



Achieving Independence  
Through Mobility!

# 2022 ANNUAL REPORT



# F.R.E.E. 2022



Bryan Gregory,  
Board President



Robin Ramsey,  
Executive Director/COO

What an incredible year! The F.R.E.E. Foundation is keeping Virginians more mobile than ever before! In 2022, our locations across the state, served 3,227 people, enabling greater independence, shortening hospital and rehabilitation stays, and equipping patients to thrive at home and in their communities. Our clients gained functional mobility, balance, and health improvement that they could not acquire through any other means.

F.R.E.E. achieved new milestones in 2022, reaching deeper and wider in with our services than ever before. We supported Virginia health systems during medical equipment shortages, helping 98% of our clients return to and remain living safely at home. In the last six years, F.R.E.E. has more than doubled our services by extending our community relationships and becoming the go-to program for adult charitable medical equipment reuse in Virginia.

Partnerships with the Virginia Department for Emergency Management, the Red Cross, Virginia Department for Aging, Virginia Assistive Technology System, and F.R.E.E. ensures the most vulnerable in our state have access to medical equipment during disaster events in Virginia.

In 2022, we provided 5,023 pieces of durable medical equipment to Virginians

valued at \$1,106,169 and specifically tailored to meet clients' needs. From our first nine clients served in 2000, to over 3200 served this year, the F.R.E.E. Foundations has scaled into a high-performing, nationally recognized, statewide charity that meets patients where they are, enabling sustainable strategic growth and expansion to serve this growing commonwealth. This growth will continue in 2023, adding new service locations, community partners, and state agency alliances.

F.R.E.E. is true to its roots and Mission – to acquire and provide mobility-related rehabilitation equipment to maximize functional independence and improve quality of life. But we continuously strive toward our Vision of a Virginia where EVERY need for mobility-related rehabilitative equipment is fulfilled!

As you will see in this report, we believe our organization's success comes from the passion of neighbors helping neighbors in local communities across Virginia. Thank you for your support and generosity, our F.R.E.E. Foundation Team across all locations sees, hears, and feels the depth of appreciation and gratitude our patients have because we are here, and we Thank You for this privilege to serve! We look forward to many more years of serving our community and helping adults achieve independence through mobility!



<https://www.free-foundation.org/>

## THE FOUNDATION FOR REHABILITATION EQUIPMENT & ENDOWMENT (F.R.E.E.)

# Helping Adults Achieve Independence Through Mobility

Envisioning a Virginia where every  
need for mobility-related  
rehabilitation equipment is fulfilled.



## WHO WE ARE

The Foundation for Rehabilitation Equipment & Endowment (F.R.E.E.) is a volunteer-led, non-profit organization based in the state of Virginia. F.R.E.E. has seven full-service Virginia programs in Roanoke, Richmond, South Hampton Roads, Williamsburg, Lynchburg, and Winchester.

F.R.E.E. acquires and provides mobility-related rehabilitation equipment to maximize functional independence and improve quality of life of the people we serve. Our service includes two main parts: the people we serve and equipment we reuse. Intake data is gathered through a client application and a letter of medical necessity to qualify clients and match equipment to meet their needs.

## WHAT WE DO

We collect, sanitize, repair, and gift donated mobility equipment to low-income, uninsured or under-insured adults in Virginia.

## OUR OVERARCHING GOALS

- Assist individuals to whom equipment is not otherwise available.
- Be a model program for other communities.
- Develop partnerships with like-minded organizations.
- Combine community resources to maximize our ability to reuse durable medical equipment.



### Mission

We acquire and provide mobility-related rehabilitation equipment to maximize functional independence and improve quality of life.



### Vision

We envision a Virginia where every need for mobility-related rehabilitation equipment is fulfilled.

# F.R.E.E. Client Actual Outcomes 2022

## 3,227 people served with 5,023 devices



**97%**

Greater Functional Independence



**92%**

Decreased Falls (from 2,140 to ONLY 173)



**98%**

Remained living safely at home



**94%**

Decreased ED visits (from 1,533 to ONLY 91)



**1,242**

Individuals stated that without F.R.E.E.'s services they would have been prematurely displaced from their homes



**95%**

Decreased Hospital Re-admissions (from 1,592 to ONLY 73)

## Find the program near you

### NORTHERN SHENANDOAH VALLEY

333 West Cork Street, Suite 40  
Winchester VA, 22601  
Ph: (540) 664-7552 (voicemail)  
Fax: (303) 593-3519  
nsv@free-foundation.org

