



# 2009 SPRING NEWSLETTER

## A Moving Experience

*New home of  
Arlington Free Clinic  
in the Halstead Building*



**I**t finally happened. After four years in a temporary location, Arlington Free Clinic has relocated to our wonderful new permanent space on Columbia Pike.

Designed by a nationally recognized designer of health care spaces, the Clinic is laid out to enhance operational efficiency and the safety and comfort of patients, staff and volunteers. Although the new space is only marginally larger than our old space (8,100 SF vs. 7,900) the layout allows us to expand access to care. For example, with a dedicated area for our newly implemented Nurse Practitioner program, we expect to add 2,000 additional patient visits in the coming year. The new expanded pharmacy will allow us to handle an increased number of prescriptions and an enlarged meeting space will support additional mental health groups and patient education.

An extra highlight of the new space is

working toward achieving LEED certification as a “green” building. Our certification is in process and we are on track to become the first medical facility in the County, and the first free clinic in Virginia to achieve LEED status.

AFC is on the first floor in the newly constructed Halstead Building on the corner of Walter Reed and Columbia Pike. The entrance to the Clinic is on 11<sup>th</sup> Street South, which runs between the Halstead and BB&T Bank.

**Please note our new address:**  
2921 11<sup>th</sup> Street South  
Arlington, VA 22204

The general clinic phone number remains 703-979-1425. Extensions for individual staff members are almost the same. Simply precede the previous extension with a “1”. For example: extension 12 is now 112; extension 24 is now 124.

### MISSION

Arlington Free Clinic is dedicated to building a healthier community by providing low income uninsured Arlingtonians access to comprehensive health care services.

### AFC Newsletter Goes Electronic

Would you like to help AFC reduce operating expenses?

All we need is your e-mail address and future issues of our newsletters will be sent to you electronically.

If we don't already have your e-mail, please send it to:  
pmcdermott@arlingtonfreeclinic.org

Arlington Free Clinic  
2921 11th Street, South  
Arlington VA 22204

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

## Yvonne: One Patient's Medical Crisis

**Y**vonne had a stroke. While she doesn't remember the exact details of what happened, she does remember the profound fear that came with suddenly not being able to speak normally. And while confused and disoriented, she knew that she needed to seek medical attention. But she did not. Why? Because she had no medical insurance. Because she could not pay for care, she chose to do nothing.

It was Yvonne's friend, Linda, who finally got her to the emergency room at Virginia Hospital Center (VHC) where she was immediately taken in. If there was ever a time to have a best friend by your side,



Yvonne Bingham (left) and her friend, Linda Green

this was it. Because the news was grim. Diagnostic testing showed that Yvonne had suffered a stroke, which by itself is terrible enough. But the scans also revealed a separate unrelated issue: a mass on Yvonne's

*Continued on Page 3*

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## MESSAGE FROM THE CHAIRMAN



James Cochran  
*Chair, Board of Directors*

2009 is proving to be a year of challenge and change. We continue to be grateful for the generous support of individuals like you who know how valuable AFC is to the community. For much of the past year the Clinic Board and staff have focused on putting together the various pieces necessary for the design and construction of our new Clinic space. This new space will

help ensure that the medical services we provide have a permanent home in the area where many of our patients live. I believe our supporters, from private donors to foundations to our elected officials, will be very proud that they have made it possible for us to secure this space.

AFC's new home on the Pike is now open and after a brief pause for the transition, full services are once again being provided. I urge you to contact the Clinic and find time to visit the new space. I also urge you to give as generously as possible so we can serve the ever increasing need for medical care in Arlington.

## Dr. Kathleen Price: A Priceless Volunteer

For over 10 years, rheumatologist Kathleen Price, M.D. has provided invaluable services for some of AFC's sickest patients. As one of our longest-serving volunteers, she sees patients diagnosed with complex, chronic and often devastating systemic diseases such as lupus and rheumatoid arthritis. Working closely with AFC nurse managers, Dr. Price monitors patients whose conditions are sometimes further exacerbated by "flare-ups" that can cause life-threatening complications.

Because the Clinic provides access to a wide range of services, including medications and laboratory testing, Dr. Price says that her AFC patients receive the same high quality of comprehensive care as the patients she sees in her private practice. AFC Nurse Manager Marlee-Jo Bonebrake, points out Dr. Price's service for patients extends well beyond the time spent volunteering on-site at AFC. "Patients with diseases like



Dr. Kathleen Price

rheumatoid arthritis can be relatively fine one day and have significant issues the next," she says. "Dr. Price is always available for phone consults and will see AFC patients pro bono in her office on short notice." She also praises Dr. Price's office staff for their

willingness to help our patients.

