

Report to the Community

JULY 1, 2016 – JUNE 30, 2017



OUR MISSION

Arlington Free Clinic provides free, high-quality healthcare to low-income, uninsured Arlington County adults through the generosity of donors and volunteers.



arlington
freeclinic

OUR SERVICES

COMPREHENSIVE MEDICAL CARE

- Primary, preventive 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
- Dental Services

EDUCATION AND OUTREACH

- Nutrition
- Osteoporosis
- Diabetes
- Breast health
- Physical activity

MENTAL HEALTH

- Psychiatric assessment and medication management
- Individual therapy
- Support groups

Arlington Free Clinic
2921 11th Street South
Arlington, VA 22204
703-979-1425
arlingtonfreeclinic.org

OUR PATIENTS

Our patients are people you see every day in our community—cashiers, dishwashers, security guards and childcare providers. Although most of our patients work, their jobs do not include access to health insurance.

All live in Arlington County and have incomes at or below 200% of the Federal Poverty Level (for a family of four, this is \$49,200). Most are parents with children who live at home.

There are two ways to become a member of AFC and access our comprehensive medical services:

- 1) Each month, we accept approximately 25 new patients through a lottery process.
- 2) Eligible individuals referred by Virginia Hospital Center, Arlington County Department of Human Services, and other safety-net organizations are directly accepted. These include our sickest patients, such as those with cancer, uncontrolled diabetes and renal failure.

Many patients have one or more chronic diseases, such as diabetes or heart disease, and need access to a range of services including medical treatment, medications and ongoing care management.

About 250 AFC patients were transitioned out of our care and into health insurance plans through the Affordable Care Act's (ACA) Health Insurance Marketplace. This allowed us to take in more new patients who, like thousands of Arlingtonians, continued to lack access to care.

Lynnette Downs, RN



More than half
of our patients live in the neighborhood
where the Clinic is located—but they come
from all zip codes in Arlington.

Mario: Restored Confidence, Changed Life

Mario is crazy about soccer. He moved to the U.S. from Guatemala ten years ago when he was 19, and between pick-up games after work and playing in leagues on the weekend, he made a lot of friends and quickly built a great community for himself in Arlington.

Back in 2009, an accident during one of his games left Mario nearly blind in one eye. Arlington Free Clinic reached out to the Arlington South Lions Club, the local chapter of an international volunteer group known for its work restoring sight and preventing blindness. Lions coordinated with an eye surgeon in the area who attempted to remove Mario's cataract. Unfortunately, there was too much tissue damage and the limited vision he had disappeared completely after surgery. After many more procedures and consultations, it was determined that nothing else could be done to restore Mario's sight in that eye, or address its appearance.

Mario adjusted to vision-loss more easily than he anticipated, but the stares that his injured eye elicited were another story entirely. It was these stares—from his customers at the bakery, players on the field, and in almost every other social interaction—that were agonizing for him. Once the life of the party, Mario retreated from all of the things he used to love.

Counselling at Arlington Free Clinic provided a safe space for Mario to talk about what had happened, but after several months he stopped coming in for appointments and every call we made went unanswered. But AFC volunteer and Lions Club member Lloyd Bell was determined to not give up on this young man—who he'd never even met—and he approached us with the idea of raising funds to get Mario an eye prosthesis. It took our medical assistant, Liz, months to track Mario down and convince him to give it a try.

After many more weeks of consultations, photographs, and molds with a local ocularist, Mario was fitted with something called a scleral shell that sits directly on top of his blemished eye, moves comfortably and naturally, and is a beautifully hand-painted match. The Arlington South Lions Chapter raised half of the cost of the scleral shell, and Lions International chipped in the rest.

These days, Mario is back to playing soccer, spending time with friends, and enjoying his time in his customer-facing role at the bakery—and he looks forward to volunteering with the Lions by selling Christmas trees this holiday season.



Promoting the Health of our Patients and the Community Through Vaccines

In addition to treating many chronic and serious illnesses at AFC, we are always striving to promote the health and wellness of our patients. Our vaccination program provides interventions critical to both our patients' health and that of the wider community. Vaccination not only protects our patients, but also those who live and work near them, by preventing the transmission of bacteria and viruses to people who are unvaccinated or who do not respond to vaccinations.

