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Comedian Cyrus Steele scheduled to perform on behalf of Outreach Free Clinic and Resource Center.

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Building a Healthier Community

HEARTBEAT

Quarterly Newsletter

ISSUE 2 SUMMER 2021



Community Outreach: Increasing community health through community outreach



Outreach Free Clinic and Resource Center volunteers and staff recently spent a Saturday morning at a community outreach event hosted by Bread of Refuge. A number of community service organizations were available during the event to assist local homeless and low-income families connect with services that are available to them.

The clinic team provided blood pressure checks and gave out blood pressure journals. They also answered health questions, assisted attendees with registering as a patient with the clinic, or helped with the application process for Hillsborough County Health Care depending on the program they in which they qualified.

At the end of the day, the clinic provided blood pressure checks for more than 30 attendees. The team also screened and registered 8 new clinic patients and connected with more than 20 other community service groups for future collaborations.

WISH LIST Shop Amazon Smile to Donate Supplies

Outreach Free Clinic and Resource Center relies almost entirely on unpaid volunteers and medical providers, but the clinic still has real costs each month like electricity, water, insurance, and medical supplies.

It's easy to help the clinic with some of our supply needs through Amazon Smile's Charity Lists! Our list includes items such as health and hygiene supplies for the free community commissary, pharmacy supplies, and office supplies. Just select the items you'd like to donate, check-out, and the items will be delivered right to the clinic! Amazon Smile will even provide an additional donation at no additional cost to you.

Visit theoutreachclinic.com/wish-list for more information.

Thank you for supporting Outreach Free Clinic and Resource Center!

A letter from the Executive Director...

Dear Friends of Outreach Free Clinic and Resource Center,

Take a moment to really think about the last time you were in pain. Did you wake up in the morning and step out of bed to only be met with a throbbing pain somewhere? What did you do? Did you take a few aspirin and just carry on with your day? You might have thought, "I probably just slept on it wrong" or "maybe I did too much yard work yesterday." After a few days of trying to nurse it yourself, what did you do when the pain didn't go away? How did you manage your day? Were you exhausted, frustrated, irritable? How long did you just deal with it before calling your doctor?



For people without medical coverage like the patients of Outreach Free Clinic and Resource Center, the answers to these questions will be very different from yours and mine.

A patient that came into the clinic recently was exhibiting difficulty walking. Without insurance or out-of-pocket funds to visit a doctor, he had been finding ways to cope with the pain for many months, if not years. He had finally reached the end of his rope when he finally found the clinic.

He was highly belligerent with the front desk when he arrived for his appointment. He continued to be volatile with his volunteer doctor, repeatedly shouting, calling names, and refusing to answer standard questions about his condition. Anywhere else, this type of behavior would likely get a patient immediately discharged and escorted out of the building at the very least.

But instead, what happened next is what makes Outreach Clinic and Resource Center truly special! The clinic team, despite his continued insults, spent more than an hour reassuring and counseling the patient until he was at ease and began to cooperate and respond to questions. By the end of the appointment, the doctor was giving him his personal cell number so the patient could call later that evening to update us on how he was feeling. You would have thought that they were long-time friends. Ultimately, the chronic pain that the patient had been suffering signaled the need for a hip replacement and other care. Now, take a moment to really think about how *you* would have managed that type of chronic pain, for that long, with nowhere else to turn?

Thanks to the generous support from volunteers, donors, and community partners, the clinic team will be able to provide the patient the care and relief that he has needed for a very long time.

Thank you for your support!
Best regards,

Allison Alvarez Hedrick

Allison Alvarez Hedrick
Executive Director



Reserve Tickets Now!



Due to Covid-19, the clinic was unable to host its annual Kentucky Derby fundraiser in 2020 and 2021. The annual event has provided crucial funds to support the clinic's mission. We're excited to announce that we are hosting a new event to generate much needed funding

for patient care. We invite you join us for the "Laugh Out Loud Comedy Show" and share an evening of laughter with us... *because Laughter is the Best Medicine!*

Oct. 8, 2021 • 6 - 10 p.m.

The Regent in Riverview, FL

Featuring: Cyrus Steele, Sheena Regan, Ryan Daniels



Tickets: \$75.00 / per person

VIP Table for 8: \$800.00

For complete details or purchase tickets,
visit our website or scan the code:

theoutreachclinic.com/lol-comedy-show

Tickets include admission, dinner of heavy hors d'oeuvres, tea and coffee, live entertainment, silent auction, and more. (Cash bar.)
(Accepting Sponsorships and Auction Donations.)

