

[BITES & BLUES PARTY RECAP]

Last fall, when Arlington Free Clinic launched its *Filling the Gap in Dental Care* capital campaign, we set a goal of raising \$1M by Bites & Blues. We met our goal on Saturday, April 28 at Whitlow's on Wilson, with the help of our "head tooth fairy," Arlington County Board vice chair, Christian Dorsey, who helped us sell raffle tickets and accept contributions from guests.

Thanks to our band, Northeast Corridor, who specializes in live-band karaoke, party-goers could donate to sing with the band, donate to make a friend get up on stage, or donate to get out of singing. Christian and his County Board colleague John Vihstadt got things started with a duet!

We're thrilled to have met our first \$1M campaign milestone – **but there's still time to get involved in supporting this important campaign, as we have an ultimate goal of reaching \$1.5M by the end of the calendar year.** Learn more and help us triple the number of dental patients we can serve: www.arlingtonfreeclinic.org/dental.



Learn about the impact of our
dental program expansion inside!

ADDRESS SERVICE REQUESTED

[A PATIENT'S STORY: TRANSITO]

During an early medical visit, Transito screened positive for signs of depression and was referred to talk with one of Arlington Free Clinic's counselors. After revealing details of a difficult childhood of neglect and abuse, she agreed to counseling and has greatly benefited from learning and understanding the long-term effects of trauma on the brain and body. She was seeing her counselor regularly when she became pregnant with her son in 2017.

Typically, AFC patients who become pregnant are transitioned to the Arlington County Department of Human Services (DHS) Maternity Clinic for all of their care. Transitioning our patients to DHS during pregnancy not only gives them access to well-established, high-quality prenatal care, it also prevents duplication of services and fosters collaboration. We made sure, however, that Transito continued to have access to weekly counselling sessions at AFC because this service wasn't available at DHS, and continuity is an important tenet of trauma-informed mental healthcare. When Transito learned that her unborn child had significant heart defects and would require surgery immediately after birth, having unwavering mental health support proved invaluable.

Despite a very stressful pregnancy, she delivered her son in December, and he was immediately transferred to Children's National Medical Center. Over the course of a few weeks, he had five successful cardiac surgeries that are allowing him to thrive now that he is home, surrounded by his parents and two older sisters.

Transito's health has stabilized since giving birth, and she is feeling good about successfully juggling her school-aged daughters' activities, her diabetes, part-time work – and encouraging the daily development of her now-healthy three month-old-son. 🌱



Transito and her son



arlingtonfreeclinic

2018 SPRING NEWSLETTER

NEWS

FILLING THE GAP IN DENTAL CARE THROUGH ARLINGTON FREE CLINIC

Poor oral health disproportionately impacts the low-income, disenfranchised individuals that make up Arlington Free Clinic's patient population. We observed first-hand among those we serve in our medical clinic the need to fill this essential healthcare gap, and recognizing the relationship of oral health to overall health, we launched a modest dental program in 2015.

Borrowed space from Arlington County Department of Human Services (DHS) enabled our dental program's start: we hired a dentist and dental assistant to use one of the chairs at the DHS building three days a week.

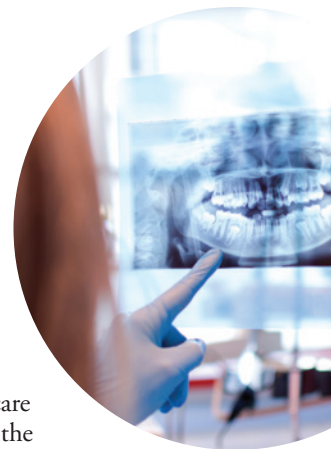
But we always knew that a fully staffed, three-chair operatory would be key to improving efficiencies, productivity, and the mix of services essential to good oral health.

Our \$1.5M Filling the Gap in Dental Care Capital Campaign was launched with a generous gift of \$250K from Mary Mellon, a long-time volunteer and supporter. Mary's father died when she was a teenager due to a tooth infection he could not afford to treat.