Although Dr. Price is a specialist, she looks at each patient as a whole. She says that she's impressed that AFC provides on-site services such as physical therapy, nutrition counseling and mental health that are part of the total medical care patients need to become and remain as healthy as possible.

It was her brother's polio and her own

*Continued on Page 4*

## Steven Danaceau: A Decade of Dedication

"You can't find more grateful patients than Arlington Free Clinic patients." So says Dr. Steven Danaceau, one of the region's finest orthopedic surgeons and one of AFC's long-term, loyal volunteers. There is no doubt that AFC patients have much to be grateful for. Thanks to Dr. Danaceau, patients have received top notch care for problems that affect bones, muscles, tendons, ligaments, cartilage and joints.

Giving back to the community through



Dr. Steven Danaceau

volunteering has always been an integral part of Dr. Danaceau's medical career. He started volunteering at AFC shortly after coming to Arlington to set up his orthopedic practice. For about five years, he saw patients on a regular basis on-site at

AFC. Several years ago, he began seeing our patients in his private office where he has access to the materials and equipment that his specialized care often requires. He has also performed major procedures for patients at Virginia Hospital Center, including a total knee replacement and knee arthroscopy, as well as amputations for seriously sick patients with diabetes and peripheral vascular disease.

Steven says he always knew that he

*Continued on Page 4*

# BECOMING AN AFC PATIENT

It is rare these days to open a newspaper or turn on the TV and not hear of the increasing number of uninsured people in the nation. For our own community, this increase is reflected in the increasing number of people coming to AFC seeking to become patients. Since January of this year, we have seen an increase of 164% in demand for our services. Unfortunately, while we would like to take all who need our care, available resources such as volunteers, staff and funding, must be balanced. At this time we are able to take in a total of approximately 50 new patients per month.

How does one become a patient at AFC? There are two primary ways – via Priority Referral or through the twice-monthly new

patient lottery.

Priority Referral is the pathway for patients being referred from Virginia Hospital Center, from our volunteer physicians and from area shelters. An average of 15 patients per month comes through Priority Referral; they are typically our sickest and most complicated patients, with serious diseases such as cancer.

The remaining new patients come to us by a stroke of good luck – that is, by “winning” a slot through our lottery. On lottery days (1st and 3rd Tuesdays of each month) prospective patients come to the clinic in the morning and after ensuring they meet our basic eligibility requirements, are given a randomly assigned letter of the alphabet for the lottery. Those whose letters are drawn

are given eligibility screening appointments. Prospective patients whose letters are not drawn are given information on other health care options in the area and invited to return to the next lottery.

Recognizing that it is unlikely that we will soon have enough “supply” to meet the demand, we will continue to seek and implement creative methods of providing health care to as many individuals as possible. As always, we recognize that our mission of providing health care to the uninsured could not be accomplished without the loyalty and generosity of our donors and our volunteers. On behalf of our current and future patients, we thank you for your support.

To be eligible for AFC services, patients must provide documentation to establish that they:

- Reside in Arlington County
- Have lived in the US for at least one year
- Are uninsured
- Have income at or below 200% of the Federal Poverty Level (approximately \$44,000 for a family of four)

## New Patients

January-April, 2009

Total Through Priority Referral:	<b>65</b>
Total Through lottery:	<b>166</b>
Total New Patients:	<b>231</b>

## New Patients Accepted Through Priority Referral

January-April, 2009

2009	From VHC	From Shelters	Other*	Total from Priority Referral
January	<b>10</b>	<b>5</b>	<b>1</b>	<b>16</b>
February	<b>5</b>	<b>7</b>	<b>5</b>	<b>17</b>
March	<b>13</b>	<b>6</b>	<b>2</b>	<b>21</b>
April	<b>8</b>	<b>2</b>	<b>1</b>	<b>11</b>
<b>Total</b>	<b>36</b>	<b>20</b>	<b>9</b>	<b>65</b>

\*Referred by AFC volunteer physicians, Arlington County DHS, NIH etc.

## New Patients Accepted Through Lottery System

January-April, 2009

2009	Total Number of people at lottery	Number of people taken	Number of people turned away	Total from Lottery
January	<b>45</b>	<b>30</b>	<b>15</b>	<b>30</b>
February	<b>87</b>	<b>38</b>	<b>49</b>	<b>38</b>
March	<b>101</b>	<b>52</b>	<b>49</b>	<b>52</b>
April	<b>119</b>	<b>46</b>	<b>73</b>	<b>46</b>
<b>Total</b>	<b>352</b>	<b>166</b>	<b>186</b>	<b>166</b>

## Yvonne

Continued from Page 1

brain. Faced with this devastating diagnosis, Yvonne heard her friend’s reassurance, “It’s OK. Everything will be OK”. At the time, realistically, this seemed like a stretch.