Vaccination is critically important in certain occupations: healthcare, childcare, elder care, and food services. The majority of our patients work in these industries. Moreover, if our patients become ill and cannot work, they most likely will not get paid, making it difficult to support themselves and their families. For all of these reasons, AFC makes the recommended vaccines available and works to educate patients about the benefits of vaccinations against influenza, viral hepatitis, pneumonia, tetanus, and pertussis.

Eleanor, one of our staff nurses and an enthusiastic champion of our vaccine program, recently received an email from a former patient who three years ago had been very hesitant about getting the Zoster vaccine. The patient wrote that she had contracted shingles—even after getting the vaccine! But when her doctor explained that her case was much milder than it could've been thanks to the vaccine, she reached out to AFC to say thank you.



Christina Dang, pharmacy student, providing a flu vaccine to a patient

Much of our patient population is transient—people move to parts of the region that are a little more affordable, others get jobs with benefits or receive raises that put them above our income cutoff. The vaccines we provide give patients protection that they carry with them wherever they go. We are very appreciative to our clinical team for promoting this program, and to all of you for supporting their work.

*—Joan Bowes Ritter, MD
Medical Director*



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Partner
Willard Retail Partners

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Virginia Hospital Center

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Cardiac, Thoracic, Vascular
Surgeon, Virginia Hospital Center

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Co-Founder & Managing Partner

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Anesthesiologist, North American
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Joan Bowes Ritter, MD
Walter Reed National Military
Medical Center
Medical Director

Christine M. Shiker, JD
Holland & Knight, LLP
Counsel to the Board

Nancy White
Executive Director

Read a message from our
Board Chair on page 30

COMMUNITY COUNCIL

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United Bank

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Arlington Free Clinic Founder &
Past President; Physician Volunteer;
Radiologist, Northern Virginia
Radiology Consultants, PLLC
(retired)

Lawrence Cheng
Technology Consultant;
Environmental & Portrait
Photographer

James B. Cole
President & CEO, Virginia
Hospital Center

N. Thomas Connally, MD
Internist (retired) and Physician
Volunteer; AFC Medical Director
2005-2010

Judy Feder
Institute Fellow, The Urban Institute;
Professor, Georgetown Public Policy
Institute; Dean, Georgetown Public
Policy Institute 1999-2008

Steven Fedorchak
Restaurateur; Liberty Tavern,
Northside Social, Lyon Hall

Doreen Gentzler
Anchor, NBC News Channel 4

Brian Gray, DDS
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Raymond Hoare, MD
Cardiologist (retired); Physician
Volunteer

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Chief of Plastic Surgery, Virginia
Hospital Center

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Timothy J. Naughton
President & CEO; AvalonBay
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AFC Board Chair 2000-2001

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Grace Abi-Najm Shea
Vice President, Lebanese Taverna

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Partner, Ironwood Realty
Partners, LLC

Kristian & Chuck Todd
Community Volunteers; Moderator,
Meet the Press

David N. Townshend
Executive Vice President—Lodging
Sector Practice Lead, Partnership
Travel Consulting

Reuben Varghese, MD, MPH
Health Director, Arlington County
Public Health Division

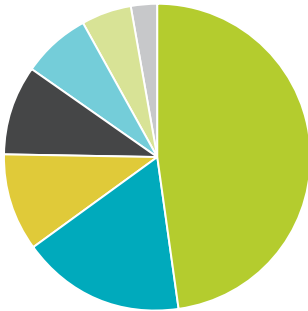
HIGHLIGHTS

JULY 1, 2016 – JUNE 30, 2017

Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers and donors. Working together, our major achievements of FY17 include:

Numbers that count

AFC provided **8,674 medical visits** for **1,622 individual patients**.



- **4,146** Primary & Specialty Care
- **1,516** Specialist Referrals
- **880** Mental Health
- **814** Dental
- **627** Physical Therapy
- **473** GYN
- **218** Breast Health Outreach Program Appointments



Nancy Bossard interpreting for a patient



Patients enjoying knitting club with Natacha Wathieu before their appointments

New Patients

We brought in **558 Arlington residents** who previously did not have regular access to medical care. Of these, **32%** came to us by referral from Virginia Hospital Center, community shelters, and other safety-net organizations.



Gauri Paydenkar and Kyrstie Peynado, Move to Health coaches

Volunteers

Volunteers are integrated into all aspects of patient care and clinic operations at AFC. Last year, **488 volunteers** provided over **14,570 hours of service**.

The value of their volunteer hours is estimated to be **\$1,097,363**.

Additionally, 175 Gala and Special Gifts Committee volunteers donated countless hours to planning and raising funds through our Annual Benefit Gala.

