



health brigade
formerly FAN FREE CLINIC

Exceptional health services for those in need

ANNUAL REPORT 2017



Our Mission

The mission of Health Brigade, formerly Fan Free Clinic, is to provide quality health services, especially to those least served, in a compassionate and non-judgmental environment.

Our Values

WELCOMING: We respect the worth, dignity, and equality of every person.

IMPACTFUL: We provide effective, quality care that improves the health of our service population.

TRUSTED: We provide a professional and safe environment for our patients, clients, volunteers, and staff.

RESPONSIVE: We advocate for and provide services to address evolving community needs.

INTEGRATED: We focus on the health and well-being of the whole person.

Our History

Health Brigade is gearing up to celebrate 50 years of serving the community. To really appreciate the legacy of Fan Free Clinic and how it grew into Health Brigade, it is helpful to remember the culture from which it sprang. In the era of Woodstock...of peace and love and Vietnam...two doctors, a nurse and a minister began an effort to serve those who lived mostly in the shadows of Richmond's inner city—the poor, the sick and the forgotten. This annual report is an attempt to illustrate what became of their dream almost 50 years later.

Founders Plant the Seeds...



Mary File, Bob Harrison Pause From Work
House Being Renovated for Fan Free Clinic

'Health Is a Right,' Says Leader in Plan To Start Free Clinic

"Good health is a right, not something you should buy," says a 24-year-old Virginia Commonwealth University senior. And that's the reason that some young people in Richmond have embarked on the establishment of the Fan Free Clinic.

Bob Harrison, who describes himself as "leader by default" in the effort, is currently supervising the renovation of a three-story building in the 1000 block W. Grace St. that he hopes will house a free medical and psychiatric clinic by October.

The idea of the clinic, he said, grew out of the Free University, which is now defunct. A number of individuals worked on the project in its formative stages. Now the group is seeking incorporation, which it hopes will be completed in several weeks.

THE CLINIC "should be able to do anything a hospital clinic could do," says Harrison. Local doctors would donate part of their time to staff the clinic, hopefully, donors could be found to supply free medications, which would be distributed by the doctors.

At first Harrison says, the clinic would only be open several nights a week. Eventually, though, it could offer 24-hour service.

"We are trying to undo some of the manifestations of capitalism," he said. "Capitalism has tended to depersonalize the whole medical business, tended to make it a money game."

Also, there is the problem of crowded hospitals and clinics, which frequently make it necessary for patients to endure long waits for medical attention. The Fan Free Clinic, Harrison thinks, could alleviate this problem for some area residents.

An active participant in the project is Miss Mary File, 23, who has worked in several hospitals as an operating and delivery room technician. Her most recent activity has been contacting local physicians to see if they will be willing to donate their services.

THE RESPONSE has been "excellent," she said. A number of doctors have indicated they will be there when the clinic is ready.

Just who will the clinic serve? Anyone who comes there for help, they say.

The group anticipates, however, that most of the patients will be young people, black and white, who are among the less-affluent members of the community.

And in the meantime, about 20 young people have as the center of their communal life the common goal of providing "good health" for themselves and their neighbors.

Reprint from Richmond Times Dispatch, August 9, 1970



Reaching Up

Seeded in 1968, the idea behind Virginia's first free clinic was a small stack of planning papers in a folder given to one of the founders in the summer of 1969. The doors of Fan Free Clinic, now known as Health Brigade, opened in the autumn of 1970.

Approaching the half-century mark, Health Brigade's legacy is deeply rooted in the RVA community. It is fashioned by the vision, time, sweat, love, resources and hard work of thousands of individuals, organizations and funding partners.

Our care today is more expansive and complex in many ways, but remains rooted in providing quality health services to those least served, in a compassionate and non-judgmental environment.

As we near our 5th decade of service, we look back to shore up our resolve and commitment to the core values and legacy forged by all of those who came before us.

At a time when our body politic suffers from so much division, fear, and hatred, remembering our roots reminds us of the struggles and triumphs of those who paved this way to offer care to those most vulnerable. At a time when health care continues to be inadequate and unavailable for so many of our neighbors, pausing to admire and deeply appreciate our founders reminds us to stay the course, keep the courage, and never lose hope. Our gratitude and respect go out to Mary File Clem, Dr. William Fitzhugh, Dr. Robert Petres, and Rev. Robert Buford!

