



# Beach Health Clinic

## Summer 2018 Newsletter



Summer has arrived in Virginia Beach! Please be aware of the heat and be sure to stay cool and hydrated! For up-to-date information and events, check our Facebook or Instagram page. As always, changes in the clinic's schedule due to holidays and extreme weather conditions can be found on our Facebook page.

We at the BHC are very fortunate to continuously receive material and financial donations from individuals and institutions in the area. Their generosity helps the clinic fulfill its mission: to provide comprehensive care to the uninsured population of Virginia Beach. We especially appreciate every single one of our volunteers for contributing their time and efforts. The clinic is always looking for more volunteers (both medical and non-medical), especially dentists and dental hygienists as we have a long patient waitlist!

Are you new to the clinic and want to learn about our mission, history, and types of services we provide? Check out our video, "Welcome to the Beach Health Clinic" on YouTube! If you are new to the clinic and would like to be treated, please come in anytime between 10:30 and 11:30 am Monday through Thursday for financial pre-screening.

### We appreciate your donations!

*The BHC staff and volunteers are thankful for your monetary and non-monetary donations. They always help make the BHC a better place and we hope to keep making the BHC an even better place. Contributions can be as easy as ordering on Amazon Smile or on our Facebook page. We can provide other options of making donations.*

Thank you!



[www.beachhealthclinic.org](http://www.beachhealthclinic.org)

(757) 428-5601





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### COMMUNITY GARDEN



Come check out our garden! With the help of the Lynnhaven River Garden Club, the garden is able to grow fresh produce including: tomatoes, cucumbers, green beans, zucchini, squash and herbs. This garden provides our clinic a special opportunity to increase our health education efforts. Our diabetes educator/health education specialist works with our patients teaching them about healthy lifestyle habits. Through our garden, we can directly provide our patients with nutritious and fresh vegetables.

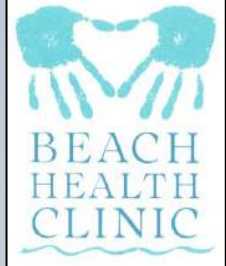
**A special thanks to Dana and Natalie for their hard work on the garden!**





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### **Thank you Sentara Virginia Beach General Auxiliary!**

We appreciate all the hard work that the Sentara Virginia Beach General Auxiliary continues to do for us. We especially want to thank them for their incredible fundraising efforts that recently raised \$15,000 for our clinic! The picture below is from the luncheon with this great group.



### **Donations**

**T**he Beach Health Clinic is always in need of household supplies like paper towels, tissues, empty spray bottles, and pens. If you have any of these items that you would be willing to donate to the clinic please do not hesitate to contact us! Little things like these supplies keep the clinic running!





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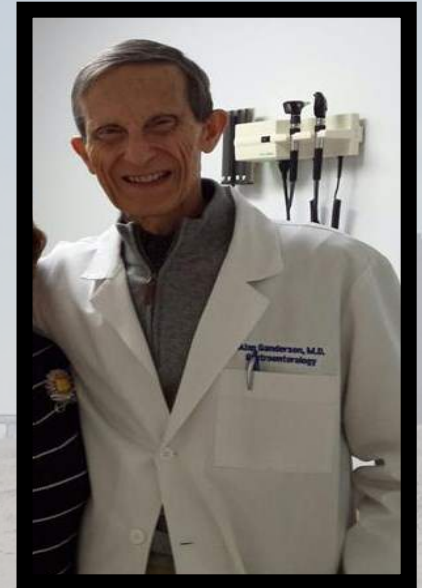
### Volunteer Spotlight Corner

#### Dr. Ganderson

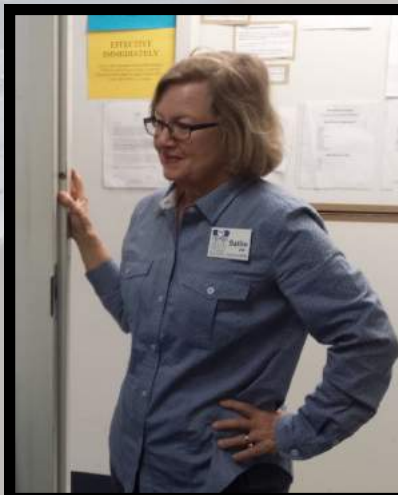
Dr. Ganderson is a native of North Carolina. He received his M.D. degree from the Medical College of Virginia, where he also completed his fellowship training in gastroenterology.

He served as a physician in the United States Air Force for two years. He is board certified in internal medicine and gastroenterology. Dr. Ganderson was in private practice in Norfolk and Virginia Beach from 1976 to 2017.

Dr. Ganderson and his wife, Jan, have two children and three grandchildren. Most of his leisure time is spent in family activities.



### Thank You to our Nurse Volunteers!



We are so grateful for the dedicated work of our volunteer nurses, including (from left to right) Jane, Sallie, and Cathy . Our mission would not be possible without their generosity and devotion to the clinic!