



Free Medical Clinic

116 E Division Road  
Oak Ridge, TN 37830

Contact us at  
**865.483.3904**  
**FMCOR.ORG**

**THANK YOU  
FOR A RECORD-SETTING YEAR  
FOR THE UNDERSERVED**



2023 YEAR END MAGAZINE | FMCOR.ORG

2023 EDITION



*The Dr. John Ausier's*

# Free Medical Clinic

*Providing no charge medical care to the low-income and uninsured.*

**FMC BRINGS CITY TOGETHER  
TO RING IN NEW YEAR**

# NEW YEAR'S EVE 2024 Countdown

ALEX & THE ANIMALS



ELIFOX BAND



**December 31, 2023 @ 9PM - January 1, 2024 @ 1AM**

A.K. Bissell Park Oak Ridge • Free to Public

Food Trucks • Live Bands • Ball Drop • Fireworks • Free Parking

FMCOR.ORG for more information

# PROVIDING

**NO CHARGE MEDICAL CARE  
TO THE LOW-INCOME AND UNINSURED**

## SERVANT LEADERSHIP

### 2023 FMC BOARD OF DIRECTORS:

Benjamin Stephens, President  
Ashley Golden, Vice President  
Angela Richardson, Treasurer  
Janis Williams, Secretary  
Ronnie Baggett, RPh, Medical Lead  
Dr. Joseph Bondranko, MD, Medical Lead

Dr. Garfield Adams  
Martin Ayala  
Daphne Windham  
Mae Mosley  
Wendie Aurin

### FMC LEADERSHIP TEAM:

Billy Edmonds: Executive Director  
Dr. Ann Carter, MD: Medical Director  
Jessica Massengill, RN: Director of Operations  
Kate Hull, RN: Director of Nursing  
Jessica Freytag, CPhT: Director of Med Resource  
JR Hernandez: Director of Hispanic Services

# OUR STORY IN 2023



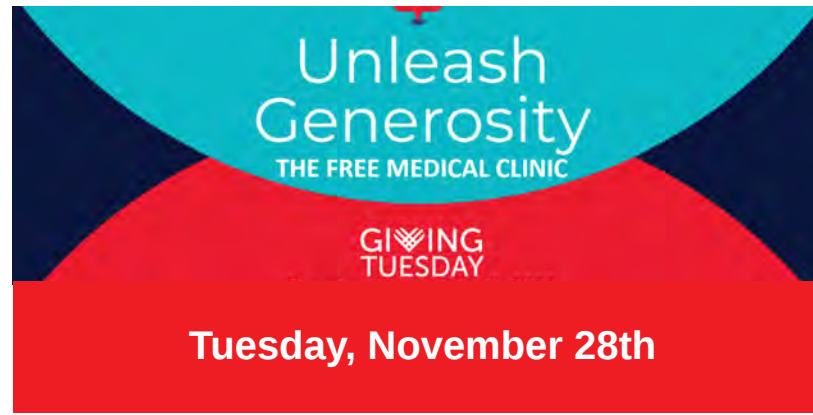
**Meet Board Member:  
Dr. Joe Bondranko, MD**

RAM in 2023  
on page 6



**COMMUNITY  
ENGAGEMENT**

FMC is taking the fear away  
on page 10



**GIVING TUESDAY**

FMC seeks to raise \$24K in 24 hours  
on Tuesday, November 28th. Get ready to crush this funding goal!  
on page 16



**December 31, 2023 @ 9PM - January 1, 2024 @ 1AM**

Oak Ridge Recreation & Parks • Free to Public

**FMC NYE COUNTDOWN**

FMC partners with TCAT to create an  
exciting community event  
on page 20

**04** LETTER FROM THE  
PRESIDENT  
Benjamin J. Stephens II

**05** COMMUNITY STATUS  
Our neighbors need us!

**12** HEALTHY BACK TO SCHOOL  
FMC provides relief to families.

**15** ORNL FCU AWARDS GRANT  
ORNL Federal Credit Union members select  
FMC for top-tier award for community impact.

**06** RAM EVENT  
FMC leads medical events across  
service areas.

**08** THE BASH  
Sold out record-setting event!

**17** MORGAN CO. COMMUNITY FUND  
FMC joins forces for new initiative.

**23** DIABETES HELP AT FMC  
A "Star" is Born



It's time for a huge thank you to everyone for an outstanding year of incredible support – from our FMC staff members, volunteers, and from our generous supporters across the surrounding counties. We have stand-alone clinics in Oak Ridge, Rockwood, and Briceville, as well as our new mobile clinic unit that gives us access to people we may have missed simply because they could not get to one of the established facilities. All of our staff are wonderful, and each one has a heart of gold. We love seeing their golden hearts shining brightly as they provide care for every patient and ensure they get the health service they all deserve. I am very happy to be the President of the Board of Directors this year, working closely with the Executive Director, Billy Edmonds. Mr. Edmonds is the visionary of this fantastic team, always looking for opportunities for the clinic to provide better service to our communities and finding the necessary funding to accomplish our next steps. We are striving to help more low-income and uninsured families with dental care, expanded vision care, mental health with opioid treatment, and we are looking to expand in the coming years to Morgan County. **FMC is the only facility where 100% of our patients' care is free.** There is no other medical service or clinic that can say that. So, thanks a million for all your help, donations, well wishes and all the support we have received. We are help-