Thus begins our multi-year honoring of our 50-year legacy in the greater Richmond community. We invite you to tune in as we spotlight our work in

HIV/AIDS, mental health, and medical care over the decades. Look out for events, social media posts and other special ways we will be commemorating those who helped make Health Brigade what it is today.

Our annual report this year also highlights Health Brigade's commitment to program excellence and meaningful results for those we serve. We began our second year of a service partnership with VCU to help emergency department patients get into a medical home to ensure they are getting the right care at the right time, which is good for patients, and good for saving health care resources.

We launched our Food Farmacy pilot program in partnership with Shalom Farms in June 2017. Fifteen diabetic patients received bags of fresh vegetables, cooking demonstrations, weekly coaching and education classes over the course of 12 weeks. Their clinical results and feedback on the program were amazing. Check out Jacqueline Anderson's story on page 6.

We also began additional public health initiatives in partnership with Richmond City Health District and the Virginia Department of Health. We are underway with our strategic planning and exploring the service gaps for older LGBTQ adults. We have formalized Health Brigade's commitment to advocacy and social justice, and we will continue to fight for quality health services for all people.

Special thanks to all of you who helped us serve this year through your time, talents and financial resources. We look forward to more legacy building with you in 2018!



Karen A. Legato
Karen A. Legato
Executive Director

Susan B. Wilkes
Susan Brock Wilkes
Board Chair



Blooming

Holly Bonello, medical patient becomes donor

One day two dozen doughnuts showed up at Health Brigade with a note and a donation check.

Former medical patient Holly Bonello, 44, wanted to pay it forward for someone else to receive the care she had.

"I simply wanted to do my part to repay [HB] when I was in a place to do so. That's how I was brought up,"says Holly.

"I had been laid off and could not afford my medication. I was diagnosed as bipolar when I was 16 and I've managed to cope with this for decades. I will tell you that without medication, it becomes difficult, if not impossible, to

function in society."

Health Brigade not only provided her medication but an annual physical exam and a mammogram as well. "I was able to get migraine medicine too. They referred me to a specialist when I found a tumor in my cheek that fortunately turned out to be benign. They provided legal counsel... and assisted me with updating my resume and getting back into the job market."

Today, **"I am happy and stable again and I seriously doubt I would have been alive to enjoy it without the support I received from Health Brigade. Bless you all for the work that you do!"**

For /Health Brigade
(Courtney, Blaise, Robert,
Doctors, staff, Volunteers)-
you have truly made
a difference in my life
and have been a literal
life saver since I could
not afford my meds on
my own. I just wanted
to express my thanks
and pay it forward
now that I am in a
better place. I should
have insurance. Judy I
thank you so much
for everything
-Holly

Growing

Jacqueline Anderson, Medical & Mental Health Patient/Client

Her daughter tells her she even walks faster since she came to Health Brigade. "Health Brigade has helped me become the person I am today," says 47-year-old Jacqueline Anderson with a wide smile. "I feel like a new person."

Jacqueline admits she was not taking care of her health when she had an ER visit and found out she had diabetes. **"My numbers were in the 400s. I couldn't afford the medication. I am a single mom. My priorities are my kids, paying my bills and then my health."**

Then, she was referred to Health Brigade. "I remember my [nurse practitioner] telling me that with numbers like that I wouldn't be around long to help my children if I didn't do something," she said.

Jacqueline began treatment for her diabetes but still felt like things were out of control. "I was on the verge of collapse," she said. The medical clinic referred her for mental health therapy.

"I had so much bottled up inside me. Having someone who was open-minded to talk to made me feel comfortable and gave me coping skills."

Jacqueline says she doesn't know what she would have done without the support of her nurse practitioner and her therapist. "It's like a buffet of services all under one roof."

In June of 2017, Jacqueline was invited to be a participant in the Food Farmacy. The 12-week pilot program focused on helping patients control their diabetes through healthy eating, with weekly coaching by Health Brigade volunteer nurses, nutritional classes with dietitians and monitoring of blood sugar, blood pressure and medications.

"Ya know, it's cheaper to eat horrible than to eat healthy. I learned so much through the Food Farmacy. I was never a label reader until now and I never thought I would eat vegetables." Each week the group was given fresh produce through a collaboration with Shalom Farms.

Jacqueline lost 18 pounds and says she sleeps better and has more energy.

"I didn't realize things could taste so good. You really don't appreciate your food until you contribute to making it. It's been an amazing journey for me and my kids. They even started calling me 'Betty Crocker,'" she laughed.