AFC's Filling the Gap Campaign will not only triple the number of dental patients we can serve and increase the number of advanced procedures we perform – but will also allow

us to integrate our dental program into our main medical site.

Once complete in November 2018, patients' oral healthcare needs will be met in the same place where they receive medical care, pharmacy services, mental/behavioral healthcare, physical therapy, optometry, and health promotion education – an integrated, whole-patient model that has been shown to improve outcomes. 🌱



AFC'S DENTAL EXPANSION PLAN:

Arlington Free Clinic launched its Oral Health Program in 2015 borrowing space and a dental chair from Arlington County. We quickly learned just how great the need for dental care is in our area.

The expansion will allow us to **TRIPLE the number of dental patients** we serve, from **350 to 1,050 annually**, and **QUINTUPLE the number of visits** we can provide, from **850 to 4,250!**

HOW?

Building capacity by increasing our dentist's and dental assistant's hours, and adding a hygienist



Expanding our space from 1 chair in a borrowed space to 3 chairs in AFC-owned space



Increasing our operating hours, from 3-4 days a week to 6 days a week (daytime and evening hours)

Expanding the patient population receiving services ranging from exams, cleanings, and x-rays to advanced dentistry

"Poor oral health actually worsens the overall health of our patients—especially those with diabetes and heart disease. Having an onsite dental clinic will undoubtedly improve the health of many of our patients."

—Joan Bowes Ritter, MD, AFC Medical Director

[POSSIBLE MEDICAID EXPANSION & NEW OPPORTUNITIES FOR AFC]

For 24 years, Arlington Free Clinic has been serving a vital role in the community by providing high-quality healthcare to low-income individuals who lack health insurance and have difficulty accessing care. Currently, approximately 400,000 Virginians, including 11,000 low-income Arlington adults are still without health insurance, even after the passage of the Affordable Care Act.

Although the outcome is unclear at the

time of this publication, the Virginia General Assembly is currently debating expansion of Medicaid, the government funded health insurance program for low-income children and adults. Although Medicaid expansion would extend coverage to many uninsured Virginians, it will not cover everyone and every service.

As this change in health policy could extend coverage to hundreds in the community, including some current AFC patients, we look forward to the opportunity to care for more of those who continue to lack access, and dream for the day when healthcare is no longer limited to those who can afford it. 🌱

Arlington Free Clinic will be able to step in where Medicaid ends by accepting patients who don't qualify for any insurance and by providing a range of services – such as specialty care, mental health, and dental care – that have limited or no coverage under Medicaid.



Joan Bowes Ritter, MD, AFC Medical Director

[REPORT FROM OUR MEDICAL DIRECTOR: CELEBRATING SURVIVAL, PROMOTING SURVIVORSHIP]

At Arlington Free Clinic, our staff understands that surviving cancer is something to be celebrated. However, patients don't always understand that once treatment is complete, they still need to focus on being as healthy as possible. Last fall, during two Latina Breast Cancer Survivor Celebrations/Focus Groups, we introduced the concept of *survivorship*.

AFC staff outdid themselves preparing for our Survivor Celebrations, decorating the conference room with pink crepe paper and balloons, and preparing a tasty meal of *pupusas* and chocolate dipped strawberries for dessert. They wanted to make these gatherings special because when you pile a grueling treatment regimen on top of family responsibilities and unforgiving work schedules, women in poverty have few opportunities to talk about their cancer. The women were very open and highlighted several shared experiences that will help us better meet patients' needs in the future.

For example, since patients in active treatment make frequent trips to Virginia Hospital Center – sometimes multiple visits per week – staff try to provide metro cards whenever resources allow. Women who received these cards emphasized the value of this travel assistance. Others mentioned the importance of being able to get food through Arlington Food Assistance Center (AFAC). This feedback underscored the importance of screening all of our cancer patients for social determinants of health such as food and housing needs. We also learned about challenges like language barriers and financial concerns – issues unique to our patient population that we can now work to address.