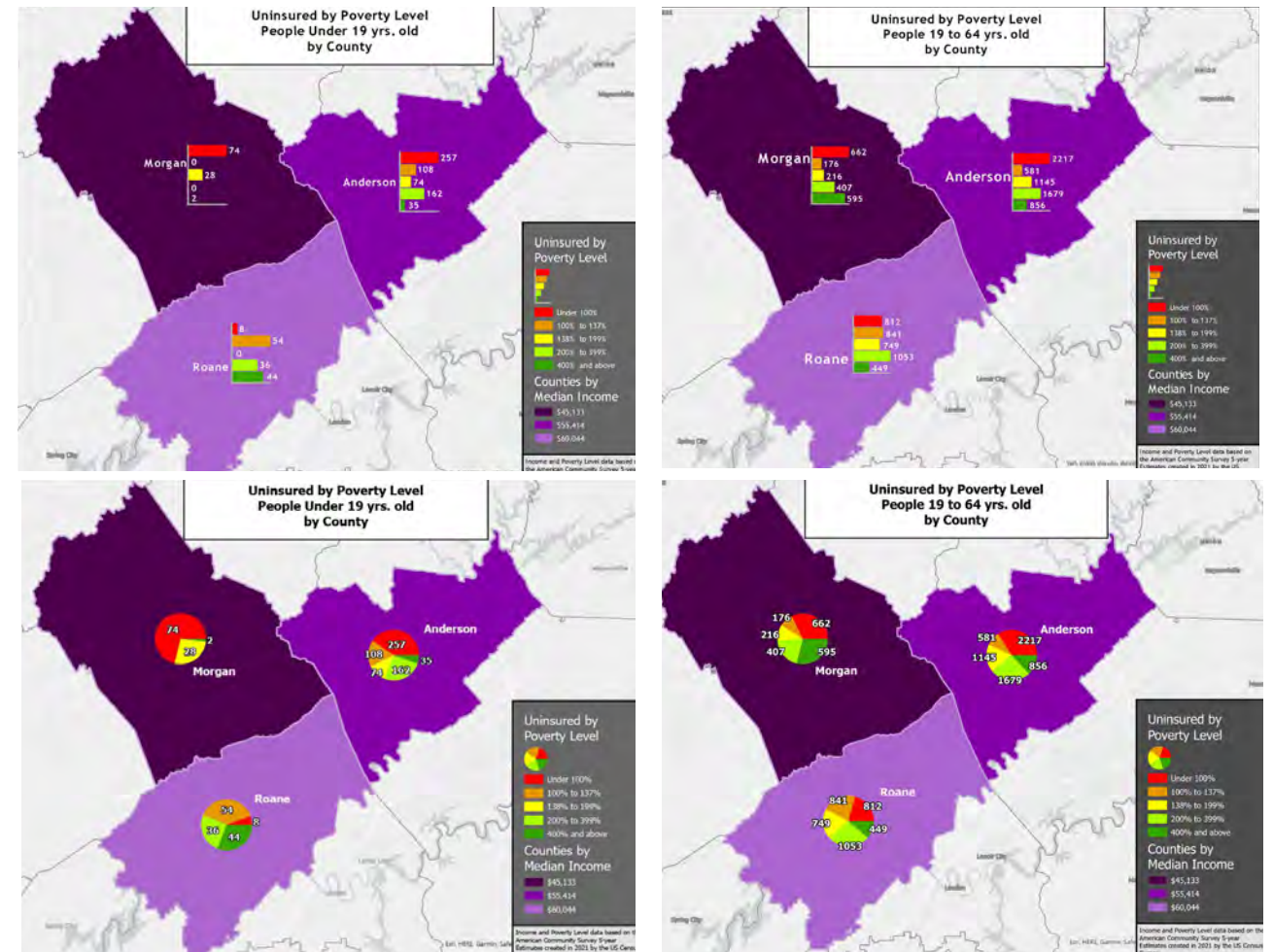
ing so many, and we strive to help many more in the new year. And yes, we are planning a Free Medical Clinic of Oak Ridge New Year's Eve 2024 Countdown at A.K. Bissell Park on Sunday, December 31st, so please attend and be ready to party! I will see you there!

**SINCERELY,**  
 Benjamin J. Stephens II  
 President, Board of Directors  
 Free Medical Clinic of Oak Ridge



# This is Us

This data is more than just numbers – it represents our friends, family members and co-workers. They have names and we know them. This is why FMC exists! As you can see, the need is great. They are the reason you give, the reason you volunteer, and the reason we must partner together to bring about real change. Our neighbors need us. For every \$1 you give FMC turns that into \$5 of care. Go to [FMCOR.ORG](http://FMCOR.ORG) and give and volunteer today.





I am thrilled to see the Free Medical Clinic take the lead and host the first Remote Area Medical event in Oak Ridge. The medical need in our communities is desperate and this event seeks to alleviate the needless suffering going on in the lives of our families because they can't afford medical care. FMC joining with RAM gives people living in fear the medical access that is vital to their quality of life. Health care in our community and nation is truly in a crisis. We know that any Covid help for healthcare access is going away and at this event over 650 volunteers are giving of their time to cover the enormous gaps in our community. Millions of people will be dropped from TennCare rolls as this coverage ends; this makes The Free Medical Clinic and medical events we host so important to more and more underserved families. The issues that these families face due to being low-income and uninsured are silent killers, and by that, I mean hypertension, blood pressure, diabetes, high cholesterol. Forty percent of our citizens with diabetes are undiagnosed, so people are walking around with dangerous elevated blood sugar and do not know it. A third of people with risk of heart attacks die when they have a crisis! It's not like on TV where you clutch your chest then call an ambulance - a third drop dead. And those are the ones the Free Medical Clinic are serving, to save their lives as they provide preventative care. We have wonderful technology and great people that practice healthcare but it's not cheap and right now people are having to make very critical decisions. Most have to decide, do I put food on my table, gas in

## DR. JOE BONDRAKO INTERVIEW



my car, or go to the doctor. The people the Free Medical Clinic serves are living in survival mode, scared each day of "What if I get sick, what if I get hurt or injured, what will I do? What will I do if I can't go to work? How will I make it? How will my kids and my family make it?" Every day the Free Medical Clinic, and with RAM during medical events, are doing everything possible to take that fear away. The Free Medical Clinic is providing thousands of free patient medical appointments. As a result, we are not just saving lives; we are providing a quality of life people deserve but can't afford. We don't just want to stop people from dying due to undiagnosed illnesses and disease; we want them to have quality of life to enjoy their lives. They live in fear but I do too. I live in fear about the many people that live in our own communities that do not have the testing, lab work, imaging and screenings they need because many times, by the time they come to see our providers at FMC, it might be too late. What a shame! I mean, something that could had been managed is not serious and life threatening, that is my fear and that is way I am doing something about it as a board member and medical volunteer with FMC. The solution for this country will take a lot more than what we are presently doing as a nation, but I am so proud that in our own back yard, the Free Medical Clinic is the solution, the only solution, for

# FMC LEADS MEDICAL EVENTS ACROSS SERVICE AREAS

Over \$500K in Medical Care



FMC hosted the first ever Remote Area Medical Event in Oak Ridge in February 2023 at the Oak Ridge Civic Center. With over 650 volunteers, FMC and RAM served over 500 medical appointments worth over \$500,000 in medical care including dental, vision, medical, women's health, pediatrics, audiology, vaccines, testing, and medications/resources. In 2024, FMC will host RAM at Roane State Community College (Harriman Campus) on April 20-21, 2024 for Roane County partners with a projected 800 volunteers able to serve over 1000 patient appointments in just two days. We believe this event will provide over \$1 million dollars in medical care value to the underserved. Billy Edmonds, Executive Director and lead of the Community Host Group Team said, "We want to saturate Roane County with compassion and care as we join with community organizations to help our communities that are struggling. They are living in fear of becoming sick or hurt. They have to choose between going to the doctor or putting food on their table. This event offers the hope they need and we are so honored to be here for them."