Awards & All-star Volunteers

Charity Navigator, the nation's largest charity evaluator, once again awarded AFC its top rating of 4 stars for financial health, responsibility, and transparency. Only 16% of the organizations evaluated by Charity Navigator have received at least three consecutive 4-star evaluations.



Joan Bowes Ritter, MD accepting the James B. Hunter Award

Joan Bowes Ritter, MD, a board certified internist with senior academic/clinic roles at Walter Reed National Military Medical Center, has spent the better part of two decades volunteering at AFC. Initially providing care to individual patients, Dr. Ritter soon increased her involvement through leadership roles on our Clinical Services Committee and Board of Directors. In 2009 she accepted the position of volunteer Medical Director, a role to which she continues to devote 8–10+ hours per week. For her commitment to serving the medical needs of Arlington's most vulnerable residents, Dr. Ritter was given the 2016 James B. Hunter Award, Arlington's highest human rights honor.

George & Connie Stewart, and their children **Julie, Joy, Jenny, and George**, have volunteered their time, contributed their funds, shared their expertise, and provided immeasurable in-kind support through their family business to help build and sustain AFC's dental program. Congratulations on winning the 2017 Virginia Governor's Volunteerism and Community Service Award for Outstanding Volunteer Family!



The Stewart Family with AFC staff at the Governor's Volunteerism Award reception

Strategic Plan

AFC's board and staff Leadership recently completed a year-long strategic planning effort that will chart the organization's direction for the next four years. AFC has a long history of rock-solid core values, a commitment to volunteerism, and a culture that transforms challenges into opportunities. Although the future is always full of uncertainties, we are confident that this plan will guide us as we continue to provide essential care to those in need. **Visit www.arlingtonfreeclinic.org/strategicplan to view the complete plan.**

Dental

A longtime AFC supporter recently committed a stunning \$250,000 to support our dental program—a gift made in memory of her father who died from an untreated tooth infection. After careful study, we decided that the best way to leverage this gift is to bring our dental clinic onsite, which would enable us to triple the number of patients served. Learn more about our plans on page 8, and about the woman whose generosity has spurred us to envision a better way to serve our dental patients on page 17.



Dental Assitant, Stephanie Skelton and Pierre Cartier, DMD

FINANCIAL REPORT

JULY 1, 2016 - JUNE 30, 2017

ASSETS

	JULY 1, 2017	JULY 1, 2016
Cash & Equivalents	\$379,871	\$267,974
Contributions Receivable	\$382,218	\$437,587
Inventory	\$10,409	\$7,814
Prepaid Expenses	\$58,796	\$46,043
Investments	\$2,955,800	\$2,669,541
Fixed Assets	\$3,561,200	\$3,672,381
Total Assets	\$7,348,294	\$7,101,340

LIABILITIES AND NET ASSETS

	JULY 1, 2017	JULY 1, 2016
Current Liabilities		
Accounts Payable & Accrued Expenses	\$178,691	\$214,994
Capital Lease Payable	\$5,702	\$6,284
Total Current Liabilities	\$184,393	\$221,278
Long Term Liabilities		
Capital Lease Payable Net of Current Portion	\$0	\$5,702
Total Liabilities	\$184,393	\$226,980

NET ASSETS

	JULY 1, 2017	JULY 1, 2016
Unrestricted	\$5,775,965	\$5,635,326
Temp Restricted	\$1,019,662	\$870,760
Permanently Restricted	\$368,274	\$368,274
Total Net Assets	\$7,163,901	\$6,874,360

TOTAL ASSETS AND LIABILITIES* **\$7,348,294** **\$7,101,340**

TOTAL FINANCIAL SUPPORT:
\$8,082,318

Cash Contributions:
\$3,060,910



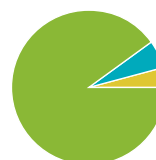
- 51% General Contributions
- 25% Grants
- 24% Special Events

In-Kind Contributions:
\$5,016,400



- 33% Virginia Hospital Center
- 27% Off-Site Medical
- 26% Rx
- 14% On-Site Medical

Expenses:
\$7,792,777*



- 90% Program
- 6% Fundraising
- 4% Admin

*Includes value of AFC office

*Includes donated services

Bringing Lifesaving Dental Care to More Arlingtonians in Need

Two years ago, Arlington Free Clinic responded to the needs of our patients by opening a new dental clinic. We started small with the help of several generous donors and the gift of space in Arlington County's Department of Human Services (DHS) building. However, the number of patients needing care and the unexpected severity of their dental problems surprised us. Many of our patients had not seen a dentist in many years—if ever.

