

November 2011

Arlington Free Clinic Patient Newsletter



Be Smoke-Free

Smoking harms nearly every organ of the body, causing many diseases and affecting the health of smokers and those around them. Quitting smoking has immediate as well as long-term benefits for you and your loved ones. Take a few minutes to make the decision to be smoke-free.

- If you smoke, call 1-800-QUIT-NOW (784-8669) or your doctor or nurse for help in quitting.
- If you don't smoke, don't start.
- Choose to stay away from other people's smoke.
- Avoid secondhand smoke by choosing restaurants and businesses that are smoke-free.
- If you're pregnant, choose not to smoke.

Please tell your health care provider if you would like help to quit smoking.



REMINDER

It is getting cold outside! Please do not come early for your appointment as we do not open the door until the following times:

Wednesday Morning Clinic:

Doors open at 9:30 a.m.

Thursday afternoon Clinic:

Doors open at 12:30 p.m.

Tuesday, Wednesday and Thursday Evening Clinics:

Doors open at 5 p.m.



Funny stuff....

Q: Which side of the turkey has the most feathers on it?

A: The outside!



Q: What happened to the turkey whose feathers were pointing the wrong way?

A: He was tickled to death!

Martha had a parrot who cussed terribly. Martha was having company for Thanksgiving, and so she needed to train him not to swear. Just before her company was supposed to arrive, he cussed terribly, so Martha put him in the freezer for 2 minutes to literally cool off. Then she opened the door and took out the parrot along with the frozen turkey.

Have you learned your lesson about cussing?' Martha asked the parrot.

The parrot took one look at the dead turkey and said: 'I sure have. But I have one question, "What the heck did the turkey do?"'



Introducing Anthony

Anthony became a volunteer at the Clinic in 2007. He attended college at William and Mary and graduated in 2010. In June he was hired as our first pharmacy technician at AFC! Anthony is planning to attend medical school to become a primary care doctor.

In his spare time, he enjoys trying new recipes and is an accomplished cookie baker! He recently adopted a hound dog, Rose, who just graduated from Obedience School (at the top of her class!).

