

January 2011

Arlington Free Clinic Patient Newsletter

A Happy New Year to each and every one of you!



Staying Healthy ...

To help prevent colds and flu, wash your hands often throughout the day. Use warm, soapy water and rub for at least 20 seconds (about the amount of time it takes to sing "Happy Birthday" twice).

Avoid eating or touching your eyes, nose, and mouth without washing your hands first.



Funny Stuff

Doctor: What's your average weight?
 Patient: I have no idea.
 Doctor: Well, what do you think is the most you have ever weighed?
 Patient: I'd say about one hundred and fifty-four pounds.
 Doctor: And what do you think is the least you have ever weighed?
 Patient: Six pounds, fifteen ounces, I think



Q: Why didn't the tourist in the Arctic get any sleep?

A: He plugged his electric blanket into the toaster by mistake – and kept popping out of bed all night!



Renewing Patient Cards

As of January 1, 2011, if you do not all have ALL the documents necessary to renew your card, you will need to make a new appointment and will not get your card that day. ***You will not be able to receive services or medications if your eligibility is expired.*** If you need a list of documents to bring to your appointment, please ask the receptionist and she will give you a checklist.

Is it a Cold or the Flu?

Symptoms	Flu	Cold
Fever	Usually present	Rare
Aches	Usual, often severe	Slight
Chills	Fairly common	Not common
Coughing	Dry cough	Hacking cough
Sneezing	Not common	Common
Stuffy nose	Not common	Common
Sore throat	Not common	Common
Headache	Common	Not common



Introducing ... Jorge



We welcome Jorge Vargas as our newest employee! Jorge joined AFC in November of 2010 as our new Clinic Resource Administrator (the position formerly held by MaryClaire Abbott). He completed his Medical Assistant degree last year, and was a volunteer medical assistant at AFC prior to becoming employed here.

Jorge is originally from Honduras and has been a U.S. resident for the past two years. In addition to working full time at the Clinic, he is also attending school full-time to earn his Associate Science degree. His future plans include attending medical school to become a physician. He enjoys playing softball and guitar in his spare time.

Jorge is one of six children, four of whom are currently attending college!

Welcome to AFC, Jorge—we're glad you're here!