But there’s more to this story. VHC referred Yvonne to Arlington Free Clinic where the Clinic’s Critical Care Nurse, Carolyn Clark, took on the task of coordinating and managing the multiple aspects of Yvonne’s medical needs. The most pressing need was, of course, brain surgery. Yvonne’s medical team was led by AFC volunteer, neurosurgeon, Donald Wright. This time, the news was decidedly better. The tumor was found to be benign and had been successfully removed.

Now, six months after becoming a patient at AFC, Yvonne looks back with gratitude for the care she has received. She notes the ironic fact that she had medical insurance for the vast majority of her life – she was raised in a military family and later employed by the federal government – and had never really been sick. She says she never really thought much about insurance – when she had it. It was just a normal part of her normal middle class life. But now, at age 61, her contract position working at Arlington County’s Walter Reed Community Center does not include health benefits. Like thousands of other workers in Arlington, Yvonne is employed, but uninsured.

Now back at work, Yvonne still has

occasional difficulties finding the right word. But she says she’s continuing to improve and is feeling more and more like her “regular self” all the time. AFC’s Critical Care Nurse continues to manage her follow-up care coordinating medical appointments and diagnostic tests and monitoring Yvonne’s medications.

Looking back, Yvonne quickly admits that trying to ignore a stroke probably wasn’t the best course of action. She credits Linda for getting her on track to receive the medical care she needed. And, you know, Linda was right. Because of AFC and the generosity and skill of our volunteer physicians and Virginia Hospital Center, Yvonne is doing great. Everything really did end up OK.

# AFC's 13th Annual Benefit Gala



Arlington Free Clinic's Special Gifts and Gala Committees are in full swing preparing for the "Passport to India" Gala, which will

be held on Saturday, October 17, 2009, at the Ritz-Carlton, Tysons Corner.

This black tie event will feature our fabulous Silent Auction and raffle, a superb dinner and dancing to the delightful sound of the band Odyssey. As in previous years, the Silent Auction will include getaways, art and photography, sports, home and garden, and

children's items.

Our Gala Chair is MaryBeth Sullivan. She has a committee of 50 dedicated volunteers who are giving their time and talent to plan a special evening for all of us.

Our Special Gifts Chair is Michael T. Foster. He and his energetic committee of 31 volunteers are raising much needed funds for the Clinic by selling table sponsorships and tickets. The revenue raised through the Gala provides a significant percentage of AFC's annual operating budget. Your support and generosity make it all possible. To purchase



Michael Foster and MaryBeth Sullivan

your tickets or sponsor a table, please go to our website at [www.arlingtonfreeclinic.org](http://www.arlingtonfreeclinic.org).

If you would like more information about this year's Gala or would like to volunteer, please contact Pia Clark, 703-979-1425 ext.143 or [pclark@arlingtonfreeclinic.org](mailto:pclark@arlingtonfreeclinic.org).

## Dr. Price

*Continued from Page 2*

experience, at age 4, in a clinical trial for a vaccine that led Dr. Price to a career in medicine. She went to Stanford University where she met her husband of 35 years, and did her residency in Detroit's Henry Ford Hospital. At the end of the residency, she decided she wanted to be a rheumatologist. She did her first year in rheumatology at Wayne State University. It was her fellowship at George Washington Hospital that eventually brought her to the Arlington area. Never one to waste time, she had her first child two days after finishing her fellowship at GW.

Like all of AFC's volunteers, Dr. Price says she's committed to helping people who do not have access to health care. But she also says that she enjoys working with AFC's staff and volunteers. "When you go into private practice, it can be isolating, so it is fun to be part of a group." And AFC is delighted that Dr. Price is a part of AFC.

## Dr. Danaceau

*Continued from Page 2*

wanted to be an orthopedic surgeon. He went to UVA for undergraduate studies, to the Medical College of Virginia for medical school; to the University of Kentucky for his residency and later had a fellowship at Baylor University in Texas. Ten years ago, he started his own practice, the well regarded Arlington Musculoskeletal Center on Glebe Road.

Volunteering at AFC seems to run in the Danaceau family. His wife Jennifer chaired the wonderful 2005 Viva Las Vegas Benefit Gala. Steven's father, Dr. Henry Danaceau, now a retired orthopedic surgeon, is also a long time and much appreciated AFC volunteer.

Steven and Jennifer have three children, all too young to volunteer. But that's OK; we don't mind waiting. Meanwhile though, we continue to be enormously grateful Dr. Danaceau's dedication to AFC's patients.

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