This event is proudly supported by the following Community Partners:



Clinic Earns 2021 Silver Rating from National Association

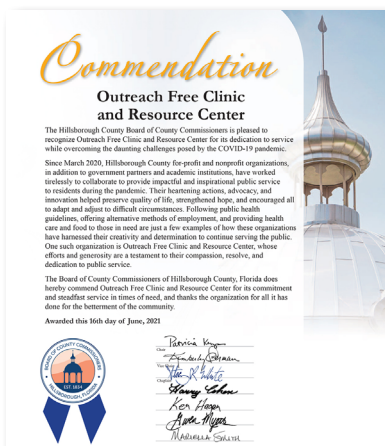


Outreach Free Clinic and Resource Center has earned a 2021 Silver Rating from the National Association of Free and Charitable Clinics (NAFC) Quality Standards Program. The mission of the National Association of Free and Charitable Clinics is to ensure the medically underserved have access to affordable health care. The NAFC and its members are dedicated to ensuring that patients receive quality health care. To quantify and qualify the care provided at the Free and Charitable Clinic network, the NAFC formalized a set

of Quality Standards for member organizations. NAFC Members voluntarily submit information to the NAFC on the various policies and procedures in place to attain their standards rating and attest/pledge that they successfully incorporate these standards within their organization. NAFC Quality Standards elements include policies and procedures related to the following areas: Administrative, Enhanced Access and Continuity of Care, Identifying and Managing Patient Population information, Planning and Managing Care, Providing Self-Care Support and Community Resources, Tracking and Coordinating Care, and Measuring and Improving Performance.

Honoring Public Service Week:

Outreach Clinic Honored by Hillsborough County Board of Commissioners.



and Resource Center with a Commendation “for its dedication to service while overcoming the daunting challenges posed by the Covid-19 pandemic.”

The clinic was among approximately 50 local organizations being honored for their service to the community in a variety of capacities such as healthcare, social services, housing, and more.

Commissioner Stacy White of District 4 presented the Commendation and thanked the clinic for its more than 30 years of service in providing free medical care to the low-income, uninsured residents.

On June 16, the Hillsborough County Board of County Commissioners kicked off Public Service Week by honoring Outreach Free Clinic



WALMART STORE #5826 TOURS CLINIC

The Pharmacy Team of the local Walmart Neighborhood Market store #5826, located on Lithia Pinecrest Road, stopped by the clinic recently for a tour of the facility. The Pharmacy team toured the clinic's Free Community Pantry, patient exam rooms, clinic pharmacy, and they also met a few of the clinic's volunteer providers who were seeing patients during their visit.

Following the tour, Walmart presented Outreach Free Clinic and Resource Center with a \$2,000 donation toward patient care.

Outreach Free Clinic and Resource Center has been a grateful recipient of support from Walmart Neighborhood Market store #5826 Pharmacy for many years. Their support helps ensure our ability to continue to provide quality patient care to low-income, uninsured residents of Hillsborough County.

*To learn more about how you can help improve health in our community, please contact Allison Hedrick at **813-654-1388** or visit our new website at **theoutreachclinic.com**.*



5 Summer Sun Skin Care Reminders

Courtesy of Skin Cancer Foundation

1 Apply Sunscreen

Skin cancer is the most preventable type of cancer in the U.S., still more than 5 million people are being diagnosed annually. Therefore it is important to apply sunscreen everyday on the exposed areas of your skin.

2 Wear Protective Clothing

Protective clothing protects you from the sun's rays and UV exposure. Wearing a wide-brimmed hat and sunglasses helps protect delicate skin around your eyes, neck, and face when you outdoors.

3 Be Aware of Medications

Many medications can make your skin more sensitive to sun exposure. Check with your doctor or pharmacist regarding your current medications and sun exposure. Limit your sun exposure while taking medications like antibiotics, antifungals, or acne.

4 Seek Shade, Avoid Tanning Beds

Avoid excessive sun exposure between 10 - 4pm when sun intensity is at its highest. Don't fall for the myth that tanning beds are safer! Due to the prolonged and intense exposure, tanning beds can be more dangerous.

5 Conduct Regular Screenings

Be aware of any new marks, blemishes, or changes in your skin. If you have a concern, see your medical provider to ensure early detection to catch skin cancer in its early stage!

NATIONAL VOLUNTEER WEEK: Celebrating Our Volunteers!

We were honored to celebrate our volunteers during National Volunteer Week, April 18 - 24th!

If you are interested in becoming a volunteer at Outreach Free Clinic and Resource Center, complete our interest form online at theoutreachclinic.com/contact-us and we will contact you about opportunities at the clinic.



Clinic Launches New Website

Outreach Free Clinic and Resource Center has launched a new website! While the address is the same, you will find a whole new look to the clinic's website with more information and useful functions for patients, volunteers, and a new donation account portal for donors!

 theoutreachclinic.com



In their own words...

“Thank you SO much for EVERYTHING you have done for us! I am forever grateful for your time, hard work, compassion, dedication and most of all kindness.”

- F.L.
Daughter of patients

REGISTERED 501 (C) (3) CHARITY. ALL DONATIONS ARE TAX DEDUCTIBLE

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OUTREACH FREE CLINIC
AND RESOURCE CENTER
517 N. Parsons Avenue
Brandon, Florida 33510