**RAM 2024 will be April 20-21, 2024 at Roane State Community College in Harriman. If you want to volunteer for this incredible event, go to RAMUSA.ORG or for more information go to FMCOR.ORG.**

## DR. JOE INTERVIEW CONTINUED...

low-income and uninsured patients. At least here people have a place to go that is no charge, where they can come and get help and care they need. Not only is FMC just like the clinics we all go to, that have insurance, but FMC offers some of the most exceptional providers in our area. They have specialists that are known across our state as being the best of the best. FMC is a place for our underserved families to go and that's why I am a board member. Even FMC needs help, and that is why we are hosting RAM events now, here today, at Oak Ridge, and in 2024 in Roane County at the RSCC Harriman Campus. My hope is just that, hope. People really need hope. Hope they will get what they need through the Free Medical Clinic and the Remote Area Medical events we host.



# THE BASH



# DANCE

## Why We Dance

**B**etsy Coleman, part of the winning Dance-Off team with a record-setting amount of almost \$11K, said, "I have a disabled brother and healthcare is a mess, and we all need to pitch in to help, because everyone deserves healthcare."  
**Dr. Chris Whaley** said, "I have agreed to do this because FMC makes a difference in the lives of East Tennesseans, not limited to, but including RSCC students."  
**Jeremy and Whitney Biggs** added, "We are doing this to raise money for FMC it's a great resource for our community that has issues getting access to care."  
 "I know all the great things and opportunities the Free Medical Clinic gives to the people of this area, so I was happy to help to dance to raise money for this great cause." **Maria Canton** went on to say, "We love the people of Oak Ridge and the families FMC serves."



## SOLD OUT RECORD SETTING EVENT

310 people and event sponsors gathered at the Oak Ridge Bash to raise over \$125,000.00 to help 1,667 patients worth over \$1,000,000 in value of medical care.



### Dr. John Auxier Legacy Award goes to Dr. Tom Kim, MD

Each year FMC identifies a volunteer who sets the pace and standard of sacrifice and dedication to the vision of Dr. John Auxier, FMC Founder. The award this year goes to Dr. Tom Kim, MD. Dr. Kim, a North Korean refugee with his family, left his country on June 25, 1950, at the outbreak of the Korean War. He and his family immigrated to the United States where eventually he became a physician and has devoted his life to the underserved in East Tennessee. Dr. Kim has been a driving force for medical care access for the working poor and was vital in working with our beloved Founder, Dr. John Auxier in the birth of the Free Medical Clinic of Oak Ridge. We were honored to present to Dr. Kim the Dr. John Auxier Legacy Award, presented by Mary Lou Auxier and Dr. James Michel (2022 Auxier Legacy Award recipient). Dr. Kim is still a critical ambassador for FMC.

### Saad Aqqad and Betsy Coleman Win Dance Off

Congratulations Saad Aqqad and Betsy Coleman for winning the BASH Dance Off and to all the dance teams: Beth Hickman and Danny Whitson; Friends of El Jinete; Darryl and Maria Canton; Jeremy and Whitney Biggs; Dr. Chris Whaley; Gene Patterson



## THANK YOU SPONSORS!

- |                                |                             |                               |
|--------------------------------|-----------------------------|-------------------------------|
| Methodist Medical Center of OR | TN Bank                     | La Rachera                    |
| Roane Medical Center           | Howard Hildreth Insurance   | Lakeview Dental Arts          |
| Mary Lou Auxier                | El Jinete                   | Knox TVA ECU                  |
| Baggett Pharmacy               | Vacuum Technology, Inc.     | The Roane Alliance            |
| Dr. James Michel               | Janis Williams              | Big J Brokerage, LLC          |
| Elk Lodge of Oak Ridge         | Promo Joe                   | El Cantarito                  |
| ORNL                           | Stephenson Realty & Auction | Mackie Group, Coldwell Banker |
| TCAT                           | Ridgeview Behavioral Health | Karaoke with Kyle             |
| Enrichment FCU                 | Pinnacle Financial Partners | Laura's Liquor and Wine       |
| Boston Government Services     | Tyler Law Firm              | Wartburg Speedway             |
| Centrus Energy                 | El Barrios                  | Silver Angels of TN           |
| CNS                            | ORAU                        | Tattoos by Bryan              |
| Eagle Bend Manufacturing       | ORUD                        | Kat's Cake Corner             |
| MS Technology                  | TN Members 1st FCU          |                               |

Get ready for next year!



August 10, 2024

## ROANE COUNTY BASH



215 people and event sponsors attended the first annual Roane County Bash raising, with a special grant from The Thompson Charitable Foundation, over \$48,000.00 to purchase two SUV Community Health Nursing Units. Singers were: Tommy Hardin, Ben Briley, Deborah Davis, Te Ray, Tessarae Cummins, Tim Johnson

## Why We Sing

**Ben Briley** said, "FMC helps so many people in this area and is a great organization to support." **Debbie David** added, "I sing to help provide people that can't afford medical care, it is sad that so many people lack the care they need, many can't afford it but I can help them." **Te Ray** continued, "I am helping FMC to help others. It's my way of making a difference." **Tommy Hardin** finished by saying, "Over 5,000 Roane County neighbors need medical care – they can't afford healthcare and I know it's expensive. I am doing this to help as many people as we can have the care they need. FMC does a fantastic job and I am happy to help."