Planting oneself

Kirby Wallace, HB client & volunteer

This place is like medicine for me. It's treatment for my soul," says Kirby Wallace, 49, a Health Brigade volunteer.

"I'm all about helping people. I like being around people who, like me, refuse to give up."

Kirby says he wanted to volunteer at Health Brigade because the agency had helped him.

He became acquainted with HB through its health outreach to the incarcerated. "My case manager has been like a life coach. He connects me with community resources. He calls and checks on me. He's really like a mentor."

The big challenge for Kirby has been finding employment. "People take your mistakes and hold it against you. I believe in being honest, but doors keep slamming in my face. It's a struggle everyday. All I'm looking for is a chance," he says.

Kirby holds a bachelor's degree in sociology and two associates

degrees in human services and substance abuse counseling.

Kirby says he "won't lose hope and he will keep volunteering."

He works with the Food Farmacy program sorting fresh produce from Shalom Farms into bags for participants. The 12-week pilot program focused on helping patients control their diabetes through healthy eating.

"I like being here helping people who are trying to do better."

"This is a healing place where people care about the community. They help you help yourself. They want to see people grow."

The Art Brigade

Health Brigade believes the environment one is immersed in affects overall health. So, in 2016, it started The Art Brigade. The intention of the Art Brigade is to provide patients, clients, volunteers, staff and the public with an opportunity to experience community-born art as a force for health and healing. We had three shows this fiscal year—featuring local mixed media artists Jill Powell, Virginia McConnell and Suzanne L. Vinson—with creative direction by Kelly Powell.



Photos by Sid Koerin

Guests gathered for wine and cheese while viewing the gallery and then listened to inaugural artist Jill Powell (right).

One of the most popular aspects of The Art Brigade is the storytelling by the artist about their process, their media and their inspirations.



RIGHT: Suzanne L. Vinson shows off one of her watercolor pieces.

BELOW second from the right standing: Virginia McConnell explains the process of creating one of her dolls to guests.