We wrapped up our Celebrations with a discussion about *survivorship* and life after treatment. The women shared their fear that the cancer would come back, and they had a lot of questions about what they could do to minimize the risk of recurrence. We invited a mental health counselor, an oncologist, and a nutritionist to three subsequent meetings with our breast cancer survivors so that they could ask questions and learn from these experts.



During a session with Dr. Thomas Butler, a retired oncologist from Virginia Cancer Specialists (the practice that treats all of our patients diagnosed with cancer), our survivors learned about the importance of early detection of other types of cancer, and the ease of getting free screening at AFC.

When we think about our cancer patients, we must consider the lasting physical and emotional side-effects and the long-term impact of their treatment. The American Society of Clinical Oncology (ASCO) developed a form called the Survivorship Care Plan that helps people diagnosed with cancer keep track of the medical care they may need in the future. AFC's nursing staff received training on Survivor Care Plans and attended classes through Johns Hopkins University and Virginia Hospital Center's Cancer Resource Center to learn about topics addressed through these institutions' survivorship programs. We're now in the process of completing the ASCO forms for our breast cancer survivors, and the work we are doing with this group will eventually extend to and benefit our survivors of other cancers. 🌱

[FORTIFYING & SUSTAINING AFC'S VOLUNTEER MODEL]

Volunteer-driven from the start, Arlington Free Clinic was founded almost 25 years ago by local physicians committed to serving low-income, uninsured patients out of the nurse's office at Thomas Jefferson Middle School one night a week.

We've preserved – and grown – our volunteer model because the local community continues to value giving back through AFC, and because using physician volunteers allows us to give our patients access to the same talented providers who care for Arlingtonians in private offices all across the region.



Wall of Volunteers at Arlington Free Clinic

We've increased our volunteer-power from 50 in 1994 to over 500 today. As we grew, so did the complexity of our patients' medical problems. In response, we widened our service scope and boosted our medical and non-medical volunteer numbers to support the complex organization that we'd become.

We employ only one part-time nurse practitioner – all of our other medical care is provided by volunteers. This works because we have an enormous "workforce" of volunteers who aren't simply supporting our mission, they're the ones carrying it out. During any given clinic session, around 25 volunteers are fulfilling 15 distinct jobs that require specialized licensing, skills, or training. When everyone shows up for their shift we function with the busy and efficient cadence of a bee hive, but when life gets in the way and a volunteer isn't able to work at the last minute, there may not be anyone available to fill in and a clinic session can go awry.

Bridgespan Group, a firm that helps nonprofits pursue strategic opportunities and build capacity, through a generous partnership with Meyer Foundation, is working with the Clinic's senior leadership team to look at what it takes to fortify and sustain a volunteer model like AFC's for the future – something that our staff, Board, patients, and volunteers all agree is special and important to protect. 🌱