SAVE THE DATE FOR NEXT YEARS ROANE COUNTY BASH! THE OPAL OAK SUMMITT - JUNE 7, 2024

# What if I get sick or hurt?

## LIVING IN FEAR NO MORE

Over 14,000 of our neighbors live in fear of becoming sick or hurt and have to make a choice of putting food on the table or seeking medical care. FMC tries to take the fear away by providing no charge primary care to the low-income and uninsured. Our three clinic locations in Oak Ridge, Rockwood, and Briceville – plus our Mobile Clinic Unit – are here for our rural and minority communities that have limited medical access.

➔ FMC CARE REMOVES FEARS OUR NEIGHBORS FACE BECAUSE THEY HAVE BEEN GOING WITHOUT NEEDED MEDICAL TREATMENT.



Kesha Carter, LPN  
Rural Community Health Lead

“I’VE HAD PATIENTS TELL ME THAT THAT IF IT WASN’T FOR FMC THEY WOULD NOT HAVE ANY TYPE OF HEALTHCARE. IT IS LIFE CHANGING BECAUSE OTHERWISE THEY COULDN’T GET THEIR CONDITIONS TREATED, OR EVEN KNOW THEY HAD SOME CONDITIONS THAT ARE CRITICAL TO THEIR QUALITY OF LIFE. BECAUSE SOME OF OUR NEW PATIENTS HAVEN’T BEEN TO THE DOCTOR IN YEARS.”

**KESHA CARTER, FMC RURAL COMMUNITY HEALTH LEAD**

**KIM EVANS, FMC COMMUNITY HEALTH LEAD DEVOTED TO THE AFRICAN AMERICAN COMMUNITIES SAYS,** “AS WE SERVE ON THE MOBILE UNIT IN THE MINORITY COMMUNITY, WE HAVE CREATED COMMUNITY PARTNERS WHERE WE SERVE TOGETHER. FMC COMES DIRECTLY TO WHERE THESE COMMUNITY MEMBERS LIVE. WE HELP THEM WITH DIABETES, HYPERTENSION, ANY TYPE OF MEDICAL NEED THAT NEEDS ADDRESSING.”



Kimberly Evans, LPN  
Community Health Lead  
Minority Specialist

**JR HERNANDEZ, FMC DIRECTOR OF HISPANIC SERVICES SAYS,** “MANY HISPANICS DO NOT FIND HEALTHCARE, THEY SIMPLY HAVE STOPPED LOOKING FOR IT. IF FMC WAS NOT HERE, THEY WOULD NOT BE ABLE TO GO TO THE DOCTOR BECAUSE THEY SIMPLY CAN’T AFFORD IT.”



## FMC PATIENTS SPEAK

“FMC HAS HELPED ME SO VERY MUCH, ESPECIALLY WITH MY DIABETES AND OTHER ISSUES I HAVE GOING ON. I WOULD BE IN A BIG MESS IF FMC WAS NOT HERE FOR ME. I DON’T MAKE ENOUGH; A LOT OF PEOPLE DON’T MAKE ENOUGH TO GET THE CARE THEY NEED. WE DON’T HAVE INSURANCE.”

**RURAL ROCKWOOD PATIENT**

**ANOTHER PATIENT ADDS,** “FMC GOES FAR AND BEYOND TO HELP ME AND OTHER PATIENTS IN OUR COMMUNITY. I DON’T KNOW WHAT PEOPLE WOULD DO, THEY WOULD DO WITHOUT. I CAN’T AND OTHERS CAN’T AFFORD TO PAY OUT OF THEIR POCKET \$200-\$300 A VISIT TO SEE A DOCTOR THEN GO TO BUY NEEDED MEDICATION. FMC MEANS THE WORLD TO ME, I WOULDN’T HAVE MY NEEDED MEDICATION IF IT WASN’T FOR FMC. IMAGINE YOU NOT HAVING YOUR MONTHLY MEDS, WHAT WOULD YOU DO? THAT IS HOW MANY LIVE WITHOUT FMC. THANK YOU FMC - FOR BEING HERE FOR ME AND OTHERS, WE COULDN’T LIVE WITHOUT YOU.”

“IF IT WASN’T FOR FMC I WOULDN’T BE ABLE TO GO TO THE DOCTOR, OR HAVE MY MEDICATION, ESPECIALLY AFTER HAVING A HEART ATTACK, AND I NEED BREATHING TREATMENTS. I NEED FMC VERY BADLY AND REALLY WOULDN’T BE ALIVE WITHOUT FMC. WITHOUT FMC I WOULDN’T BE AROUND MUCH LONGER. THE ENTIRE COMMUNITY NEEDS FMC. THERE ARE SO MANY PEOPLE EXACTLY LIKE ME, WITHOUT FMC WE HAVE NO HOPE.”

**SAYS ONE FMC PATIENT**

**FMC HISPANIC PATIENT FROM CLINTON SAYS,** “I HAVE A WIFE, MY OWN HOUSEHOLD, I WORK SIX DAYS A WEEK DOING LAWCARE, CLEANING, ANY TYPE OF ‘HANDY MAN’ JOBS I CAN BUT I STILL CAN’T AFFORD HEALTHCARE. FMC NOW TAKES CARE OF ME, THEY EVEN HELP ME WITH PRESCRIPTIONS, FMC IS A BLESSING TO MY LIFE AND THE LIVES OF MY FAMILY.”



# HEALTHY BACK TO SCHOOL

With FMC community partners: The City of Oak Ridge, Scarboro Community Center, Oak Ridge Schools, Oak Ridge Preschool, Health Hero, and the Anderson County Chapter of the NAACP, we provide annual pediatric Healthy Back to School programs throughout the rural and minority communities in our service area. We especially thank the East Tennessee Foundation for their funding support that makes this care possible for 2023-2024.



## → SCARBORO COMMUNITY CENTER JULY 22, 2023

FMC Healthy Back to School Program was held using our Mobile Clinic Unit and the community center to provide students no charge annual and sports physicals, immunizations, screenings, testing, required to attend school or play on school in community sports. One parent from Anderson County said, "This care today was critical to get my daughter into Kindergarten. When I tried to get into my primary care, they told me

there was a 5-month waiting list to be seen, which would mean my daughter would miss her first year of school. FMC made it possible to enroll my daughter in time, and give me the peace of mind, because what else could I do? We have no other options and FMC was a life saver. FMC was great with the kids, so good with the kids, thank you very much FMC."

