



*arlington*freeclinic

Report
to the
Community
July 1, 2011 - June 30, 2012

OUR MISSION

Arlington Free Clinic provides free, high quality medical care to low-income uninsured Arlington County adults through the generosity of private donations and volunteers.



LIFE-LONG IMPACTS

Denis was 7-days old when his Mom had a stroke. As a newborn, he didn't feel the confusion or fear of his 8-year old brother Antonio who watched their Mother collapse on the kitchen floor. Recognizing that something was clearly terribly wrong, Antonio quickly dialed his Dad who was on his way home from work and his aunt who lived nearby. Then Antonio knelt by his Mom, holding her head and talking to her. In what seemed like forever and an instant, the paramedics took the boys' Mother to the hospital with their Dad following the ambulance. Antonio and his aunt instinctively went to Denis, who remained blissfully asleep and unaware of the crisis his family was facing.

Looking back on this incredibly frightening time, 32-year old Maria says that even when she was in the hospital, unable to speak or move the right side of her body, she somehow managed to think that she would be OK. And she was right. One year later, with ongoing wrap-around care from Arlington Free Clinic, support from her family and her own inner strength and determination, Maria has worked her way from wheelchair to walker to cane to pushing Denis's stroller. It has not been easy. Maria's slow and steady recovery still requires care by an AFC volunteer physician, medication management and weekly physical therapy.

This could have been an incredibly sad story. But instead it's a story that shows how AFC sticks with patients and their families. It's a story that tells the impact of a community working together to provide consistent access to high quality medical services. But most of all it's a story of a couple of kids who get to grow up with their Mom.



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MESSAGE FROM THE CHAIRMAN

A Community of Partnerships

AFC is much more than an award-winning clinic facility in South Arlington. It's a community where many dedicated people and organizations come together for a common purpose – it's a community of hope, a community of caring and a community of respect – it's a community of partners. The following individuals and groups are our partners and form our community – they are the reasons why Arlington Free Clinic is able to provide exceptional care to our neighbors. We are grateful to all of them.



John F. Benton
Chairman, Board of Directors

REPORT FROM THE MEDICAL DIRECTOR

The last year has seen some important improvements for our patients. Arlington Free Clinic has been able to increase preventive services for our patients, such as screening for colon cancer. In addition, through the efforts of the nursing staff and with the help of volunteers, we have vaccinated hundreds of patients for a variety of illnesses including influenza, pneumonia, hepatitis and shingles. We remain committed to improving the health of our patients through disease prevention.

Over the last year, we have also seen an improvement in the coordination of care for our patients as they make the transition between the in-patient and out-patient setting. Virginia Hospital Center continues to be an invaluable partner for AFC as well as a significant source of patient referrals. We have worked with the hospital-based physicians and social workers at VHC to enhance communication and improve transitions of care. We are now better able to care for patients VHC refers to us, and for our patients who are admitted there. This has improved the quality and safety of the care we provide to some of our most complicated patients.

Since so many of our patients have physically demanding jobs, musculoskeletal injuries continue to be a frequent diagnosis in our patient population. Thanks to our volunteer physical therapists, we are moving to streamline evaluation and treatment of these musculoskeletal complaints.

The concept of the Patient-Centered Medical Home (PCMH) is relatively new in medicine, and many primary care practices are moving in that direction. The PCMH is a model of delivering quality health care that is coordinated, comprehensive, patient-centered and safe. We are enthusiastic and excited to be transitioning to this model of care.



Joan Bowes Ritter, MD
Medical Director

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HIGHLIGHTS

July 1, 2011 – June 30, 2012

Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers and donors. Working together, our major achievements of FY12 include the following:

- **Numbers that Count:** AFC provided a total of 9,802 medical visits for 1,690 individual patients. All patients are uninsured and have income at or below 200% of the Federal Poverty Level which is \$46,000 for a family of four.
- **New Patients:** With our ongoing commitment to accept new patients, we brought in 531 Arlington residents who previously did not have regular access to medical care. Of these, almost 40% came to us by referral from in-patient care at Virginia Hospital Center and from community shelters.
- **Volunteers Making a Difference:** Volunteers have always been integrated into all aspects of patient care and clinic operations. During the year, 570 volunteers provided over 20,948 hours of service. The value of volunteer hours is estimated to be \$1,128,544. Physicians, nurses, interpreters, financial advisors, fundraisers—all contribute to AFC's ongoing success.
- **Patient-Centered Medical Home:** We are grateful to CareFirst for providing a generous three-year grant to help support AFC's transition to a Patient Centered Medical Home (PCMH) model of care. The PCMH works to deliver more coordinated health care services and better patient outcomes, while ultimately reducing health care costs.
- **Commitment to Excellence:** The Clinic has once again earned top honors from two highly respected organizations dedicated to providing donors information about the management and effectiveness of non-profits.
 - Charity Navigator, the nation's largest charity evaluator, once again awarded AFC its top rating of 4 stars for financial health, responsibility and transparency.

- Catalogue for Philanthropy Greater Washington has once again spotlighted AFC as one of the best small charities in the region.