### ROANOKE

1489 East Main Street  
Salem, VA 24153  
Ph: (540) 777-4929  
Fax: (540) 777-1030  
roanoke@free-foundation.org

### LYNCHBURG

1900 Tate Springs Rd, Suite 21  
Lynchburg, VA 24501  
Ph: (434) 846-3733  
Fax: (434) 846-3773  
lynchburg@free-foundation.org

### HARRISONBURG

2000 Beery Rd.  
Harrisonburg, VA 24801  
Ph: 540-564-5632  
Fax: 540-564-5125  
harrisonburg@free-foundation.org

### RICHMOND

6301 Midlothian Turnpike  
Richmond, VA 23225  
Ph: (804) 920-9828  
Fax: (804) 767-4417  
richmond@free-foundation.org

### SOUTH HAMPTON ROADS

P.O. Box 66207  
Virginia Beach, VA 23466  
Ph: (757) 771-6183  
Fax: (757) 447-6333  
shr@free-foundation.org

### WILLIAMSBURG

701 Sentara Circle  
Williamsburg, VA 23188  
Ph: (757) 707-4741  
Fax: (757) 337-5032  
williamsburg@free-foundation.org

# Statewide Efforts

F.R.E.E. worked closely with our partners Virginia Department for Aging and Rehabilitative Services, Virginia Assistive Technology System, and the Virginia Department for Emergency Management to prepare three "Ready-To-Go" durable medical equipment shelter kits. These kits were developed during "Blue-Skies" and are ready at a moment's notice, when needed to assist people with disabilities in Virginia during disasters.



Working with the American Red Cross of Virginia's Disaster Relief team, F.R.E.E. provided 29 smaller DME disaster relief kits. These will be deployed on disaster relief trailers, as needed in Virginia to assist the most vulnerable local residents during crisis events. This DME will aide individuals with new injuries or replace DME lost in a disaster.



*Tracy Meador, Senior Director of Programs, F.R.E.E. of Virginia*



# Decades of Partnership

F.R.E.E. appreciates the opportunity to collaborate with Goodwill Industries of the Valleys and Goodwill Industries of Central and Coastal Virginia to provide support and assistance to people who need medical equipment. The partnership between Goodwill Industries and F.R.E.E. has been mutually beneficial. Goodwill Industries has been able to provide donations of durable medical equipment to F.R.E.E., who has been able to expand its reach and help more people in need because of this partnership.



The partnership helps Goodwill Industries further their mission and purpose as individuals can gain greater independence and improve their quality of life through better access to medical equipment. The partnership is a testament to the power of community-based organizations working together to achieve a common goal. F.R.E.E. and Goodwill of the Valleys have been collaborating to meet community needs since 2002.



***"F.R.E.E. couldn't serve the community without Goodwill!"***

***-Robin Ramsey,  
F.R.E.E. of Virginia  
Executive  
Director/COO***



# Equipment F.R.E.E. Provides



# F.R.E.E.'s Process

1

The community donates equipment.



2

F.R.E.E. disinfects and cleans.



3

People remain safe at home!





# F.R.E.E. of Roanoke



Above, Carilion case managers for In-Patient Rehab work with F.R.E.E. of Roanoke to stock their hospital DME closet for low-income patients, who cannot return home without this much-needed equipment.

F.R.E.E. of Roanoke is our longest standing program. Roanoke has dual roles serving as a local program and the state headquarters of F.R.E.E. In Roanoke and Salem, Holly Weddle, Program Manager, works closely with Carilion Clinic, Lewis Gale Hospital, home health agencies, Radford University Carilion, Goodwill of the Valleys, and Community Foundation Serving Western Virginia to meet the needs of low-income adults with disabilities.



***With F.R.E.E.'s help,  
my home health  
patients are able to  
access the community.***

***-Wes Jividen,  
Occupational  
Therapist,  
Carilion Home Care***



# F.R.E.E. of Lynchburg



**F.R.E.E.'s "given me a life again." -actual client**

F.R.E.E. of Lynchburg works closely with health care professionals from Centra Health System, through collaborations with Virginia Baptist Hospital, Lynchburg General, Centra Home Health, and Guggenheimer Health and Rehabilitation Center.

Support from Centra Health and the Greater Lynchburg Community Foundation supports local program services. Goodwill of the Valleys provides F.R.E.E. of Lynchburg with most of the equipment donated by the community for our program.

Robin Turner, Program Manager, leads the way locally with help from Cynthia Bibb, Equipment Technician, and Paula Warwick, DPT and retired Centra Physical Therapist, and Natash Claytor of Babcox Technologies.