This year, AFC volunteer and longtime supporter Mary Mellon came to us with the desire to make a significant gift in memory of her father who died sixty years ago from an untreated tooth infection. With her gift, Mary is committed to helping others get the dental care they need—and that her father couldn't afford. I hope you will read her story on page 17 of this report. Inspired by Mary's gift, we are exploring a fundraising campaign to enable us to move our dental program onsite, expand and streamline our services, and triple the number of patients who are able to receive care.



Proper dental care can be a matter of life and death as Mary unfortunately learned. Diseases such as diabetes, common among AFC patients, reduce the body's resistance to infection and put teeth and gums at great risk. Periodontal disease is linked to premature birth and low birth weight in infants. Patients undergoing treatment for cancer are often at great risk of infections of the teeth and gums. Other health conditions like heart disease can be worsened if dental problems aren't addressed, and untreated infections can spread and lead to serious illness or even death.

Bringing our dental clinic onsite will do much more than simply increase the number of patients served. The dental clinic's proximity to our medical operations will ensure that oral health problems, whether the cause or the consequence of other medical conditions, are treated. Additionally, this co-location will support collaboration and increase communication among physicians, dentists, and other health professionals—a hallmark of our patient-centered medical home.

Thanks to your support, Arlington Free Clinic is a leader in adopting new and innovative models of healthcare. Our team-based care model works! Bringing our dental program into this environment will keep AFC at the forefront of healthcare innovation and, most importantly, will advance our mission of improving health through truly integrated, whole-patient care.

I can't wait to see all of the healthy smiles from this expansion of our dental program. I'll look forward to updating you on our progress in the coming months.

*— Nancy White
Executive Director*

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 AFC patients.

Aesthetic Center for Plastic Surgery
Arlington ENT & Arlington Audiology Associates
Arlington Podiatry Center
Arlington Radiology Associates
Arlington Radiation Oncology, PLLC
Arlington Women's Center
Rocco Armonda, MD
Body Dynamics, Inc.
Melanie Buttross, MD
Cardiovascular & Thoracic Surgery Partners at VHC
Damaneon Smith & Associates, PC
Dermatology Associates of McLean, LTD
Dominion Anesthesia, PLLC
Fairfax Radiological Consultants
Fuchs Dermatology
Gastroenterology Center of Northern Virginia
General Internal Medicine Group
Wendy Gottlieb, MD
Hand-N-Hand Therapy, LLC
Heart Care of Virginia
Heart & Vascular Care
Insight Imaging Center of Arlington
Joseph J. Buchino, MD & Associates
Leah Fuchs, MD

Lions Eye Clinic
Bayani Manalo, MD
Medical College of Virginia
Metropolitan Surgical Associates, PC; Metropolitan Breast Center
National Institutes of Health
Nirschl Orthopedic Center for Sports Medicine and Joint Reconstruction
Northern Virginia Dental Clinic
Northern Virginia Eye Surgery Center
Northern Virginia Gastrointestinal Associates, LTD
Northern Virginia Neurologic Associates, LTD
Northern Virginia Physicians to Women
Northern Virginia Radiology Consultants, PLLC
Novant Health Imaging
Pulmonary & Medical Associates of Northern Virginia, LTD
Orthopaedic Foot & Ankle Center
OrthoVirginia – Arlington Office
Christopher Renner, OD
The Retina Group of Washington
Skin Cancer Surgery Center
TLC Neurology
University of Virginia Health System
Virginia Cancer Specialists, PC

Virginia Heart
Virginia Hospital Center
Virginia Nephrology Group
Virginia Neurosurgeons, PC
Washington Radiology Associates
VHC Physician Groups:

- Cardiology
- Colorectal Surgery
- Gynecologic Oncology
- Hospitalists
- Infectious Diseases
- OB/GYN Hospitalists
- Podiatry
- Reinsch Pierce Family Center for Breast Health
- Surgical Specialists
- Urogynecology & Pelvic Surgery
- Urology
- Wound Care & Hyperbaric Medicine