East Tennessee Foundation commits to multiple year funding support for Healthy Back to School program.



## FMC PROVIDES RELIEF TO FAMILIES

Another parent living in the Scarboro community said, "I brought my son here today to get his physical and it was better for me to get his physical done on a Saturday because I couldn't miss work during the week. This means to the world to our community."

A dad said, "As I was figuring what I needed to spend to get my kids everything required for school, it would had been over \$100 per kid. FMC saved me hundreds of dollars for my family, that now I can use in other ways to help my kids get ready for school."

A minority parent said, "My kids were able to get more than their physical and immunizations. FMC checked their hearing and vision, and I was shocked to find out my two kids need glasses! So, now FMC has prevented my kids from struggling with school work. If we didn't know they needed glasses, we would had thought they were struggling for another reason. What a blessing FMC was today because I might have never known my kids needed glasses if they didn't provide care today, and at no charge. Wow!"

# Passion

Ann Flynn, Anderson County NAACP President said, "FMC is a staple in this community, helping so many people. We thank them for their partnership."

Key To Hope

# ALL ABOUT COMMUNITY



**VISION CARE  
INCREASES BY  
400%**

Dr. Tom Dahl, MD and Dr. Leslie Cunningham, MD, two new FMC volunteer providers have increased FMC patient vision care by 400%. Up to this point Dr. Joseph Crump, MD has been the only provider for eye care for FMC. His faithful dedication has been the driving force in this expansion.

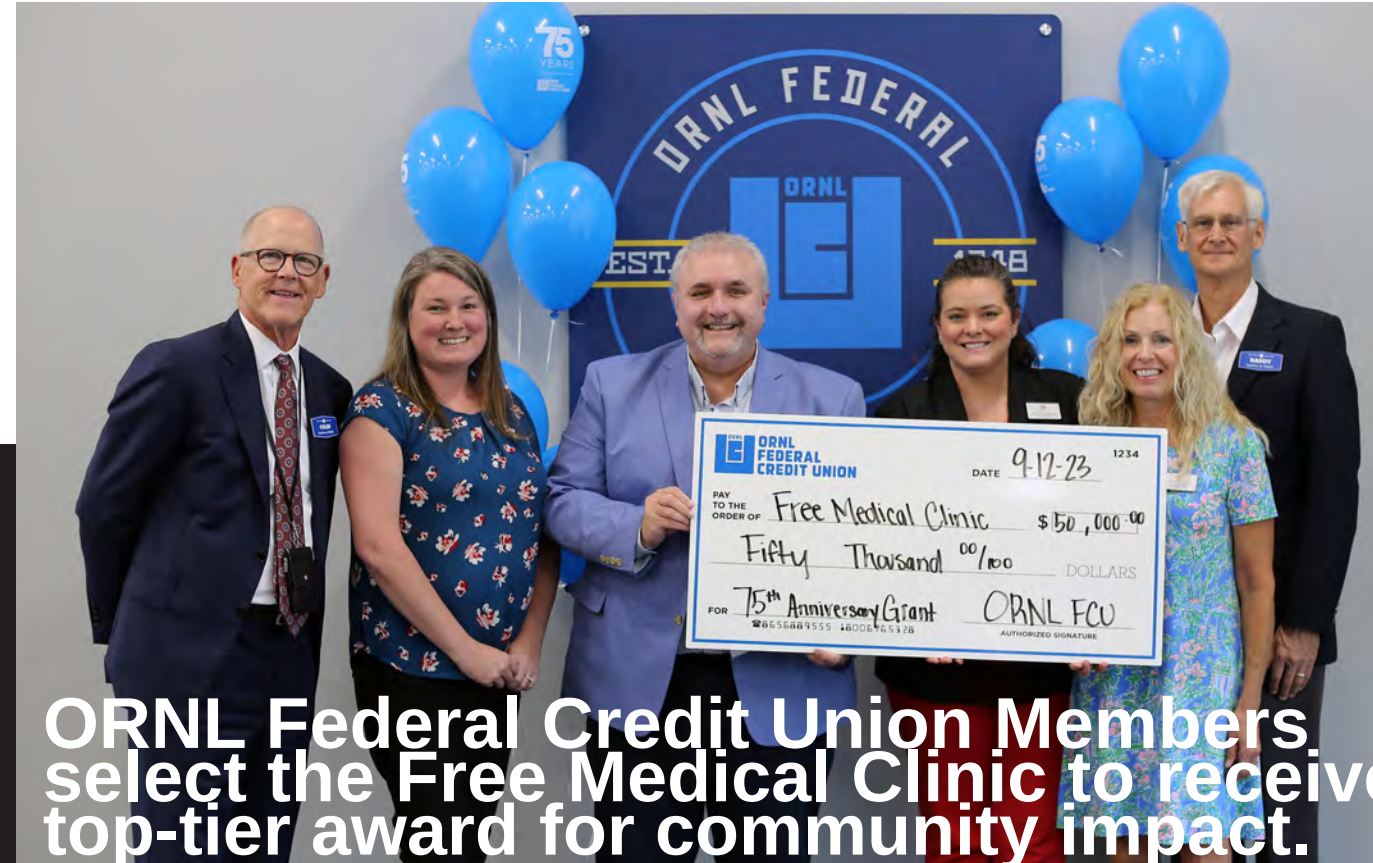
“Service is something that has always added meaning and joy to my life. We only have a certain amount of time in this life to make a difference, and using our talents and things we’ve been blessed with to help others is one of the biggest differences we can make. I believe we are all children of God, all brothers and sisters, and should look out for each other as best we can. I know many doctors (myself included) that go out of their way to do big medical mission trips halfway around the world. Those trips are amazing experiences and change lives, but why not try to do the same in our own communities? The Free Medical Clinic does just that, and I am so grateful to be able to do my small part to help my neighbors.”

**Dr. Tom Dahl, MD**



**Dr. Leslie Cunningham, MD says,**

“As a physician, I believe that making a personal connection with my patients really matters. I understand that everyone I treat is putting their trust in me to care for their vision. I never want to take that trust for granted. It’s what motivates me to never take a day off from giving my best.”



