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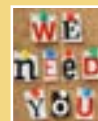
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HEARTBEAT

Quarterly Newsletter

ISSUE 1 SPRING 2021



New Executive Director: Increasing community health through community service.

Allison Alvarez Hedrick was recently appointed as the new executive director at Outreach Free Clinic and Resource Center. She is focusing on expanded awareness and services for the nonprofit clinic.



(Reprinted with permission from *The Osprey Observer*)

Allison Alvarez Hedrick became the new executive director of Outreach Free Clinic and Resource Center, located at 517 N. Parsons Ave. in Brandon, in October, but she is not unfamiliar to that area nor how important an outreach free clinic is to many hardworking families.

Hedrick said, "I grew up in Brandon, just a street over from where Outreach Free Clinic and Resource Center is now. Even as a kid, I recall what a challenge it was when someone in the

family needed to see a doctor. While my parents both worked—Mom worked in restaurants and Dad owned a small sports bar and grill—we didn't have health insurance or much disposable income. Without a resource like Outreach Free Clinic and Resource Center, doctor visits were paid for in cash—a significant hardship for a family living paycheck to paycheck and without sick time to also cover missing work.

The Brandon High School and University of North Carolina at Pembroke graduate brings

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PLAN ON IT! Become a Sustaining Donor

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, licensing, insurance, and medical supplies.

By becoming a sustaining donor, you can help us meet those costs and ensure that the clinic is here to help our community get on the road to health!

Your monthly donations are tax-deductible and can be set up through our website at **theoutreachclinic.com**. Simply click on the donate button to become a sustaining donor or increase your current donation. Your recurring monthly donation can be cancelled at any time.

Thank you for your support of Outreach Free Clinic and Resource Center!

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years of experience in marketing, communication, public relations and nonprofit affiliations with organizations like The Leukemia and Lymphoma Society (LLS), Largo Cultural Center and Suncoast Girl Scout Council. Prior to becoming executive director for the clinic, she was vice president of communications with WEDU PBS.

“Outreach Free Clinic and Resource Center is probably the best kept secret in Hillsborough County...and we’re excited to change that.”

Allison Alvarez Hedrick
Executive Director

Hedrick expressed her initial priority is to raise awareness for Hillsborough County residents that Outreach Free Clinic and Resource Center is a volunteer-driven, nonprofit, nongovernment medical facility providing primary healthcare at no cost to those who do not qualify for government assistance and who cannot afford private medical care.

Her second priority is to expand on support from volunteers, medical providers, donors and corporate partnerships. Although patients receive care from licensed doctors, nurse practitioners and medical residents who donate their time, the clinic relies on individual donations and community partnerships to maintain services to the community.

By Gwen Rollings



A NEW YEAR: Brings New Challenges, Opportunities, and Successes

Every year is a challenge for nonprofits that depend on donations through fundraising events to serve their mission. In 2020, organizations began seeing an increase in people needing their services due to the pandemic. At the same time, they were forced to cancel fundraising events that covered the cost of those services and helped keep the doors open.

The clinic was not exempt from the challenges of 2020. Sadly, we had to cancel our annual fundraising gala and smaller fundraisers were also cancelled. The clinic lost many of our long-time volunteers and medical providers out of concern for health and safety. The loss of significant fundraising revenue also meant a temporary furlough of staff members and closing the doors for a few months during late spring, with the pharmacy open for limited hours to fill prescriptions. Despite all of those obstacles, the clinic found innovative ways to continue to

serve our patients.

This past summer, the staff returned to the clinic and launched telehealth services helping to keep patients on track with their healthcare remotely. As more people have lost jobs or experienced a decrease in income, we’ve been able to recruit additional volunteer medical providers to help with the increase in new patients. To help ease the burden of everyday needs, the clinic has also recently opened a new Community Commissary that provides toiletries and medical care products free of charge to anyone in need. The clinic has also expanded

collaboration efforts with other local nonprofits to screen patients for services on-site at community service events. The new year will undoubtedly bring more challenges as we navigate the “new normal” and explore ways to raise funds that directly impact patient care and continue to grow our services to meet community needs. We look forward to meeting those challenges and encourage you to keep up-to-date and learn how you can help by following us on Facebook, exploring our website, and signing up for our e-newsletter.

Clinic Opens New Commissary: Providing Free Health and Hygiene Products

The new Community Commissary is open to the public during the clinic’s regular office hours Monday - Thursday, 9 a.m. - 4 p.m.

Outreach Free Clinic and Resource Center recently announced the opening of their new Community Commissary.