Liberty University also provides much-needed assistance during their annual LU Serves Day.

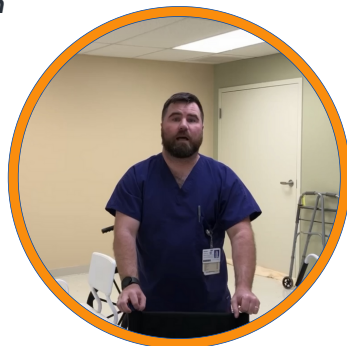


# F.R.E.E. of Williamsburg



F.R.E.E. of Williamsburg's Program Manager, Diane Harrah, above, serves the greater Williamsburg and James City County areas with support from local Sentara therapists. F.R.E.E. of Williamsburg is supported by Williamsburg Health Foundation, Sentara Williamsburg Regional Medical Center, and Williamsburg Community Foundation.

*"Through this amazing organization, I am able to help deliver equipment to my patients, who cannot afford it on their own and would not be able to get up and return to how they are living in their homes!" -Bob Dill, Physical Therapy Assistant, Sentara Home Health*



F.R.E.E. of Williamsburg hosted F.R.E.E.'s staff training exercise this year. Our training focused on team building, hubscrub maintenance, and wheelchair/rollator brake repairs to better serve the community.

WILLIAMSBURG  
Health  
FOUNDATION

Williamsburg  
COMMUNITY  
FOUNDATION

 SENTARA®

# F.R.E.E. of NSV



F.R.E.E. of North Shenandoah Valley's Kristin Span serves as the Program Manager helping people in her hometown with support from local therapists Heather Buonocore and Richard Blum. F.R.E.E. of NSV collaborates with Winchester Medical Center, Valley Health Rehabilitation, North Shenandoah Valley Community Foundation, and Blue Ridge Hospice Thrift Stores.

F.R.E.E. of NSV is supported by Valley Health, the Community Foundation serving the North Shenandoah Valley, Valley Health, and the American Woodmark Foundation.



A local Girl Scout troop in Winchester raised funding to purchase tub transfer benches for F.R.E.E. of NSV, which are not covered by insurances. These will meet the growing demands for tub benches and decrease falls related to bathing.



# F.R.E.E. of SHR



F.R.E.E. of South Hampton Roads' very own Debbie Menadier, Program Manager, continues to take special care of the community in Virginia Beach, Chesapeake, Norfolk, Portsmouth, and surrounding areas.



F.R.E.E. works with the community in South Hampton Roads to help people remain active in the community and safe in their homes. F.R.E.E. is supported by Sentara Health System, Hampton Roads Community Foundation, and Goodwill of Central and Coastal Virginia. Area EMS and Police look out for local residents and connect with F.R.E.E. of SHR to help get the equipment people need.



*"I came to pick up my rollator and F.R.E.E. just doesn't know how much I REALLY APPRECIATE IT!"  
- actual client*



SENTARA®



Hampton Roads  
Community Foundation

# F.R.E.E. of Richmond



F.R.E.E. of Richmond is located inside Goodwill of Central and Coastal Virginia on Midlothian Turnpike. Supported by The Community Foundation of Richmond, Sheltering Arms Foundation, and the Nunnally Foundation.



**Sheltering Arms Institute®**  
A collaboration with **VCUHealth**

F.R.E.E. of Richmond serves our state capital and surrounding areas. Retired veteran and Program Manager, Lisa Soto serves the community with great compassion.

F.R.E.E. and the James River Rotary have partnered for years. Rotary members kindly pick-up and deliver equipment to folks, who are shut in and unable to come in person for services.



*Above, Lisa Soto, Program Manager, shares F.R.E.E.'s services at Sheltering Arms Institute's ABILITY DAY.*



*James River Rotary volunteers Palmer Gross and Andrew Owens with Robin Ramsey, Exec. Dir.*



**Goodwill**   
Central and Coastal Virginia 

# Special Thank you to...

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Program Manager

Holly Weddle,  
F.R.E.E. of Roanoke  
Program Manager

Bryant Beckler  
F.R.E.E. of Roanoke  
Equipment Technician

Kathy Cheeks,  
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Program Support

Heather Buonocore, PT  
Volunteer Lead



# F.R.E.E. Partners



Gwathmey Foundation



VIRGINIA DEPARTMENT FOR AGING AND REHABILITATIVE SERVICES



Bank of America



Greater Lynchburg Community Foundation



The Louise R. Lester Foundation

Community Foundation Northern Shenandoah Valley



Shingleton Foundation  
Helping Hands Foundation Morgan Trust