



We are called to provide high quality healthcare, promote wellness, and connect community talents and resources with people in need in the name of Jesus Christ.

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Our clinics have gone paper free! We have a complete chart rack system that is free to a good home. Racks are alluminum with a sliding track.

For more information please email
 acapistran@crossoverministry.org

- Gifts of Note**
- CrossOver was fortunate to receive the following notable gifts.
- Thank you to the following donors and foundations!
- Gwathmey Memorial Trust**
 - Sun Trust Foundation**
- Thank you for your continued support!**

Help Needed Can you volunteer?

With 60% of services being provided by volunteers and an ever increasing number of uninsured people looking to become patients, additional help is needed in order for us to continue to provide high quality healthcare for those in need.

We're currently seeking individuals to help us in the following ways:

- Nursing Volunteers for both clinics**
- Primary Care**

Providers for both clinics

- GYN providers for both clinics**

Please click on the button above to go to the online application or contact Molly Smith at 804.422.2600 x119 or email msmith@crossoverministry.org.

- Give a Little Bit**
- You can support CrossOver in a variety of ways.
- Become a member of the **Good Samaritan Society** by remembering CrossOver in your **estate plans**. For more information, contact Lynn Williams at 804.655.2794 ext. 102 or email lwilliams@crossoverministry.org.
- If you are a frequent **Amazon** shopper, you can designate us as a recipient of a portion of your purchase through their **Amazon Smiles** program. More information as well as the link can be found on our [website](#).
- United Way participant, school or government employees** should ask that your contribution be directed to CrossOver by using the following numbers.
- United Way of Greater Richmond & Petersburg #3200**
 - Combined Federal Campaign #65367**
 - Commonwealth of Virginia Campaign #3261**
 - Local Schools & Government Campaign #118**

Many employers sponsor **matching gift** programs and will match charitable contributions made by their employees (or spouses and retirees). If it is offered, simply request a matching gift form, and send it completed and signed with your gift. We will do the rest. This will double (or possibly triple) the impact of your gift.

To contribute, mail checks to:
 8600 Quioccasin Road, Suite 102
 Richmond, VA 23229

OR



Two Great Events, Now Even Better Together!

CrossOver is excited to announce that we are making exciting changes to our spring event line up!

We are taking the best parts of the Moo & Brew and the CrossOver Challenge and turning them into one awesome event that will be fun for the whole family.

The 5K road race kicks off at Redskin's Training Camp and runs through Scott's Addition. Whether you are a competitive runner or are looking for a nice stroll, this course is great for everyone.

Once the running (or walking) is done, join us for a party at training camp. There will be **live music, handcrafted burgers, and local beer!** There will also be fun and games for both kids and adults.

Moo & Brew 5K

June 3, 2017

Redskin's Training Camp
 2401 W Leigh St, Richmond, VA 23220

Race Starts at 5:00 p.m. - Party follows!

[Click here for more information and pricing.](#)
[Registration is now open!](#)

For information on sponsorship opportunities please contact Lynn Williams at lwilliams@crossoverministry.org or 804-655-2794 ext. 102

American Heart Month

Did you know? Heart disease is the leading cause of death for both men and women.

Preventative care is key to keeping your heart in great shape. At CrossOver we check on a patient's heart health at every turn. At each visit we check for high blood pressure and ask about smoking status, two leading risks for heart disease.

If the patient is a smoker we offer smoking cessation materials and support. In the past three years we have held three heart healthy cooking classes to help people at risk change their lifestyles and stay healthy!

We also have three volunteer cardiologist who can help patients with more serious problems right here in the clinic. If a patient needs additional care we can refer them out to testing and more intricate procedures through our partnership with [Access Now](#).

This February we hope **YOU** take the steps to keep your heart healthy too!

TOO MUCH CHOLESTEROL IN YOUR BLOOD INCREASES YOUR RISK. GET TESTED TO LEARN YOUR TOTAL CHOLESTEROL, GOOD (HDL) AND BAD (LDL) CHOLESTEROL, AND TRIGLUCERIDES.

PHYSICAL INACTIVITY BOOSTS YOUR RISK EVEN IF YOU HAVE NO OTHER RISK FACTORS. AIM FOR 2 1/2 HOURS OF MODERATE-INTENSITY AEROBIC ACTIVITY PER WEEK.

SMOKERS ARE UP TO 6 TIMES MORE LIKELY TO SUFFER HEART ATTACKS. DON'T SMOKE. VISIT SMOKEFREE.GOV FOR TOOLS TO HELP YOU QUIT.

ARE YOU AT RISK FOR HEART DISEASE? HEARTTRUTH.GOV

THE HIGHER YOUR BODY MASS INDEX (BMI), THE HIGHER YOUR RISK FOR HEART DISEASE, ESPECIALLY AT BMI GREATER THAN 30. MAINTAIN A HEALTHY WEIGHT.

HIGH BLOOD PRESSURE GREATLY INCREASES YOUR RISK. GET TESTED. REDUCE YOUR SODIUM INTAKE. STAY ACTIVE. MAINTAIN A HEALTHY WEIGHT.

DIABETES PUTS YOU AT INCREASED RISK FOR HEART DISEASE. YOU CAN LOWER YOUR RISK BY KEEPING YOUR BLOOD GLUCOSE CLOSE TO THE RECOMMENDED TARGET NUMBERS!

Sources: *National Heart, Lung, and Blood Institute. (2005). Your guide to a healthy heart. † Diabetes Prevention Program Research Group (2002). Reduction in the incidence of type 2 diabetes with lifestyle intervention or metformin. New England Journal of Medicine, 346(6), 933-40.



2017 Spring into Action Breakfast: This inspiring event brings together women from all over Richmond to raise funds and awareness to further CrossOver's mission.

This event has been so popular this year there will be two dates to join us!

THE EVENT

Tuesday, March 21, 2016
Wednesday, March 22, 2016

The Commonwealth Club
 (401 W Franklin St, Richmond, VA 23220)

7:45 a.m.

- How you can help!**
- There are two ways you can help us make this event a success for our patients:
- Host a table:** Would you be willing to serve as a table for the Breakfast for Spring? The job is fairly simple - invite nine of your friends to breakfast.
 - Sponsor:** Underwriting sponsors ensure that the event is no cost for the attendees and CrossOver.

If you are interested in hosting a table or sponsorship opportunities, please contact Lynn Williams at 804.655.2794 ext. 102 or lwilliams@crossoverministry.org