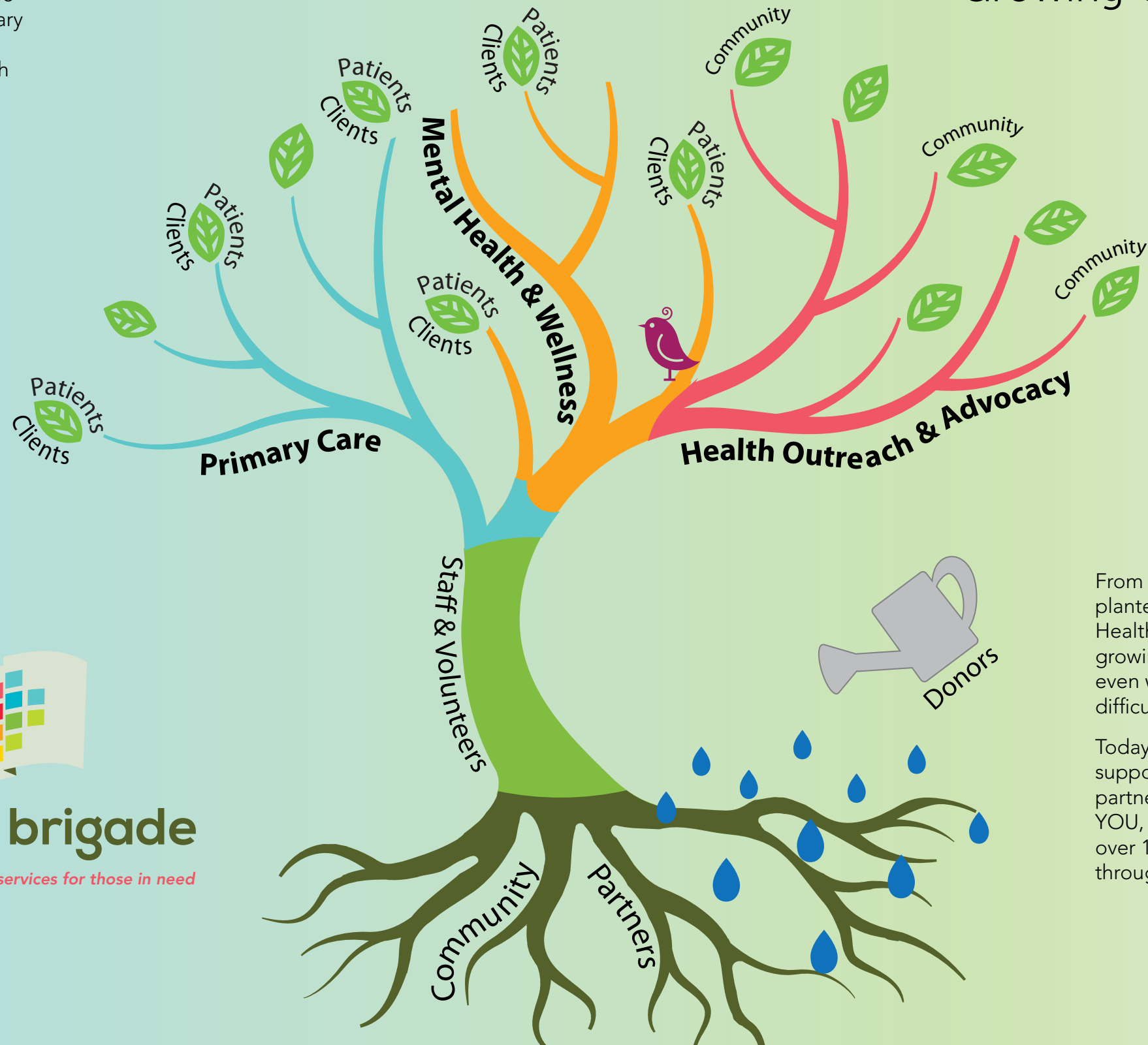


Photo by Rebekah Brunson Studios

Health Brigade offers three service lines of care: Primary Care, Mental Health & Wellness, Health Outreach & Advocacy.

Through these programs we are able to serve patients, clients and the broader community.

Growing Our Legacy



From the time our founders planted the seeds in 1968, Health Brigade has been growing a legacy of caring even when faced with difficult challenges.

Today, because of the support of community partners and donors like YOU, the agency serves over 11,000 people annually through three service areas.

We turn every \$1 donated into \$8 worth of health services.

REVENUE

Earned Revenue	
Government Contracts	534,112
Private Contracts	239,679
Other	23,866
	797,656
Contributed	
Associations/Faith Orgs	14,050
Corporations/Businesses	171,879
Foundations	843,015
Individuals	210,644
	1,239,588
Other	
	26,777
In-kind	5,974,129
Total	8,038,150

EXPENSES

Primary Care	
Cash	931,172
In-Kind	5,673,846
	6,605,018
Mental Health & Support Services	
Cash	349,266
In-Kind	167,361
	516,627
Health Outreach	
Cash	550,285
In-Kind	11,584
	561,869
Administration/Development	
Cash	474,835
In-Kind	121,337
	596,172
Total	
Cash	2,305,557
In-Kind	5,974,129
	8,279,685



Service Stats for 2016-2017

Pictured first row, L to R: Muriel Azria-Evans, Director of Mental Health & Wellness, Cristina Kincaid, Director of Health Outreach & Advocacy, Heather Turbyne-Pollard, Director of Resources & Philanthropy, Roneshe Warren, Director of Clinical Operations. Second row, L to R: Ari Laoch, Substance Abuse Counselor, Anne Self, Administrative Assistant, Ian Pishko, Receptionist & Financial Assistant



4,433
mental
health
visits

18,579
health
outreach
encounters

17,040
volunteer
hours

5,722
medical
visits

Volunteers

Health Brigade gratefully acknowledges the dedicated volunteers listed below as well as the unlisted individuals who volunteered for special events and one-time activities during July 1, 2016 – June 30, 2017.

Rooma Abdelrhman
Sura Abdulaziz
Nebiha Ahmed
Samara Aizaz
Bode Akinbobola
Robert Allen
Marilyn Artz
Farah Aslanzadeh
Samantha Auguste
Zhue Azuaje
Bharat Balan
Adithya Balu
Mrudula Bandaru
Laura Battle
Anne Belch
Alice J. Berman, LPC
Bianca Berrios
Cynthia Bettinger, MD
Niloufar Boghdeh
Keisha Boone, RN
Barbara Bowman
Mark D. Braley
Laura Brewer, PhD
Kadie Brigham
Christina Brown
Lisa Brown, RN
Jacob Brush
Jessie Brush
Linh Bui
Nicole Calloway Rankins, MD,
MPH
Jocelyn Canseco Neri
Annie Cantrell
Leah Carmichael
Marco Castro RN
Christopher Cayton
Emily Chaisone
Maranda Chambers
Beverley M. Chamblin, PhD
Eiren Childress
Cecilia Choi
Nadia Chowdhury
Johanna Christensen, NP
Alexander Clark
Sarah Clark
Remy Clemm
Taylor Cochran-Sutton

