

February, 2012

Arlington Free Clinic Patient Newsletter



American Heart Month



Heart disease and stroke affects all of our lives, but we can all play a role in ending it. Prevention starts with everyone. Protect yourself and your loved ones from heart disease and stroke by understanding the risks and taking these steps:

- Get up and get active by being physically active for at least 30 minutes on most days of the week.
- Know your ABCS:
Ask your doctor if you should take an Aspirin every day; Find out if you have high Blood pressure or Cholesterol, and if you do, get effective treatment. If you Smoke, get help to quit.
- Eat a diet high in fresh fruits and vegetables and low in sodium and trans fat.
- Follow your doctor's advice and take your medication as prescribed.

PHARMACY PICKUP

To make it more convenient for you to pick up your medicines, starting **Monday, February 6**, our Pharmacy Pick Up Hours will change on **Mondays**. The new hours are:
4 p.m. to 8 p.m.



Friday pickup will stay the same:
1 to 5 p.m.

Funny stuff....

A man wasn't feeling well so he went to the doctor. After examining him the doctor took his wife aside, and said, "your husband has a very sensitive heart. I am afraid he's not going to make it, unless you treat him like a king and he doesn't have to do anything himself. On the way home the husband asked with a note of concern "what did he say?" "Well", the lady responded, "he said it looks like you probably won't make it."



Congratulations to Nancy Sanger Pallesen, Arlington Free Clinic's Founder and Executive Director, for being named Washingtonian of the Year in the January, 2012 edition of the Washingtonian Magazine! Nancy started the Clinic over 17 years ago and we are very proud that Nancy and the Clinic have been honored with this award.



A bear walks into a bar and orders a beer. The bartender pours the drink and says, "Here you are, that'll be \$7.50." Then he adds, "You know, we don't get many bears in here." The bear replies, "At these prices, I can see why!"

Introducing Martha

Martha is one of our wonderful AFC nurses. She has been at the Clinic since 2002 and is in charge of our Women's Health program. She is married and has two grown daughters and one son-in-law. When she is not working hard to keep our patients healthy, she enjoys knitting, traveling, water aerobics and spending time with her two dogs, Wiley and Fiona. Thank you, Martha, for all you do at AFC!