**ORNL Federal Credit Union Members select the Free Medical Clinic to receive top-tier award for community impact.**

With the amazing leadership of Colin Anderson, President of the ORNL Federal Credit Union, ORNL FCU celebrated its 75th Anniversary by providing over \$350,000 in community grants. More than 1,100 nominations were received, representing more than 540 organizations. 18 organizations won the grant awards, from \$7,500 to the top-tier awards of \$50,000-\$75,000. The Free Medical Clinic was awarded \$50,000.



## COLIN ANDERSON DELIVERS THE GREAT NEWS

**C**olin Anderson, President of ORNL FCU, said to the award recipients at the Awards Ceremony on September 12 at their Northshore location, “It is no easy task to pick 18 organizations out of the 540 organizations. It’s so fun to hear about all the good work you do in the community. ORNL FCU is supporting our friends, our neighbors and our members.” When Mr. Anderson spoke with Billy Edmonds on the phone sharing the great news, he said, “FMC is vital to our community members, and it has become so evident how much we need FMC. You provide health access to thousands that wouldn’t have care without FMC. Thank you for all you are doing and this is a way we can join with you in continuing to provide needed care.”

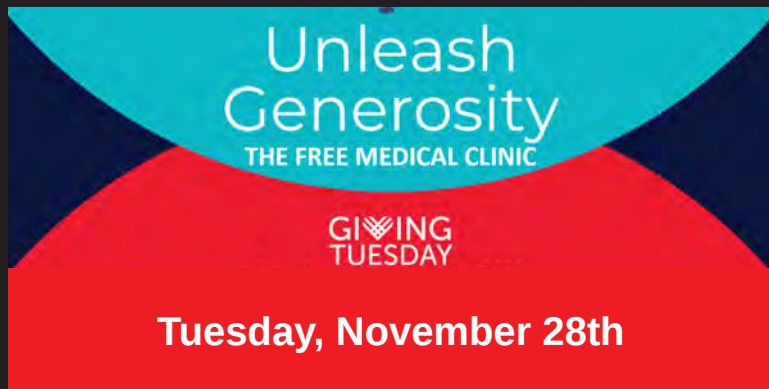
This gift of \$50,000 will provide 667 patients with medical care worth over \$400,000 worth of medical care. That is an amazing return on investment for ORNL FCU members. Thank you ORNL FCU, Colin Anderson, members of ORNL FCU and the board of directors for making this care possible. **Kate Hull said,** “This award means so much more because it came directly from credit union members that realize how important FMC is to our community members that have unmet medical needs. This gift will allow hundreds of families to have the care they so desperately need. I love this award!”



**WATCH THE FULL VIDEO HERE:**

<https://www.youtube.com/watch?v=TALSficOmLY>





## GIVING TUESDAY, NOVEMBER 28th Goal = \$24,000 in 24 hours!

Right now, all over Anderson, Morgan, and Roane Counties, low income and uninsured residents can be with their families and friends during the holidays without fear of becoming sick or injured. This is because of people like you who donate to the Free Medical Clinic and make no charge primary care possible.

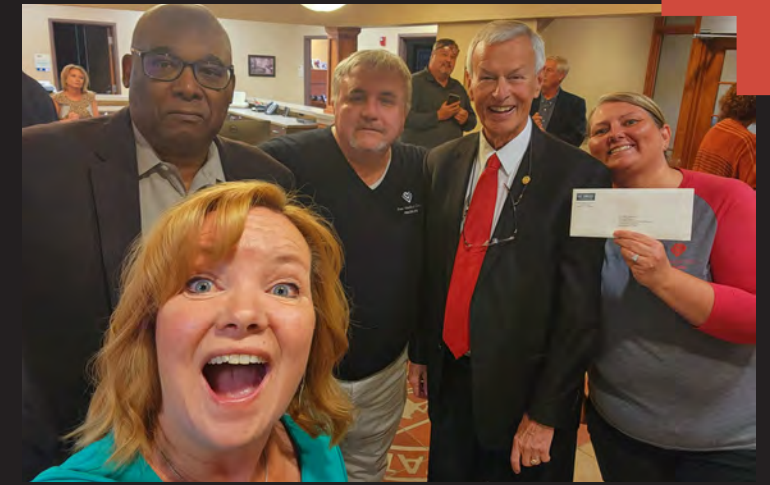
Visit FMCOR.ORG on Tuesday, November 28 (GIVING TUESDAY), as together we reach the goal of \$24,000 raised in 24 hours, providing 320+ families with over \$192,000 worth of needed medical care. On GIVING TUESDAY, we unleash generosity during the holidays. On behalf of our patients, thank you for your kindness and compassion and for remembering them at this special time of year. Happy Holidays.

HELP FMC REACH OUR 24 HOUR GOAL OF \$24,000 BY GOING TO FMCOR.ORG AND GIVING ONLINE!

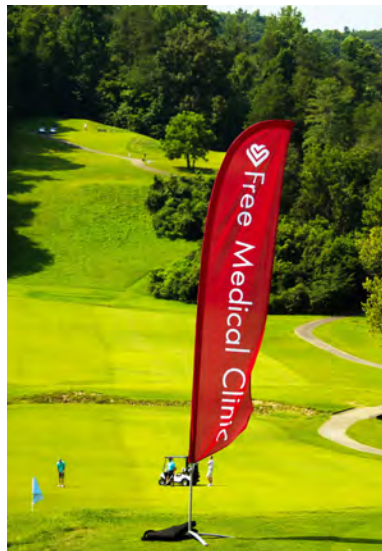
## Celebrating in Morgan County

James Wilson has made an incredible impact in the lives of Morgan Countians with his passionate drive to bring needed education and care to the communities. Mr. Wilson is a great champion of FMC and when launching a new initiative of the Morgan County Community Fund he made sure FMC knew of the support. FMC is honored to join with the Morgan County Community Fund in efforts to address health disparities of families in rural townships.