- **Washingtonian of the Year:** AFC's own Nancy Pallesen was honored as one of twelve 2012 Washingtonians of the Year. Nancy has been AFC's Executive Director since the Clinic was founded almost 20 years ago. As Washingtonian of the Year, she was spotlighted for her commitment to public health and efforts to create and sustain the only clinic in Arlington that provides free health care to low-income, uninsured residents. This is a wonderful and well deserved award.
- **Preventive Services:** During the past year, selected patients received over 1,260 inoculations for diseases including flu, hepatitis B, pneumonia, tetanus and shingles.
- **Clinic Design Wins (Another) National Award:** Three years after opening the doors to AFC's new Clinic, the facility continues its design award winning ways. AFC's design team, Perkins+Will recently learned that AFC has been selected for the 2012 Generative Space Award, an international competition which recognizes break-through designs that improve health and healthcare.



SERVICES

Comprehensive Medical Care

- Primary, preventative and specialty care for adults
- Gynecology
- Care for chronic diseases, including diabetes, hypertension, cancer and obesity
- Optometry
- Pharmacy
- Cancer screenings
- Diagnostic and laboratory services
- Physical therapy
- Immunizations
- Wellness classes, including nutrition, yoga and parenting

Education and Outreach

- Nutrition
- Osteoporosis
- Diabetes
- Breast health

Mental Health

- Psychiatric assessment and medication management
- Short-term therapy
- Support groups

APPOINTMENTS

Primary & Specialty Care	5,981
Specialist Referrals (initial)	1,787
GYN	813
Mental Health	725
Physical Therapy	496



More than **1/2** of our patients live in the neighborhood where the Clinic is located.

ASSETS

	July 1, 2012	June 30, 2011
Cash & Equivalents	\$439,232	\$827,470
Contributions Receivable	\$475,161	\$283,057
Inventory	\$4,924	\$4,395
Prepaid Expenses	\$62,059	\$32,714
Investments	\$2,033,915	\$1,820,574
Fixed Assets	\$4,106,853	\$4,130,781
Total Assets	\$7,122,144	\$7,098,991

LIABILITIES AND NET ASSETS

	July 1, 2012	June 30, 2011
Current Liabilities		
Accounts Payable & Accrued Expenses	\$176,312	\$148,189
Capital Lease Payable Current Portion	\$5,837	\$5,264
Total Current Liabilities	\$182,149	\$153,453
Long Term Liabilities		
Capital Lease Payable Net of Current Portion	\$7,618	\$13,455
Total Liabilities	\$189,767	\$166,908

NET ASSETS

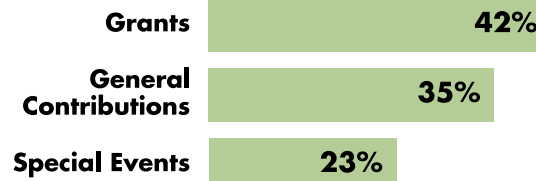
	July 1, 2012	June 30, 2011
Unrestricted	\$5,797,932	\$5,770,230
Temp Restricted	\$766,171	\$793,579
Permanently Restricted	\$368,274	\$368,274
Total Net Assets	\$6,932,377	\$6,932,083

TOTAL ASSETS AND LIABILITIES* **\$7,122,144** **\$7,098,991**

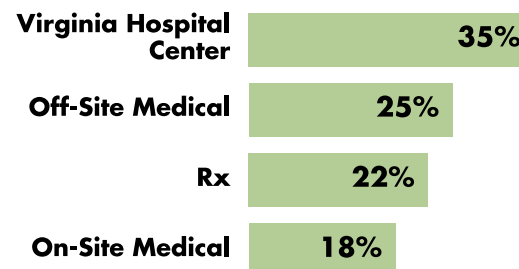
*Includes value of AFC office

Total Financial Support: \$6,454,200

Cash Contributions: \$2,370,549

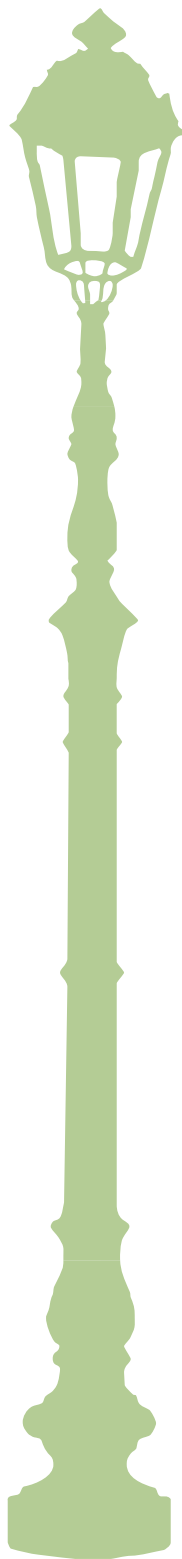


In-Kind Contributions: \$4,083,651



Expenses: \$6,453,906





Lighting the Way for the Future of Arlington Free Clinic through Planned Giving

Nothing can secure and perpetuate Arlington Free Clinic's mission like planned gifts. Planned Giving ensures that the medical services we offer will continue to improve the lives of our patients for many years to come.