The Community Commissary is located in the lobby of the clinic and includes a collection of health and hygiene products that have been donated to the clinic and is available free of charge to anyone in need.

Inventory at the commissary will vary, but often includes skin care products, hair

care products, lip balm, deodorants, vitamins, sunscreen, incontinence supplies, bandages, some nonperishable food products, cotton swabs, and other useful items.



The Community Commissary is open to the public during the clinic’s normal business hours, Monday - Thursday from 9 a.m. - 4 p.m.

(New, unopened hygiene supplies or gift card donations can be dropped off to help stock the commissary.)

Welcome Dr. Henria Fain:

Dr. Henria Fain is a new volunteer clinic physician. Dr. Fain is now seeing patients on Wednesdays from 10 a.m. to 2 p.m.



Dr. Fain is a Tampa Bay Area native and she started her career as a certified nursing assistant and then home health aide in 1995.

She earned her first professional degree in Physical Therapy at Florida Agricultural & Mechanical University where she also completed her apprenticeship in Athletic

Training. She continued to advance her training earning a Doctorate in Physical Therapy from the University of St. Augustine for Health Sciences, Medical Doctorate Degree at the University of Science, Arts, and Technology and completed a Residency in Internal Medicine at HCA Brandon Regional Hospital in 2018. Member affiliations include American College of Physicians, Florida Medical Association, and Hillsborough County Medical Association. With 25 years in health and medical services, Dr. Fain will help support our patients' health and life goals empowering them to live their best life.

MOSAIC AWARDS \$10K GRANT TO CLINIC

This past October, Mosaic announced a new grant opportunity aimed at addressing the needs of local not-for-profit organizations related to and resulting from the Coronavirus pandemic. Outreach Free Clinic and

Resource Center is a proud recipient of a \$10k grant as part of Mosaic's "Lifting Up Our Communities" initiative.

The grant funds will assist the clinic in installing touchless devices throughout the clinic to ensure the safety of patients, volunteers, and staff. The clinic has begun installing the touchless soap dispensers, hand sanitizers,



paper towel dispensers and trash cans in all patient rooms and all restrooms in the clinic. The grant will also provide the installation of touchless faucets in patient rooms and all restrooms in the clinic as well.

"We're incredibly honored by this gift

from Mosaic! Being able to install these touch-free devices is something that we otherwise would not have been able to afford to do for our patients, volunteers and staff. This will help keep everyone who visits the clinic safe and gives us a little more peace of mind," stated Allison Hedrick, Executive Director.

The full installation will be complete in just few weeks.

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



5 ways to improve your Kidney Health

Courtesy of National Kidney Foundation

Get Tested

If you have high blood pressure, diabetes, or have a family history of kidney disease, get tested annually. Free screenings are available through the National Kidney Foundation at www.kidney.org.

Reduce NSAIDs

NSAIDs (over-the-counter pain medicines) may alleviate aches and pains, but they can harm your kidneys. Reduce your regular use of NSAIDs and don't use over the recommended dosage.

Cut the Processed Foods

Processed foods can be significant sources of sodium, nitrates and phosphates, which have been linked to kidney disease. Try to adopt healthy eating habits.

Exercise Regularly

Getting active for at least 30 minutes a day can help control blood pressure and lower blood sugar, which is vital to kidney health.

Stay Well Hydrated

Drinking plenty of water, and avoiding sugary beverages, is also one of the best ways to avoid painful kidney stones. For most people, drinking 1.5 to 2 liters of water per day is a healthy target.

Patients, in their own words:

"I was referred to Outreach Free Clinic by Hillsborough County Breast and Cervical Cancer Program. I had no insurance, no doctor and did not know where to turn. I received immediate attention to the concerns that I had a lump in my breast and needed care. Turns out that I tested positive for cancer. It was the caring and wonderful staff at the Outreach Clinic that put me on the path to the care and treatment that I need for my breast cancer. God bless all."

- V.C., patient

Donated Services Wish List:
Pressure Washing
Electrician / Lighting Repair
Parking Lot / Pothole Repair

Volunteers Needed: GET INVOLVED!

Outreach Free Clinic and Resource Center relies heavily on volunteers to help provide services to the community. We are currently looking for volunteers to assist with general office duties, greeting patients, stocking and organizing donated health and hygiene supplies, marketing and social media tasks, and more. If you have a few hours a week to volunteer and give back to your community, please contact the clinic at 813-654-1388 or email allison@theoutreachclinic.com.



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

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