Reinsch Pierce Family
Center for Breast Health

Virginia Neurosurgeons, PC



OUR VOLUNTEERS

JULY 1, 2016 – JUNE 30, 2017



Marlene Alvarez with Gold Star Volunteers, Gina Grantham and Katy Banks



Irene Hruskoci and Marlene Guerrero

Board of Directors, Community Advisors, Committees (Audit, Clinical Services, Development, Finance, Gala & Special Gifts, Governance, Outreach):

Grace Abi-Najm Shea
Stephanie Albright
Tobi Albright
Laura Allen
Jo Ann Allen
David Alperstein
Megan Alperstein
Donna L. Alpi
Meredith E. Anderson
Randy B. Anderson
Katie Anderson
Edgar Aranda-Yanoc, LLM
Eileen Avery
Sue Avery
Joseph A. Backer, MD
Katy Banks
Elise Barrett
Sharon Bartholmew
Kathy Basile
John F. Benton II
Stephen M. Bouchard
Deb Brennan
David Briggs
Meredith Broadbent
Mark A. Buchholz, PMP
Jill Burke
Kathleen Buto
Sarah Cabalu
Wendy Carter
Jennifer Casolaro
M. Anthony Casolaro, MD
Lawrence Cheng
Jackie Chipman
Eleanore Christiansen, MHSA
Allison Cleveland
James B. Cole
N. Thomas Connally, MD
John M. Couric, CPA
J. Martin Couric, III
Alec Couric

Kasey Crowley
Jen Danaceau
Bob Deason
Jennifer Degross
Neelima Denduluri, MD
Jeffrey DiLisi, MD, MBA
Amy Dodds
Tracy Donley
Doug Dowling
Collins Ege
Grant M. Ehat
Joanna Ehat
Stephen Fedorchak
Pamela Hahn Feigin
Cristin Finkel
Kathy Freshley
Loren Friedman, MD
Jennifer M. Gamboa, DPT, OCS
Doreen Gentzler
Monica Gerlach
Andrea Giacometti, MD
Elizabeth Gill
Kit Gordon
Ron Gordon
Brian Gray, DDS
Shannon Haynes
David Haynes
Adam R. Hess, JD
Bev Hess
Raymond Hoare, MD
Hon. Edward M. Holland, JD
Dianne Morse Houghton
Stephen A. Hugh
Kurt Hyde, CPA
Danny Johnson
Lisa Kenworthy
Jennifer Knutson
Barbara L. Korman
Jana Laufman
David D. Lee, MD
Diane Lewis
Ginger Loper
Maxine Lunn
Mark Lunn
Julissa Marenco Otero

Mary Ellen Matheson
Mindi McClure
Marianne MacDonald
Karla McEvoy
Gerry McGowan
Kathleen Landy McKenna
Paige McKenzie
Robert E. McLaughlin
Lisa Means
James Meenan
Rev. Andrew T.P. Merrow
Stephen F. Messinger
Bonnie Moore
Talal Munasifi, MD
John Murphy
Christopher J. Nassetta
Diane H. Naughton
Timothy J. Naughton
Katherine Nguyen
Mary Ann Nirschl
Kimberly Notarianni
Amy Otteni
Nancy Sanger Pallesen
Kathryn Palmer, MD
Artemis Papademetriou
Wendy Pilch
Carly Poppalardo Booze
Adam Posen
Pam Poth
Kathy Prominski
Mollie Prominski
Michael Rapp, MD
Blair Rasmussen
Dan Rasmussen
Leigh Anne Razzaghi
Nikki Reeves
John Rhee, MD, FACS
Barb Rhee
Kathy Ricchetti
Julia Rice
Joan Bowes Ritter, MD
Patricia Rodriguez, MD
David Romness, MD
Karen Romness
Suzanne Romness
Douglas H. Root

Cassie G. Root, MD
Matt Sehler
Katy Senkus
Sejal Shah
Matthew D. Shank, PhD
Allison Shay
Matthew Shay
Ian Shenk, MD
Christine Shiker, JD
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Sarah Harper Smith, MD
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David N. Townshend
Kathy Townshend
Greg Trimmer
Sarah Trimmer
Alise Troester
Reuben Varghese, MD, MPH
Taryn Walpole
Jeff Walpole
Lee Walters
Rob Walters
Stephanie Whitaker
Melanie Whittington
Diane Wiley
Chahine Yamine, MD
Aida Yamine
Michelle Zook

Marie and Rosa: A Perfect Pair for our Physical Therapy Program

Together, Marie and Rosa make a fantastic team that over the years has helped hundreds of patients recover from physical trauma and chronic pain through Arlington Free Clinic's physical therapy program. Marie has been a volunteer physical therapist at AFC since 2003. After many years on staff at the Clinic, when she retired in 2016, Rosa became a volunteer Spanish interpreter for the PT program.

