

REPORT TO THE COMMUNITY

July 1, 2007 — June 30, 2008

ACCESSIBLE • QUALITY • HEALTH CARE • COMMUNITY INVOLVEMENT



Arlington Free Clinic

Established in 1994

Building a healthier community by promoting and providing access
to health care services to all low income Arlingtonians.

MESSAGE FROM THE CHAIRMAN



AFC Board of Directors: (Standing left to right): Robert Deason; Robert White, MD; Jesus Noriega; Mark Silverwood; James Cochran; John Murphy; John Benton, II; Keith Shiner; Christopher McManus, MD; David Lee, MD; Nancy Pallesen. (Sitting left to right): Soo Cheng; Grace Abi-Najm Shea; Lillibeth Boruchow, MD; Sheila Zedlewski; Mary Ann Nirschl; Patricia Rodriguez, MD; Theresa Perfetta Cappello. Missing from photo: Mary "Didi" Salmon; N. Thomas Connally, MD; Robin Buckley; Kit Gordon; Ruth McGoff; Timothy Muir, MD; Jane Ellen Ramsey; Counsel to the Board, David Briggs.

The Arlington Free Clinic has completed its 14th year of serving the uninsured residents of the County. With each year we try to expand and improve on our services. This year was no different.

❖ We provided much needed health care to 1,484 patients who received several thousand individual appointments including 800 mental health visits and 805 referrals to specialists.

❖ The free care these patients received is valued at over \$3.5M, including over \$1.5M worth of medications and \$2M in laboratory testing, diagnostic procedures, and additional in-kind services.

❖ Through the very generous spirit of the community, our 170 volunteer physicians, 86 other medical professionals, and over 264 other volunteers also provided hundreds of thousands of dollars of comprehensive and compassionate medical care.

❖ This last year also saw the Arlington Free Clinic unveil our new urgent care clinic, which for the first time allows us an opportunity to consistently help our patients with timely day-time appointments.



James Cochran
Chair, Board of Directors

The patients that we serve through the support of your dollars and your time come from many walks of life and from many different backgrounds. 90% are not native English speakers. Many have chronic conditions such as hypertension, diabetes, asthma, arthritis, depression or obesity. Some are very seriously ill with diseases like cancer. Without the aid of

the Arlington Free Clinic these conditions would go untreated resulting in costly trips to the emergency room and in some cases death.

As the Clinic prepares to relocate back to Columbia Pike, into an AFC-owned permanent space, I hope you will once again see the tremendous need Arlington County has, with approximately 12% of its residents being low income and uninsured, and the tremendous benefits we are able to provide with your support. Please continue to support this vital safety net in your community. We need your help now more than ever.

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REPORT FROM THE AFC MEDICAL DIRECTOR

Clinical Activities in 2008



N. Thomas Connally, MD

We continue to see indigent patients in several clinical sessions each week, and arrange for appropriate laboratory work, x-rays, and consultations by volunteer specialists throughout the Arlington, and occasionally wider

Northern Virginia medical community. Our pharmacy also continues to be extremely busy, providing well over a million dollars worth of prescriptions to our patients for free or marginal cost. Many of these drugs, for chronic conditions, are supplied for free from the pharmaceutical companies, but there is a significant amount of administrative work necessary to obtain them that is done by our pharmacy staff and volunteers.

As noted in last year's report, the total number of patients seen in the Clinic remains relatively stable, but many more of the newer patients have more serious problems, often requiring very sophisticated specialty care.

This takes a great deal of the time of our nursing staff to coordinate referrals, including lab work, and hospital follow-up. We, of course, continue to be the primary care source for these patients, and are performing as the model medical home for all of our patients.

Two exciting new changes at the Clinic are the addition of two nurse-practitioners and the move to a more robust computerized health care record. The two nurse practitioners, both with excellent training and clinical experience, work half time each, giving us full time coverage for acute problems, and help with certain routine follow-up on our patients with diabetes, high blood pressure, or other chronic problems. This is a pattern, increasingly used in larger, more advanced medical practices, and makes the work of the volunteer physicians more efficient and rewarding.

Through a generous donation by CareFirst Blue Cross Blue Shield, we are investigating a new computerized health care record. This will take some time to get fully up and running, but when it is in place, will make life easier for both our volunteers and full

time staff. Our records will be more uniform and much more accessible. This will help day to day quality of care, but will also allow us to do overall quality assessment very easily. In addition we are working with Virginia Hospital Center to have full computer connections with their labs, emergency room and certain clinics.

So, overall our clinical work, though often requiring more sophisticated care, is of the highest quality, but we are moving into a new era of care with our nurse practitioners and enhanced computerized health care records. The heart and core of the clinical services, however continue to be our volunteers, both professional and lay people who make each individual clinic work, and those consultants in the community who see our patients.

A handwritten signature in cursive script that reads "N. Thomas Connally, MD, MACP".

