.

Thanks to Capital Ale House in downtown Fredericksburg, about thirty CVHC supporters enjoyed a night of great food, great beer and great company. Through their Community Chest night, CVHC received 30% of the food tickets for future H.E.R.O. projects and the Lend-A-Hand program.

AHAW closed with a small reception. A montage of pictures were shown depicting all of the activities that took place during the week. Everyone enjoyed refreshments, spent some one-on-one time, networking with friends of CVHC.

Sponsors included PNC Bank – Underwriting Sponsor, Rappahannock Goodwill Inc. – Print Sponsor, McDonald’s of Stafford, Virginia Department of Housing and Community Development, Fredericksburg Area Builders Association and Foundation and the Fredericksburg Area Association of Realtors and Foundation.



## The disAbility Resource Center

409 Progress Street

Fredericksburg, Virginia 22401

Phone: 540-373-2559 ▪ Fax: 540-373-8126 ▪ TTY: 540-373-5890 ▪ Toll Free: 800-648-6324

Website: [www.cildrc.org](http://www.cildrc.org)

# ADA

## Americans with Disabilities Act Seminar

What every business and organization needs to know!  
Stay current on the law.

Central Rappahannock Regional Library (Salem Church Branch)  
2607 Salem Church Rd  
Fredericksburg, VA. 22407

September 23, 2011

Choose the right session for you:

**Morning Session: 9 a.m. - noon**

For federal, state, and human resource professionals

**Afternoon Session: 1 p.m. – 3 p.m.**

For nonprofits, churches, community organizations, and all  
other individuals

These seminars are FREE, but registration is required.

Contact: Shawn Lawrence

V: 540-373-2559 or TTY/VP: 540-373-5890 or

[slawrence@cildrc.org](mailto:slawrence@cildrc.org)

**For all workshops at the disAbility Resource Center, please request accommodations at least ten (10) days prior to event date.**