



Ways you can help the Jeanie Schmidt Free Clinic

For more information on these and other opportunities to volunteer contact Tricia Mussante at freeclinicvols@aol.com

The Herndon Free Clinic provides access to quality health services to uninsured low-income residents in NW Fairfax County through a network of volunteer healthcare professionals and community volunteers. We need your help.....

Volunteer at the Clinic- Both Medical and Non-Medical volunteers are needed to assist at the adult and children's clinic on alternating Thursday evenings and starting on March 28 we will begin our once monthly adult clinic on Wednesday evening. For our schedule of clinics and a volunteer application visit our website at www.herndonfreeclinic.org.

Help Us Spread the Word – Volunteers are needed to staff community booths and blood pressure screening events to educate people in our community about the services at Free Clinic.

Upcoming event: March 3 - BP Screening at Flores United Methodist Church, 13600 Frying Pan Road Herndon 20171. The church phone number is 703.793.0026 x305. Assist the HFC in taking blood pressure readings of members of the community. Hours are from 8am until 10am. Volunteer at freeclinicvols@aol.com. Place BP SCREENING in the subject line. *Future dates are May 5, July 7, September 1 and November 3.*

Donate and Assemble Patient Care Bags- We provide each child that attends our clinic with a bag filled with supplies (such as toothbrushes, tooth paste, notebook, pencils) and educational materials. You can help support the Free Clinic by collecting these items and putting them together to be passed out at the clinic.

Provide Dinner for Our Volunteers- Our volunteers give their time right through the dinner hour so we provide dinner for 20-30 volunteers each week in appreciation. Your home cooked meal would be greatly appreciated and it's an easy way to support Free Clinic. (See attached guidelines.)

Provide Much Needed Transportation for our Patients - We are exploring options for assisting our patients in getting to outside appointments with specialists. If you are available to provide this service from time to time or have information about groups who could help us please let us know. Joining a list of volunteers to be called on for this purpose would greatly assist us. Volunteer at freeclinicvols@aol.com.

Hold a Vitamin Drive- We provide the children who attend our clinics with an unopened bottle of children's multi-vitamins *with iron*. Your group can help support the clinic by asking members to give the gift of good health.

Organize a Book Drive - The children who attend our clinic, and their siblings, are encouraged to take books home with them. Donations of gently used books keep our supplies available and bring a smile to the faces of families we serve.

Play Golf- The Herndon Free Clinic hosted its 1st Annual Golf Tournament, Tues, October 3. For more information on future special events and how you can become involved please call 571. 235.3577.

Financial Support- We need many types of donations to make the clinics possible. Please consider making a financial donation to the Herndon Free Clinic For more information contact, Meagan Ulrich, Executive Director, ulrichmeagan@herndonfreeclinic.net (571)-235-3577.

Dinner Guidelines

The Jeanie Schmidt Free Clinic provides dinner for all volunteers before each clinic. This provides time for volunteers to socialize and get to know one another, as well as providing some relaxation time between the busy day and the busy clinic. We generally have about 30 people to feed. A receipt for a tax deduction can be provided upon request.

A typical meal at the clinic could consist of some of the following:

- Main course
- Vegetables
- Fruit
- Dessert
- Munchies to nibble during the clinic - **optional**
- Water is provided by the clinic
- Bread – supplied at each clinic by Great Harvest Bread Co. and picked up by another volunteer

The clinic provides plates, napkins and flatware. We also have several bowls, platters and serving utensils. We recommend you bring food in disposable containers if you are not staying for the clinic. Please put your name on any containers you need to take home. We usually leave leftover food for the custodians. They look forward to it.

MEAL SUGGESTIONS

Main course:

- Fried chicken – Coupons are often in the mail. I get 28 pieces from Popeye's and usually it all goes, or one or two pieces are left
- One Wrap platter from Costco
- One Deli meat and cheese platter from Costco w/ bread/rolls – people will use the Harvest bread also
- Two pans of lasagna
- Four pizzas from Papa John's – two cheese and two pepperoni – please tell them you are from the clinic and say they give us the school rate. They may not know about it, but they always say "OK". It saves money.
- Simple Homemade dishes – soup and sandwich, chili,

Vegetable dish:

- Veggie platter with dip from a grocery store – or make one yourself
- Green salad with dressing
- Homemade vegetable casserole

Fruit dish:

- Fruit platter from a grocery store – or make one yourself
- Big bowl of grapes
- Fruit and cheese tray

Munchies – **this is optional**

- Bag of chips and dip (pretzels are not too popular)
- Cheese and crackers, or cheese cubes with the fruit
- Can of nuts, etc.

Dessert:

- Cookies, brownies, cake

Drinks:

- The clinic provides bottled water