

December 2010

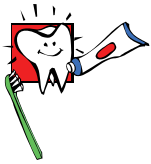
Arlington Free Clinic Patient Newsletter

Happy Holidays to you and your family!

Funny Stuff

Patient: Do I have to brush all of my teeth?

Dentist: No, only the ones you want to keep!



A woman and her husband interrupted their vacation to go to the dentist. "I want a tooth pulled, and I don't want a pain-killer because I'm in a big hurry," the woman said. "Just pull the tooth as fast as possible, and we'll be on our way." The dentist was quite impressed. "You're certainly a courageous woman," he said. "Which tooth is it?" The woman turned to her husband and said, "Show him your tooth, dear."



Fred's mother was on the telephone to the boy's dentist. "I don't understand it," she complained, "I thought his treatment would only cost me \$20, but you've charged me \$80." "It is usually \$20, ma'am," agreed the dentist, "but Fred yelled so loudly that three of my other patients ran away!"



Arlington Free Clinic will be closed:

Friday, December 24

Friday, December 31

AFC's No Show Policy Reminder

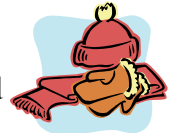
A reminder that that if anyone misses more than two appointments in one year without canceling 24 hours before the appointment, he or she will no longer be eligible to be a patient. Please make sure to call and cancel if you need to miss an appointment! (703-979-1400)

Dental Tips

- ✓ Always brush twice a day, preferably after meals. Floss and use a mouthwash daily.
- ✓ Brush your teeth for at least 2 minutes each time
- ✓ Don't brush too hard. This can lead to receding gums and oversensitive teeth.
- ✓ Avoid drinking sodas frequently
- ✓ Never put juice in a baby's bottle – only water.

AREA RESOURCES:

Brrr—it's getting cold outside!



You can buy warm winter clothing for yourself and your family at low prices at Goodwill.

Two locations in Arlington:

- 10 S Glebe Road
- 4714 Columbia Pike.

Call 703-769-3711

For food assistance:



AFAC
2708 S. Nelson St.
703) 845-8486

Introducing ... Matt



If you've ever been scheduled for surgery or a special test through AFC, then you have probably spoken with Matt Kennedy, our Case Manager. Matt helps patients with all of their arrangements when they receive care from other medical practices.

Matt is a long-time staff member—he has been at AFC since 1999! He is originally from the snowy state of Minnesota, but spent time in the Dominican Republic as a Peace Corps volunteer. He speaks fluent Spanish and is an English-as-a Second-Language instructor in the evenings. He is a long-distance runner and has successfully completed the Marine Corps Marathon twice!

Thank you Matt, for getting patients where they need to be!