Marie started volunteering at AFC when she retired from the Army—she typically spends two mornings a week here seeing patients, and has been doing this for over 15 years! Physical therapy is a costly service that would be inaccessible to most of our patients absent Arlington Free Clinic. Many of our patients work in jobs that are hard on the body such as child care, construction, and house-cleaning, and Marie is happy to be able to share her skills with a population that can really benefit.

Rosa worked on staff at the Clinic since the early 2000s. She's had various roles as an employee, most recently working as the physical therapy program coordinator. Over the years, Rosa developed strong ties to our patients and the lengths to which she would go to make sure patients' kids had presents under the tree on Christmas morning, or those who were undergoing chemotherapy had rides to treatment, are legendary.

In 2015, Rosa was in a terrible car accident and began a long road to recovery. While recuperating, she logged extensive hours in physical therapy herself. As soon as she received the go-ahead from her doctors, Rosa was back at the Clinic in a wheelchair volunteering her time as an interpreter—and it was Marie who was often the one providing transportation for Rosa to and from the Clinic. As Rosa has pushed hard for her recovery while simultaneously continuing to support our patients in their own physical therapy, she has served as a living example of determination and self-motivation.

On-site Providers

M. Melody Abraham, MD
Joseph Backer, MD
Achana V. Ball, MD
Michael Ball, MD
Christina I. Baselga, MD
Andrew M. Becker, MD
Paula Bergamini, MD
Brian J. Boland, MD
Colleen Borelli, MD
Lillibeth Boruchow, MD
Deborah Bowers, MD
M. Anthony Casolaro, MD, FACP
Stephanie Chang, MD
Hong-Hanh Chau, MD
Kenneth Cho, MD
N. Thomas Connally, MD
Mary Crowther, MD
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Robert Dobrzynski, MD
David Duhamel, MD, FCCP
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Reza Eftekhari, DCM
Aysha Farooqi, MD
Lynne Gaby, MD
Gordon M. Gondos, MD
Matthew T. Hahn, MD
Jeff Hales, MD, FCCP
Jessica Hirschhorn, MD
Raymond R. Hoare, MD
Laura A. Jawidzik, MD
Anjali Jindal, MD
Caesar Junker, MD
Madhavi Kakarla, MD
Stuart Katz, MD
Kimbra Kenney, MD
Curi Kim, MD
Kaleen Kitay, MD
Kimberly Kongkasuwan, MD
Michael Koren, MD
Corrine E. Lahti, MD
Erika Latchis, MD
Edward A. Lefrak, MD
Peter D. LeNard, MD
Matthew M. Leonard, MD
Leonard Levine, MD
C. Vivian Liang, MD
Vinh Q. Mai, DO
John R. Maloney, MD
Kenneth Marshall, MD
Anne C. Miranowski, MD
Robert E. Morton, MD
Timothy D. Muir, MD
Manesh Nachani, MD
Seetaramayya Nagula, MD
Michelle Ng, MD
Duong Nguyen, MD
Dorothy Nicholson, MD
Mariana J. Niemtzoff, MD
Anne Pariser, MD
Jane Piness, MD
Caroline Poplin, MD
Kathleen N. Price, MD
Wayne Quillin, MD
Kenneth Quinto, MD, MPH
Thomas A. Rakowski, MD



Marie Markey, PT and Rosa Scott

Clockwise from top left:

2016 Latino American Festival

Kit Gordon and Kay Nassetta

Michael Ball, MD and Mary Ludden, RN

Deloitte Volunteers at 2017 Impact Day



Jorge I. Ramallo, MD
Michael Rapp, MD
Susan Rattner, MD
Russell Rayman, MD
Christopher J. Renner, OD
Joan Bowes Ritter, MD
Laura L. Sessums, JD, MD
Ian M. Shenk, MD
Sarah H. Smith, MD
Eugene K. Soh, MD
Jerome Stein, MD
Laura Stone, MD
Nicole Swistak, OD
Suraj Venna, MD
Leigh E. Watlington, MD
Margot Wheeler, MD
Sean Whelton, MD
Robert White, MD
Eleanor Wilson, DPM
Christopher C. Wyckoff, MD
Yousef Zarbalian, MD
Steven M. Zimmet, MD, FCCP, FACP

