

October 2010

Arlington Free Clinic Patient Newsletter

Introducing our new monthly "Patient Newsletter"!

Healthy Living

To protect yourself from the flu,:

- * Get the flu shot.
- * Cover your nose and mouth if you sneeze.
- * Wash your hands often with soap and water.
- * Try to stay away from people who are sick.
- * If you are sick, try to avoid being near other people.
- * If your doctor prescribes medicine, be sure you take it.

Funny Stuff

A man swallowed a mouse. His wife called the doctor. "I'll be right over," the doctor said. "Until then, keep waving a piece of cheese over his mouth to try to get the mouse out." When the doctor got there, he saw the wife waving a piece of fish over his mouth. "I told you to use cheese, not fish, to get the mouse."

"I know,," she replied, "but first I've got to get the darn cat out."



I hope you enjoy our first monthly newsletter for our patients. We will keep you up-to-date on what's going on in the Clinic, give you health tips, and try to put a smile on your face!

Important News Regarding Medicine Refills!

Beginning immediately, your medication refills must be ordered over the telephone, not at the front desk!

To order medication refills, please call 703-979-0333

Leave a message in English with your:

- Name
- Clinic ID number
- Telephone Number
- Medicine number



Medicine will be ready ten days after you order

FUN FACTS ABOUT ARLINGTON FREE CLINIC:

- Opened in 1994 with 9 patients at the first Clinic
- There are now over 1650 patients
- Over 600 people volunteer at the Clinic
- AFC is a "Green" clinic



Introducing ... Rosa

The first person most people see when coming into the Clinic is our receptionist, Rosa. Rosa is originally from Chile and when she first came to the United States she spoke very little English. Since that time she has attended classes at NOVA where she became a nurse's assistant; learned English; and worked at many different jobs. She was hired as the receptionist at the Clinic in December of 2001.



Rosa has a son who lives in Amsterdam with his wife and two children. Her grandson is 6 years old and her granddaughter is 4 years old. Rosa is active in the PAX Catholic community as well as the Chilean community (and was recently interviewed on TV at the Chilean embassy when the miners were being rescued!).

Thank you Rosa, for all your hard work!