

February 2011

Arlington Free Clinic Patient Newsletter

Happy Valentine's Day!



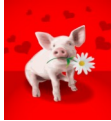
Staying Healthy ...

We now have Hepatitis vaccines and Tetanus booster vaccines available. If you are interested in receiving either of these vaccines, please talk with your doctor or nurse at your next visit.



Q: What do farmers give their wives on Valentine's Day?

A: Hog and kisses!



Q: What do squirrels give for Valentine's Day?

A: Forget-me-nuts.



Q: What did the valentine card say to the stamp?

A: Stick with me and we'll go places!



"What lies behind you and what lies in front of you, pales in comparison to what lies inside of you."

Ralph Waldo Emerson



Renew Cards *Two Months* Before Expiration Date!

Please make sure you make an eligibility appointment to renew your card **two months** before the expiration date! ***You will not be able to receive services or medications if your eligibility is expired.*** Please call 703-979-1400 and leave a message that you need to renew your card. Someone will call you back to schedule your appointment.

Learn the Signs and Symptoms of a Heart Attack (from CDC)

It's important to recognize the signs and symptoms of a heart attack and act quickly. **If you think that you or someone else is having a heart attack, call 911 immediately.**

Take a few minutes to learn the major signs and symptoms of a heart attack:

- Chest pain or discomfort
- Pain or discomfort in the jaw, neck, back, arms, or shoulders
- Feeling weak, light-headed, or faint
- Shortness of breath



Other signs and symptoms that a person may have during a heart attack include:

- Nausea (feeling sick to your stomach) or vomiting
- Breaking out in a cold sweat



Introducing ... Andrew



Andrew Doll is an AFC intern (a volunteer who is also attending school). He is working on his Master's Degree in Social Work and is currently in his first year at George Mason University. Andrew grew up in Virginia, but spent one year teaching 3rd grade in the Honduras, where he was able to practice his Spanish on a daily basis!

You will start to see Andrew in the waiting room during some of the Clinic sessions. He would like to talk with our patients about their experiences at the AFC Clinic. If you would like to spend some time talking with Andrew about being a patient at the Clinic, please let him or the receptionist know.

Andrew enjoys sports of all kinds, especially basketball and soccer. In addition to interning at the Clinic and attending school, Andrew also works at a Starbucks. We're very pleased to have him with us at Arlington Free Clinic!