BOARD OF DIRECTORS

Adam R. Hess, JD
CHAIR

Kathleen Buto
VICE-CHAIR

Kurt Hyde
TREASURER

John Rhee, MD, FACS
SECRETARY

Dianne Morse Houghton
CHAIR, GOVERNANCE
COMMITTEE

Meredith E. Anderson
CHAIR, EXTERNAL RELATIONS
COMMITTEE

Diane H. Naughton
CHAIR, DEVELOPMENT
COMMITTEE

Edgar Aranda-Yanoc, LLM

David Duhamel, MD

Grant M. Ehat

Kit Gordon

Carly Kelly, JD

Ginger Loper

Joseph Lynch, JD

James Meenan

Douglas H. Root

Jennifer Sosin

Keegan Stroup

Joan Bowes Ritter, MD
MEDICAL DIRECTOR

Christine M. Shiker, JD
Holland & Knight
COUNSEL TO THE BOARD

Nancy White
EXECUTIVE DIRECTOR

COMMUNITY COUNCIL

Joseph A. Backer, MD

John F. Benton

David W. Briggs

Lawrence Cheng

James B. Cole

N. Thomas Connally, MD

Stephen Fedorchak

Loren Friedman, MD &

Patricia Rodriguez, MD

Raymond Hoare, MD

Julissa Marengo Otero

Rev. Andrew T.P. Merrow

John Murphy

Christopher J. Nassetta

Timothy J. Naughton

Mary Ann Nirschl

Matthew D. Shank, PhD

Matthew & Allison Shay

Thomas Shooltz

Mark Silverwood

Andres Tobar

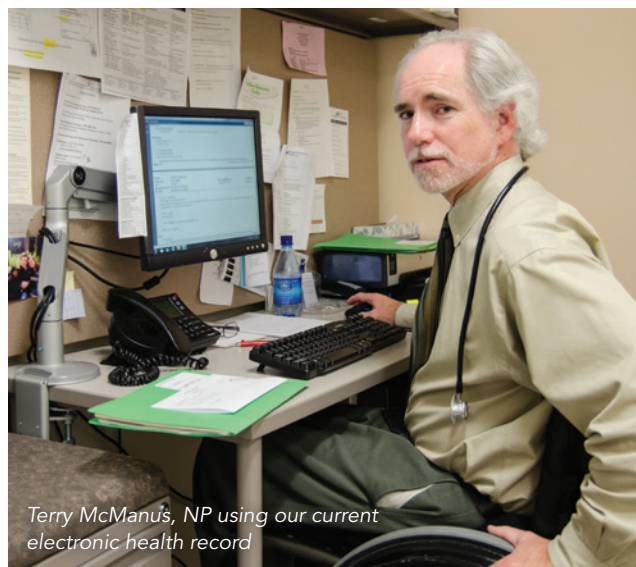
Chuck & Kristian Todd

David & Kathy Townshend

Reuben Varghese, MD, MPH

[IMPLEMENTING A NEW ELECTRONIC HEALTH RECORD TO ENHANCE PATIENT CARE]

Arlington Free Clinic's current Electronic Health Record (EHR) system was implemented nearly 10 years ago and no longer provides the level of support needed to deliver high-quality, coordinated healthcare. Because of our EHR's limitations, we must use multiple electronic platforms, including separate systems for eligibility, scheduling, pharmacy, and dental that cannot exchange information. Research clearly shows that enabling quick access to complete, up-to-date patient information supports more coordinated, efficient care that improves outcomes. To strengthen the quality of our care, we are about to begin a two-year process for identifying and implementing a new, robust, and integrated EHR. 🌱



Terry McManus, NP using our current electronic health record

TOGETHER UNDER THE

Northern Lights

ANNUAL BENEFIT GALA

OCTOBER 27, 2018 at 6:00 PM

Ritz-Carlton • Tysons Corner

Dinner • Dancing • Auction

[Mark your Calendars]

Hoops for your Health: 3-on-3 Basketball Tournament

July 2018 (exact date TBD)

Marymount University Gymnasium

Grab your friends and join us for our 11th

Annual 3-on-3 basketball tournament:

www.arlingtonfreeclinic.org/hoops-2018

7th Annual Clare & Don's Beach Shack Fundraiser

September 20, 2018

Clare & Don's Beach Shack,

130 N. Washington Street, Falls Church

Enjoy great food, live music, and a fantastic raffle—
fun for the whole family!

The Power of Pink: Working Out to Stop Breast Cancer

October 11 (in Tysons Corner) &

October 25 (in Bethesda), 2018

This high-energy event, featuring an hour-long
workout at Equinox followed by a luncheon at
Nostos in Tysons Corner and Jaleo in Bethesda
supports AFC's Breast Health Program. To register,
visit: www.power-of-pink.org