*Those pictured celebrating funding for Morgan County no charge care are: James Wilson, President of the MCCF, Ben Stephens, FMC Board President, Billy Edmonds, FMC ED, Kesha Carter, FMC Rural Community Health Lead, and Jill Murphy, ETF Regional Advancement Officer*



# FUNDING FUELS CARE!



## GOLF DRIVES HOPE

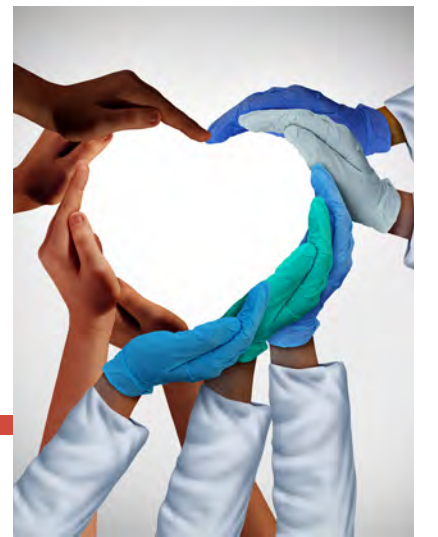
"We do this not just because it's fun or brings the community together, we do this because FMC brings hope to so many people and we are thrilled to do this annual event to support FMC patients." Charles Crowe



## YEAR-END GIVING

### YOUR LAST MINUTE GIFT MATTERS

2023 has been a difficult year for many families and FMC wants to thank each donor and volunteer for your kindness and support for them during their time of need. Your frequent donations helped us serve unmet medical needs that families just can't afford but so desperately need. We hope you will remember these families as you consider your year-end giving.



### WHAT CAN YOUR DONATIONS PROVIDE?

- \$100 provides a sleep study
- \$250 provides lab work for a Hep C patient
- \$3750 runs all of our clinics for one day
- \$125 provides a doctor visit
- \$470 runs all of our clinics for 1 hour
- \$15,000 runs all of our clinics for 1 week



# PARTNERSHIP

It takes all of us.  FMC is only one part of a larger network of caring community organizations and companies that are working to solve challenges facing our communities. We work together to share ideas and apply unique solutions to create a better future. Join in the joyful experience as we partner together to witness true transformation for our communities. Join FMC.

# SHARING LIFE TOGETHER

ALL IN. ALL TOGETHER.

## THANK YOU TO OUR PARTNERS!



# RING IN THE NEW YEAR AT AK BISSELL PARK

In early 2023, FMC and TCAT leaders gathered with Dave Anderson from the City of Oak Ridge to do a site visit. The reason we were standing at A.K. Bissell park? We were dreaming of how to bring an exciting community experience to the great city of Oak Ridge. No one has ever held a NYE Ball Drop before in Oak Ridge, but FMC, TCAT, the City of Oak Ridge and our sponsors were coming together to give our community members an opportunity to share in the countdown to 2024. But a lot needed to be done to pull this massive event off. First, we needed a ball that we could drop for the countdown. That is where TCAT Chris Ayers (VP), Troy Hensley (Welding Tech Instructor), and Andrew Aydelott, (Machine Tool Technology Instructor, Engineering) came to the rescue. They were very excited about being invited to the FMC NYE project and hit the ground running on how to bring the best design with a custom look for the event. Two TCAT departments were coming together to share in this experience and result, spending months of preparation as December 31st comes our way.



December 31, 2023 @ 9PM -  
January 1, 2024 @ 1AM

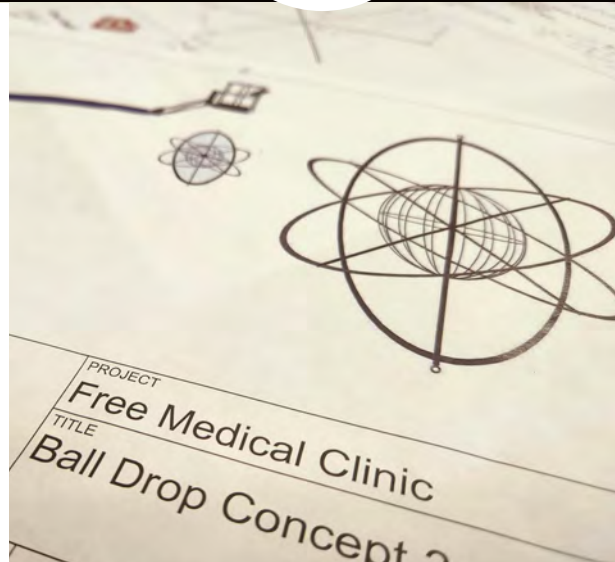
Free to Public

# TCAT BRINGS HISTORIC BALL DROP TO NYE

## Chris Ayers, TCAT VP said,

"I have no doubt that it will be a nice project for New Year's Eve night for the ball drop and I'm excited for Oak Ridge, but from an education standpoint what I get to see is all these young men and women getting together in a room and putting their minds together about the timing, the sequence, and the entire build of the project. It brings two programs together, Welding and Machine Tool Tech (Engineering), in the design and build process. It gives them real life experience of how they work together as a team when they get out in the manufacturing world.

TCAT will have the honor of dropping the New Year's Eve Ball for this first year since they put so much work into the project. When I stand there that night on the stage with this team and start to drop the ball, we will all high five each other when it's done."



TCAT student Gabriel said, "One day I will have grandkids and one day I can point to the ball drop and tell them story of how their grandpa made this project happen. My favorite thing about this project is that this project is going for Oak Ridge, right around the corner from our shop."



Pictured: Gauge Styler, Chris Ayer (VP), Craig Heaton, Joseph Griffith, Chad Tucker, Gabriel Aytes, Andrew Aydelott (Instructor)

## 2023 FMC ROANE COUNTY PARTNER OF THE YEAR



TCAT was the 2023 FMC Roane County Partner of the year recipient at the June 2023 Roane County FMC BASH. FMC thanks TCAT Harriman for their exceptional leadership in our community, for training and educating this and coming generations in trades that are needed around the country and for joining FMC in this NYE Event.



Andrew Aydelott, Machine Tool Technology Instructor and FMC NYE Project Lead, added, "There are many cities that have ball drops and all of them have the same shape, but this one will be a standout for the city and for the event. Instructor Aydelott went on to describe the components of the project. "The ball is 6 feet in diameter. The center of the ball – the nucleus of the atom – is 30 inches in diameter and the lights are going to stream around it like electrons are moving. The drawings reveal the various pieces of the unit that will be needed for assimilation. We are going to build a controller for the lights so we can customize its control as FMC wants – to control it from a phone or tablet.