Blanton Cohen
Valentina Cole
Alexandra Conroy
Imani Corley
Jasmine Cortes
Alexis Coulibaly
Beth Cox, RN
Fatimah Craighead
Kurt Crandall
William Craun
Rebecca Crider, RN
Neydi Cruz
Catherine Cummings, RN
Cory Cummings, LCSW
Elias D'Alessio, RN
Nga Dao
Susan Davenport, NP
Cindy Delaney, RN
Emily Deming
Nidhi Desai
Catherine Diep
Emily Disler
Robin Disler, MD
Craig Dods
Kevin Dong
Elyse Duani
Tiffany Duong
Nicholas Dzienny
Victoria Elmore
Anthony Erb
Carl Erickson
Renuka Evani, MD
Patrick Feliciano
Vivian Fernandez, MD
Jonathan Fielder
Anne Marie Fontaine
Diane Forse MSW, LCSW
Helen Montague Foster, MD
Evan Fowler
Joanna Fowler
Kathleen Fulton
Callie J. Furlong
Mackenzie Galli
Matt (David) Gamble
David Gardner, MD
Jerry Garner
Jana L. (Sandy) Garrett

Johanna Gattuso, RN
Ali Gbadi
Ogechi Gbujie
Joseph Gianfortoni, MD
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Bonnie Gordon
Amy Goss
Kathy Green, RN
Leah Gregory
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Ken Gunn, Jr.
Siri Haraldsted, RN
Kelsey Harbert
Matt Harrison
June Henderson, MD
Gary Hendren
Erica Henley
Cristyn Henriquez
Gabrielle Hernandez
Carmen Herrera
Andrew Herting
John Hill
Robin L. Hills, NP
Nhien Ho
Irene Hollins, RN
Sean Honea, LAc, DiplAc
Jan Huebenthal
Emily Hutcherson
Schuyler Hutman
Brandon Jackson
Amanda Jamerson
Harneet Jaswal
Hailey Jenkins
Dorcille Jernigan
Jill Jones
Adela (Hyo) Kang
Emma Kaweck
Lynn Kessler
Sara Kim
Melissa King, MD, JD
Riguey King

Patricia Kinser, NP
Andrew Klein, MD
Sarah Klem
Sid Koerin
Christopher Kogut, MD
Naveen Kotha
Janneke Kotte
Anita Kozakewicz
Isaac "Ike" Koziol, MD
Margaret R. Krebs, NP
Megh Kumar
Anne Lagow, LCSW
Shengyi (Sam) Lai
Vatsal Lal
Brenda O'Connor Lank
Ari Laoch
Sara Laprea Romero
Stacey Larrabee
Robert Laverdy
Rebecca Law
Kristen Lawrence
Andrew Lawson, LCSW
Everett Lee
Pete Legato
Alexandra Leibman
Arlene Lerner, PhD
Jerry Lerner
Joshua Lewis
Victoria Lewis
Arlee Liangco
Kerry Lim RN
Jaiun Limlengco
Alex Long
Carol Ann Lund, PA-C
Amanda Luong
Gary Luong
Jessica Mackness
Meghan Madden
Silsila Mahmoodi
Shona Malhotra
Eric Mansfield
Johnafaye Mariano
Winifred (Winkie) Martin, RPH
Mari Martinez, MD
Molly Massey, RN
Sara McCann
Wynne McDonald
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Victoria Menzies, PhD, RN,
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Anita Willoughby, MSW
Andrew Wilson
Andrea Wright
Emma Yackso
Hardin Yeuell
Ashley Yocum
Gaelyn Young
Sara Zahir
Gaya Zeleznick
Baixin (Judy) Zhang
Cat Zwemer

Honor Roll of Donors

In fiscal year 2017 (July 1, 2016 - June 30, 2017), Health Brigade received over \$2 million in contributions from those listed below. It is this tremendous generosity that enables us to serve as a health home for our neighbors and friends. Thank you!

THE ANNUAL FUND \$10,000—\$24,999

Annual gifts that provide flexible, unrestricted support across programs and services are critical to sustaining ongoing agency operations. Last year, over \$200,000 was given through The Annual Fund program.

\$100,000+

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Richard H. Avery

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