

March 2011

Arlington Free Clinic Patient Newsletter



Happy Springtime!

First Day of Spring ...

Get ready to enjoy the warm weather. The first day of Spring is March 20!

Now is a good time to add a walk to your daily routine. This will give you energy, make you feel better, and help you to maintain a healthy weight.



Please bring in your 2010 Tax Forms!

If you file income taxes, please bring your 2010 Tax Forms to the Clinic as soon as they are finished. There are some medications we cannot get for you without your tax forms. You can bring your forms to the Clinic Monday through Friday, from 1 to 4 p.m.



Allergy Basics

Allergies are an abnormal response of the immune system. Allergies are a very common problem, affecting at least two out of every 10 Americans.

Common symptoms of an allergic reaction to inhaled or skin allergens include:

- Itchy, watery eyes
- Sneezing
- Itchy, runny nose
- Rashes
- Feeling tired or ill
- Hives (a rash with raised red patches)



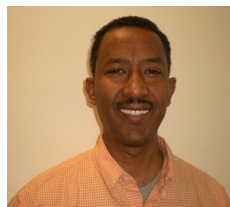
There are lots of allergy treatment options. Over-the-counter and prescription medications can ease annoying symptoms. Allergy shots may also help.

A passenger in a taxi tapped the driver on the shoulder to ask him something. The driver screamed, lost control of the cab, nearly hit a bus and drove up over the curb. The driver said, "Please, don't ever do that again. You scared the daylight out of me."

The passenger apologized and said he didn't realize that a tap on the shoulder could frighten him so much, to which the driver replied, "I'm sorry, it's really not your fault at all. Today is my first day driving a cab. I've been driving a hearse for the last 25 years".



Introducing ... Solomon



You may not always see Solomon Habte at the Clinic, but you often see the results of his work. Solomon is the IT Coordinator and Administrative Assistant at the Clinic. This means he keeps all of our computers up-to-date and answers many, many computer questions from staff and volunteers. He is also the person who oversees medical charts and makes sure they are at the right place at the right time; and he makes sure your medicine orders get to the pharmacy!

Solomon was born in Ethiopia and has been in the United States for 10 years. He was very proud to have become a U.S. citizen in 2007.

Solomon is very active in his church, is married and is the proud father of two children—a girl who is 5 and a boy who is 4, who keep him very busy when he's not at the Clinic. In his "spare time" Solomon is a DC taxi driver.

If we could see the miracle of a single flower clearly, our whole life would change.

Author unknown

