

GOOCHLAND CARES

Free Clinic and Family Services

and I Care!

WINTER 2020

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[SHINING STARS CAMPAIGN honors
Dr. Bob Bennett, Lisa and Charlie
Luck, and Liz and Al Rider](#)

[THANKS TO OUR SHINING STARS
SPONSORS](#)



Clothes Closet Manager, Rhonda Weaver, with Alex

DID YOU KNOW?

2020 marks the 20th anniversary of the Free Clinic of Goochland!

Looking Back < 2020 > Seeing Forward

[Read more.....](#)

OBDULIA'S STORY

Special Place. Special People.

Obdulia is a wife and mother with 2 young children. In 2016, she came to GoochlandCares for medical care and dental care to keep herself healthy so she could take care of her family.

Obdulia shops at the Food Pantry almost every week. She has also taken GED classes offered at



GoochlandCares. She hopes to return to the classroom soon to finish her coursework.

At the Clothes Closet, Obdulia uses her household credits to get shoes and clothes for work, school, and play. She says, "Kids grow so fast. I couldn't afford to keep them safe and warm without Goochlandcares."

Recently at school, her son, Alex, met Steven K. Smith, local author of the children's series The Virginia Mysteries. Alex searches the book racks at the Clothes Closet every time he comes in, hoping to find any of the 7 books.

[Read more.....](#)



* Dr. Bob Bennett

* Lisa and Charlie Luck

* Liz and Al Rider

GoochlandCares kicks off 2020
with its first crowdfunding campaign.

The *SHINING STARS CAMPAIGN*
recognizes 5 GoochlandCares Mission Champions.

You too can be a **Shining Star!**

Donate in honor of a Mission Champion or just because you Care.

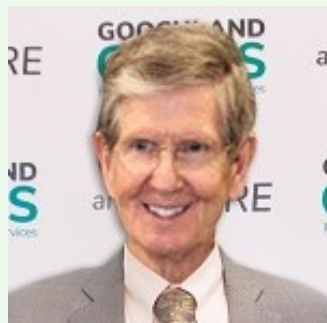
www.bit.ly/missionchampion2020

Dr. Bob Bennett

- * Co-founder of the Free Clinic
- * Clinic Volunteer
- * Medical Director of GoochlandCares

"GoochlandCares is by the community for the community. I have been struck over the years that personal agenda is missing. Our entire community has put their shoulders to the wheel. That is a very warm feeling. Our community does this without fanfare."

[Read more about Dr. Bob.....](#)



Lisa Luck

- * Board Member 2013-2018
- * Capital Campaign Chair

Charlie Luck

- * Community Supporter

"Of all the organizations we have been involved with over the years, GoochlandCares has been the closest to our hearts. Everyone experiences 'bumps in the road' during their lives

and needs encouragement, resources, and just hope. That is what GoochlandCares is all about: hope."

[Read more about Lisa and Charlie.....](#)

Liz Rider

- * Board President 2016-2018

Al Rider

- * Volunteer Financial Counselor
- * Client Registration Volunteer

"Al and I were both so proud of our Goochland neighbors for enthusiastically stepping up to help us achieve our vision of a 'one-stop-shop' for our clients. I think that our successful fundraising effort was a result of GFCFS's reputation for helping the neediest in our community."

[Read more about Liz and Al.....](#)



THANKS TO OUR SHINING STARS SPONSORS

Presenting Sponsor



Hunger hurts.

Goochland gathers.



HUNGER AWARENESS WEEK APRIL 19 - APRIL 25

Help fight hunger. Here's how:

- * participate in your neighborhood food drive
- * organize a food drive at your school, church, or work
- * collect donations from your book club, golf group, or tennis buddies
- * spread the word through your social media

Most needed food items:

canned chicken and tuna, canned beans,
canned vegetables, canned fruits, canned soup
spaghetti/pasta, rice, crackers, cereal/oatmeal
peanut butter

Drop off at GoochlandCares, 2999 River Road West
OR special collection boxes at Essex Bank, EZ Ship, and
Goochland Family YMCA

For more information about how to help fight hunger, or to
request bags to fill, contact:

Terry Ebright, Food Pantry Manager
at 804-556-0201 or tebright@goochlandcares.org.

[CLICK HERE for a complete list of needed donations.](#)

CURRENT VOLUNTEER NEEDS

Needed - Clothes Closet and Food Pantry helpers.

Interested in volunteering? Our most immediate need is for volunteers to sort and stock donations in the Clothes Closet and Food Pantry. We are also looking for registered dental hygienists in our Dental Clinic. Join us to work with a friendly team of volunteers and staff while helping our clients. If you have 2-3 hours a week, every other week, or once a month to volunteer, please contact:

Diane Reale, Director of Volunteer Resources,
at 804-556-0712 or dreale@goochlandcares.org.

[CLICK HERE to visit our VOLUNTEER page.](#)

CURRENT DONATION NEEDS

Clothes Closet

NEW Socks - all types and sizes
NEW underwear - all sizes
NEW washcloths and towels
Hats and gloves - all sizes and genders
New or gently used pots and pans
New or gently used kitchen utensils
Clothing for men, women, children -
in clean and near new condition

Supporting Sponsors

Star Supporters

Rental Works, Debbie and Steve Arnold, Jada and Dave Banks, Diana and Ron Barden, Jim Brady, Bill and Jackie Buchanan, Dan and Sally Caldwell, Grace Episcopal Church, Becky and Steve Fram, Lisa Landry and Wendell Hollier, Steve and Jill Hunter, Carter Iseman, Janet and Bruce Kay, Lynn and Norm Laskin, Dr. and Mrs. Richard Luck, Madeleine and Snead Luck, Mary McGue Millhiser, Bob and Cathy Minnick, Jim and Kristen Moslow, Jim and Mary Ellen Murray, Susan and Jamie O'Neil, Susan and John Patton, Whitney and Jim Pinna, Jay and Tracy Poling, Jim and Wendy Popp, Larry and Megan Proffitt, Liz and Al Rider, Betsy and Brian Riopelle, Carolyn and Don Sharpe, Vicki and Chester Sharps, Cheryl A. Smith, Neil and Brennan Spoonhower with Silent Partner Media, Sandra Taylor-Smith and Robert Smith, Chelsea and Jason Tinsley, Dr. and Mrs. John Van Manen, Susan and David Wilson, Wendy Woods and Ron Payne

www.GoochlandCares.org

Food Pantry

We need paper and personal hygiene products. (These are not covered by S.N.A.P. benefits.)
 Toilet paper
 Bar soap
 Feminine hygiene products
 Deodorant
 Shaving cream
 Laundry detergent
 Dish soap

[CLICK HERE for a complete list for FOOD PANTRY.](#)

Free Clinic

We need unopened over-the-counter medications.
 Ibuprofen (i.e. Advil, Motrin)
 Allergy and cold medications
 Antacids (i.e. Tums, Rolaids)
 Eye drops - allergy
 Vitamins
 Anti-itch cream (i.e. cortisone cream)

We also accept unopened, unexpired prescription medications

[CLICK HERE for a complete list for FREE CLINIC.](#)

Emergency Housing

Comforters for twin size beds
 Shampoo and bar soap

Domestic Violence and Emotional Abuse

HOTLINE - 804-900-6267
 24 hours/confidential

If you, or someone you know, needs help, please call.
 If you are in immediate danger call 911.

Our Mission:
 To provide health care and basic human services to Goochland residents in need.

[DONATE](#)

[VOLUNTEER](#)