This piece is the heart of the rings. How it will work is that we will have a bar mounted between the two of them at 71 inches. It will be the center piece that everything comes off. The rings then wrap around and attach to assigned holes to keep them at the right 60 degree angle for it all to work. The rings will be snapped in and welded into the hubs all around it. Then the center post runs up through the middle and actually holds all the weight of everything. The globe will have two different lights – the lights inside will be solid colors and always on as FMC wants. The ones around the rings will race around to bring motion to the atom."



# FMC 2023 STATS

## 12,000 PATIENT APPOINTMENTS

FMC is projected to provide over 12,000 patient appointments (*new record!*) worth over **\$7.2 million dollars** in value of medical care. This is the power of our community members taking care of their own. This is the power of volunteers wanting to transform their towns and donors wanting to make sure their contributions go directly to people in need. FMC is honored to be the faithful steward of both volunteers and resources as we share in this life together for a better future. Our mission is to continue to provide no charge primary care to the low-income and uninsured while we become the best in class clinic for the underserved.

### FMC PROVIDES (ENGLISH/SPANISH)

- Primary Care: *In-person/Telehealth*
- Specialty Care: *Cardiologist, Orthopedic, Gastrointestinal, Neurology, Respiratory, Sleep Study*
- Diagnostics: *Imaging, lab work, testing, screenings, vaccines, immunizations*
- Access to medication resources and equipment
- Mobile Clinic Unit and Medical Events: *Remote Area Medical, Back to School Healthy, Flu and Covid Pop-Up Clinics*
- Special Medical Programs: *Hepatitis, Women's Health, Lung Cancer, Diabetes, Optometry/Eyeglasses, Medical Referrals. Patient Financial Assistance, Pharmacy Vouchers*
- Medical and Nursing Student Clinical Rotations
- Referral and Needs Program

### Four Clinic Locations

Rockwood	Oak Ridge	Briceville	Mobile Unit - 865.483.4718 check FMCOR.ORG for weekly schedule
450 South Chamberlain Ave Rockwood, TN 37854 865.234.6053 Monday - Thursday 8:30am - 3:30pm	116 East Division Road Oak Ridge, TN 37830 865.483.3904 Monday - Thursday 8:00am - 4:00pm	1456 Briceville Hwy Briceville, TN 37710 865.338.5900 Tuesdays 8:30am - 3:00pm	

### METHODIST MEDICAL CENTER OF OAK RIDGE WINS FMC AWARD

We could not do this without our amazing partners. **Methodist Medical Center of Oak Ridge** is a example of the vital partnership FMC patients need to help with their unmet medical needs they can't afford. Since 2021, MMCOR has provided over \$1,785,937 to over 3,200 FMC patients (on average \$600,000 invested back into the underserved per year). That is an average of \$546 per diagnostic for (in/out patient) care. We are so honored to be a platform that MMCOR uses to have community impact.

On behalf of our patients, "Thank you, Jeremy Biggs, for your leadership, and Catherine Bunch for your care, as MMCOR helps those in need around us through FMC." No wonder FMC named you the first recipient of the **Anderson County FMC Partner of the Year**.



**Jeremy Biggs, MMCOR President, and Catherine Bunch, MMCOR Director of Finances and FMC Finance Committee Member**

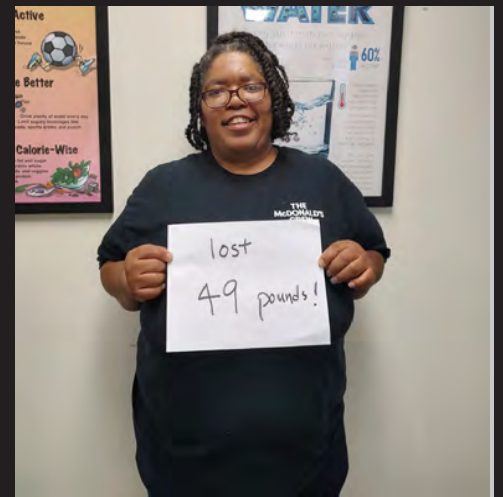


# Taking Control Of My Life

## A "STAR" IS BORN IN OUR DIABETES EDUCATION PROGRAM BY LIZ HENRY RN, DIABETES EDUCATOR

My goal as a Diabetic Educator is giving my patients the knowledge needed to form a plan of self-care that will promote health. Any of our morbidly obese or diabetic patients can be referred to me and I can meet with them as often as twice monthly. During our appointments we make a plan for healthy eating and exercise and I teach nutritional label reading. All of my patients receive a log book to keep track of their carbohydrates during the day, their blood sugar and their exercise. They can also get measuring cups and scales if they need them. Each patient has a specific plan unique to them. When they return for follow up appointments we look over their log book, talk about what worked best for them and what were their road blocks to a healthier lifestyle. We become a team, with the patient and me working together to facilitate a healthy lifestyle. Our goal is not weight loss specifically, but instead we strive for healthy life style through improved diet and exercise.

Besides regulating blood sugar, a wonderful side effect of healthy eating and exercise is weight loss and normal blood pressure. Enter one of my wonderful patients. She is so proud of her health care journey that she has given me permission to tell her story. When Keisha Star Griffith showed up at the clinic in February 2023 her weight was 305 pounds and her blood pressure was 180/105. She started on blood pressure medicine and began meeting with me every two weeks. She had never heard of counting carbohydrates, she wasn't measuring her food, and she was consuming many snacks that added nothing nutritionally to her diet. We did a complete inventory of her food preferences and discovered many healthy foods she could enjoy as part of a healthy diet. We were happy to discover Keisha loved most non-starchy vegetables such as cabbage, onions and carrots. She was also a water drinker, but was also consuming many empty calories in the form of sweet tea and soda. She gave up all sugar sweetened drinks. Luckily Keisha had a supportive family that assisted in her adoption of a healthy diet. She started walking 30 minutes every day. With the extreme heat, she got up early in the morning to walk or walked in the evening. Last month she started taking Metamucil, a fiber supplement that contains psyllium to increase her fiber intake. Today Keisha has lost an average of 7 pounds per month for a total of 54 pounds and her blood pressure is in the normal range, her blood sugar at her last visit was 93. She recently ran into an acquaintance that hadn't seen her in a while and they commented on how good she looked. "I've had to buy new clothes!", she commented at her last visit, adding, "I have more energy than when I weighed more".



# GOALS

Keisha is a "Star" and a shining example of what can happen when a person takes responsibility for their health.