On-site CNAs, Nurses, Nurse Practitioners, Physician Assistants

Alexis Adler, PA
Margie Badman, FNP
Carol Baker, RN
Rachel Barish, NP
Jessica Lynn Blakely, RN
Pat Brosnan, RN
Lindsey K. Brown, RN
Holly F. Burd, RN
Natalie Bush, RN
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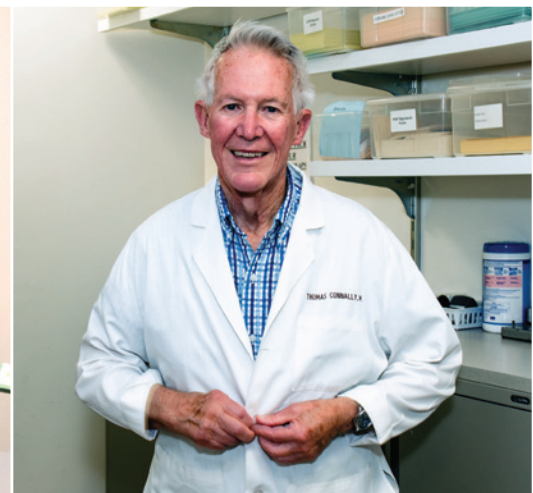
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Mary Mellon: Honoring a Father's Memory with the Gift of Dental Care



Mary as a child, with her parents

My parents, both immigrants from different countries, came to the U.S., met, married, and had one child. Sharing many of the same dreams that other immigrants bring to this country, my parents strived to make a good life here for their small family.

They both died sooner than they should have because the medical care they needed was inaccessible to them.

I lost my mother to complications of diabetes a week after my ninth birthday. I continued to grow up under the loving care of my father until I was a teenager. Most people don't realize how serious dental problems can be—it's just a toothache—but by the time the infection in my father's mouth traveled to his brain, nothing could be done. His death could have been prevented simply with access to affordable dental care.



I've been part of the Arlington community since the 1960s. I'm originally from Pennsylvania, however, Arlington, with its engaged residents, active way of life, and community spirit was always where I wanted to be. I worked for over 30 years as a special education teacher in the Arlington Public School system. After I retired, I found my way to Arlington Free Clinic and have supported the work of AFC as both a pharmacy volunteer and a donor for the past 15 years. Needless to say, I was thrilled two years ago when the Clinic began offering dental services to its patients.

Because of my personal experience, I am committed to making dental services available to those who live in poverty. I have pledged a gift of \$250,000 toward the growth and sustainability of AFC's dental program. My dad taught me that you should try to leave this world a better place, and I think that this is the very best way I could honor his life and memory.

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To learn more about what their gifts support, or to join the Director's Circle, please visit:
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Jill Beam Kougl – Power of Pink Fund

Founded in 2011 by Karen Beam Leder, the Power of Pink Fund raises dollars for organizations (including the Arlington Free Clinic) that provide breast health education, screenings, mammograms and treatment to women in the greater Washington area, regardless of their ability to pay. Over the past five years they have raised nearly \$500,000 for breast health care for the underserved community.

The Power of Pink hosts two flagship events, featuring a workout and luncheon, in Bethesda and Northern Virginia, as well as several other events.

The Power of Pink Fund began as a way to honor the founder's sister, Jill Beam Kougl, a two time breast cancer survivor.

Learn more at: www.power-of-pink.org.



IN MEMORY

July 1, 2016 – June 30, 2017 Note: The name of the person honored is in bold.

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IN MEMORIAM

Jo Ann Holland

The Arlington Free Clinic family mourns the loss of one of our longest serving volunteers, Jo Ann Holland. Jo Ann died on July 25, 2017 after a two year struggle with cancer. Jo Ann began volunteering in the earliest days of the Clinic, and continued to provide support twice weekly even during her illness. Over her many years of service at the Clinic, Jo Ann worked as our first grant writer; as our founding Executive Director's right-hand-woman; and most recently in our administrative department, helping to keep all of our files in ship-shape. Not only will we miss her steady service—but also her fantastic travel tips and book recommendations, her sage parenting guidance and dating advice, and the inspiring example of service and compassion that she set for us all.

PRACTICE SPOTLIGHT

Virginia Hospital Center Physician Group: Infectious Diseases

If you're hospitalized with an infection, you may see the experts at Virginia Hospital Center (VHC) Physician Group: Infectious Diseases—Drs. Rohit Modak, Jennifer Primeggia, and Ian Seemungal. But you can see them under cheerier circumstances, too—like for travel vaccinations before a big international trip!