By joining Arlington Free Clinic's Legacy Society with a planned gift, you ensure that your wishes are fulfilled and your legacy continues.

Planning a Gift is Simple and Uncomplicated

Planned giving offers many benefits to the donor; to the Clinic and is tax wise. Some common ways to fund a planned gift are:

- You can make a gift that costs you nothing in your lifetime. You can provide now for a future gift to AFC by including a bequest provision in your will or trust.
- You can give appreciated stock or bonds held for over one year. The IRS allows you one of its most significant tax breaks for gifts of appreciated securities.
- You can transfer ownership of a paid-up life insurance policy to AFC. You receive credit and an immediate income tax deduction for the cash surrender value of the policy.
- You can name AFC as the beneficiary of your IRA, 401(k), or other qualified plan.

The Legacy Society is a group of donors whose planned gifts help extend the mission of Arlington Free Clinic. **Planned gifts from donors like you help us keep our doors open to those in our community who need our services the most.** Please consult your financial advisor to tailor a gift that fits your needs and expresses your wishes and concerns. For further information about the Legacy Society, please contact Nancy Pallesen (703) 979-1425, Ext. 120, npallesen@arlingtonfreeclinic.org; or Pat McDermott (703) 979-1425, Ext. 121, pmcdermott@arlingtonfreeclinic.org

MEDICAL PRACTICES VITAL TO AFC

Arlington Free Clinic is indebted to the following medical practices that so generously provided a wide variety of specialty medical services in their offices for hundreds of Clinic patients.

Advanced Plastic Surgery Center
Arlington ENT & Arlington Audiology Associates
Arlington Podiatry Center
Arlington Radiation Oncology, PLLC
Arlington Women's Center
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Nirschl Orthopedic Center for Sports Medicine and Joint Reconstruction
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Northern Virginia Neurologic Associates, LTD
Northern Virginia Physicians to Women
Northern Virginia Radiology Consultants, PLLC

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Virginia Heart
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Virginia Neurosurgeons, PC
Washington Colorectal Surgery
Washington Radiology Associates
Washington Urology





HONOR ROLL OF DONORS

July 1, 2011 – June 30, 2012

This Honor Roll of Donors lists donors to Arlington Free Clinic between July 1, 2011 and June 30, 2012. Gifts of every size are appreciated and are used wisely.

\$350,000

CareFirst BlueCross BlueShield (3 year grant)

\$50,000 to \$99,999

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These donations include off-site medical services, donors of gifts to the Gala's silent auction and donors of other in-kind services to the Clinic.

\$1,475,482



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July 1, 2011 – June 30, 2012

Note: The name of the person honored is bolded

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Mr. & Mrs. Richard T. Allan, Jr.

Ms. Donna Alpi
Mr. & Mrs. Todd Mullins

Anonymous
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Ms. Janet M. Osborn

Mr. Frank Barsalou (For Christmas)
Ms. Judith M. Barsalou & Mr. Ghassan Fouad Nakad, Julia, Oliver, and Judy

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Mr. & Mrs. Vernon M. Gale

Doris Boehly
Mr. Russell F. Sizemore

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Mr. & Mrs. Alden S. Hart, Jr.

Ms. Pia Clark
Ms. Terri E. Schapiro
Mr. & Mrs. John Teunis

Dr. & Mrs. N. Thomas Connally (For Christmas)
Mr. & Mrs. Al Friedman
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Mr. & Mrs. Mark Creedon Connolly

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Ms. Helaine M. Mario

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Ms. Kaycie McKenzie

Mr. Peter Devine
Ms. Renee S. Rutkowski

Ms. Wanda Dobrovolny
Mr. & Mrs. Richard Miller

Tom & Patty Downie
Andrew & Jane Mullen

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Drs. Zita & Michael Drillings

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Ms. Ruth B. Edquist

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Drs. Zita & Michael Drillings

Frank Simutis Family
Drs. Zita & Michael Drillings



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(Continued)

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(For Christmas)**
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Mr. & Mrs. Timothy S. Bell

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Ms. Suzanne M. Stroup

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Ms. Sheila Wright
Ms. Jane Schloss Phelan

IN MEMORY

July 1, 2011 – June 30, 2012

*Note: The name of the person
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(10th Anniversary of Dr.
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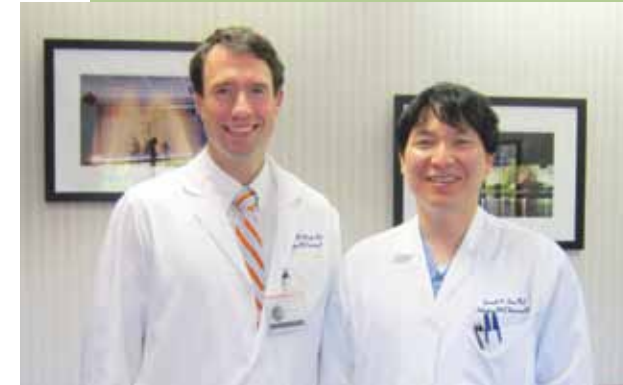
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