Many AFC patients originally come from countries where infectious diseases uncommon to Arlington are endemic; others develop infections after surgeries or when immune systems are compromised by cancer treatments. AFC is very grateful to these providers for helping us navigate the range of infection-related medical and surgical needs of our patients.

Mamé has chronic renal failure and is transitioning to dialysis. A couple of months ago, a cyst on her back caused a blockage that exacerbated her kidney disease and sent her into acute renal failure. She was admitted to VHC where they successfully stabilized her condition; after a few days, Mamé was discharged to Arlington Free Clinic where she has been a patient for the past four years. In going over the discharge paperwork from the hospital, Mamé's AFC nurse noticed a troubling note about a pancreatic mass that showed up on her CT scan and was potentially cancerous. Just then, a call from VHC came through notifying her that the biopsy of Mamé's cyst tested positive for tuberculosis.

Her nurse immediately got on the phone with the Infectious Diseases office. Even though he was only familiar with Mamé's biopsy results and had



VHC Physician Group: Infectious Diseases—Drs. Jennifer Primeggia, Rohit Modak, and Ian Seemungal

not yet met the patient, Dr. Seemungal took the time to explain the follow-up procedure for a new tuberculosis diagnosis, offered to consult with our volunteer GI specialist, proposed scenarios where the mass could be connected not to cancer, but to Mamé's tuberculosis—and even encouraged our nurse to follow up via his personal cell number should any additional concerns come up.

As we continue to help Mamé manage her concurrent health issues, we are grateful to Dr. Seemungal and his colleagues at VHC Physician Group: Infectious Diseases who remain willing and available to provide infectious disease expertise for our patients. Drs. Modak, Primeggia and Seemungal are committed to the health of our community and are an invaluable resource in providing care to patients with bacterial, fungal, and parasitic diseases.

IN-KIND DONATIONS

Donors are listed below if the in-kind value of services donated to the Clinic was received by June 30, 2017.

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.

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Over \$100,000

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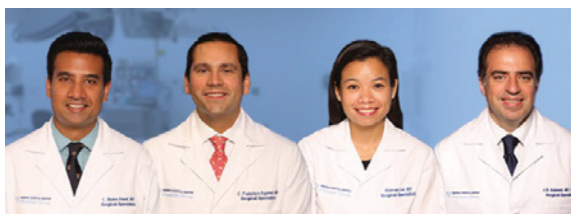


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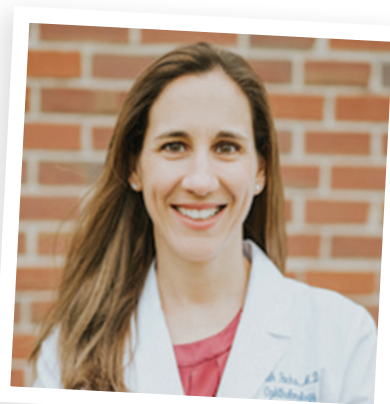
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A Message from the Board Chair: The Need Continues and so will AFC

Five years ago, when I joined the Board of Directors of Arlington Free Clinic, we were just beginning to talk about the Affordable Care Act (ACA or “Obamacare”), its potential impact on our patients, and the hope that someday we might even have reason to close our doors.

A lot has changed since then. Today, conversations about healthcare reform are going on all around us, all of the time, in the papers, on the news, in the airwaves—not to mention in our homes and workplaces. Our proximity to Washington and the legislators debating the issue can make the matter feel even closer. Unfortunately, a solution to healthcare for all seems as far away as ever.

Despite the ACA, there continues to be a great need for accessible healthcare, right here in Arlington. The patients we serve are mostly working adults who earn too much to qualify for Medicaid and too little to afford the insurance subsidized through the ACA. Since the Clinic began in 1994, the number of uninsured residents needing care has continued to greatly exceed our capacity.

It is impossible to predict what health care reform will look like in the coming years. If the ACA is repealed or current marketplace subsidies are discontinued, there will be even more low-income Arlingtonians without health insurance. For the past 22 years, those most in need have been able to get care at AFC through the generosity of volunteers and donors like you. As AFC remains committed to providing high-quality, comprehensive care to our patients, please join me in continuing to support their important mission.



—Jennifer Gamboa, DPT, OCS
Board Chair

One of AFC's busy New Patient Enrollment Days





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