N. Thomas Connally, MD
Medical 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 Clinic patients. These medical practices donated hundreds of thousands of dollars of their time and expertise in FY08 to care for Clinic patients.

Advanced Plastic Surgery Center
Arlington ENT
Arlington Podiatry Center
Associates in Dermatology
Arlington Musculoskeletal Center
Dr. Ricardo M. Bennett & Associates
Joseph Buchino, MD & Associates
The Cardiovascular Group
Cardiovascular and Thoracic Surgery Associates
Commonwealth Orthopedic and Rehabilitation
Dermatology Associates of McLean
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Diagnostic Health Corporation
J. Jeffrey Elliott, MD
Fairfax Northern Virginia Hematology Oncology
Fairfax Radiological Consultants

Gastroenterology Center of Northern Virginia
General Internal Medicine Group
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Insight Imaging Center of Arlington
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Lions Eye Clinic
Bayani Manalo, MD
Metropolitan Surgical Associates
Nirschl Orthopedic Center for Sports Medicine
Northern Virginia Gastrointestinal Associates, LTD
Northern Virginia Hearing Center
Northern Virginia Neurologic Associates, LTD
Pulmonary & Medical Associates of Northern Virginia
Skin Cancer Surgery Center
MRI and Imaging of Virginia/Vienna Diagnostic Imaging
Virginia Hospital Center Radiation Oncology
Virginia Radiological Associates
Washington Colorectal Surgery
Washington Hospital Center
Washington Neurosurgery
Washington Radiology Associates
Washington Urology

AFC PATIENT DATA & CLINIC STAFF

July 1, 2007 — June 30, 2008

Total # of Unduplicated Patients	1,484
Total # of Medical Visits On-site	7,850
Total # of Patients Referred to Specialists	402

Total # of Appointments with Physician Specialists On-site

Cardiology	359
Endocrinology	112
Gastroenterology	56
Nephrology	80
Optometry	81
Orthopedics	213
Podiatry	43
Pulmonology	85
Rheumatology	143

AFC Programs Unduplicated Patients Appointments Provided

Medical Program	1,129	3,528
GYN Program	644	881
Mental Health Program	189	800
Physical Therapy Program	108	417
Patient Education Program	479	734
Intensive Case Management Program	642	1,490

Diagnostic Tests Provided by Virginia Hospital Center

Number of laboratory services	5,441
Number of x-rays	1,056
Number of patients treated with chemotherapy	6
Number of patients treated with radiation	5

Total # of Referrals to Specialists' Offices

Anesthesia	62
Cardiology	3
Cardiovascular Surgeon	4
Colorectal Surgeon	4
Dermatology	12
Endocrinology	3
ENT	57
Gastroenterology	53
General Surgeon	110
Gynecology	5
Hem/Oncology	85
Neurology	46
Neurosurgeon	10
Ophthalmology	2
Optometry	34
Orthopedist	24
Pathology	73
Podiatry	30
Pulmonology	5
Radiation Oncology	4
Reconstructive Surgeon	1
Rheumatology	5
Urology	29
VHC Outpatient Clinic	144
Total Referrals	805

Patients by Zip Code

In percent

22201	7%
22202	2%
22203	13%
22204	53%
22205	4%
22206	9%
22207	5%
22209	4%
22210	<1%
22213	<1%

Number of Diagnostic Scans by Medical Providers other than Virginia Hospital Center

CT Scans	94
MRI's	53
Sonograms	131
Dexa scans	16
Nuclear Medicine	14

Arlington Free Clinic Staff

Nancy Pallesen
Executive Director

Coralie Miller
Director of Finance & Human Resources

Development

Pat McDermott
Director of Development

Paula Potts
Development Officer

Jody Steiner Kelly
Development Associate

Nursing Services

Kate Wilson
Director of Clinical Services

Marlee-Jo Bonebrake
Nurse Manager

Carolyn Clark
Critical Care Manager

Maura Constance
Nurse Practitioner, TAC Clinic

Leslie Henry
Nurse Practitioner, TAC Clinic

Jyl Pomeroy
Program Manager, Mental Health

Sheila Ryan
Nurse Manager

Mary Anne Taylor
Nurse Manager

Martha Ware
Nurse Manager, Women's Health

Matt Kennedy
Case Manager

Clinical Administration

Mary Gleason
Director of Clinical Administration

Carmen Chapin
Eligibility Associate

Jorge Ramallo
Clinical Administrative Assistant

Solomon Habte
Data/IT Administrator

Marietha Mayen
Appointment Scheduler

Rosa Scott
Receptionist

Pharmacy

Judy Dietrick
Pharmacist-in-Charge

Wendy Boning
Pharmacist

Volunteer Administration

Lee Miller
Volunteer Director

FISCAL YEAR 2008

July 1, 2007 — June 30, 2008
*Unaudited Figures

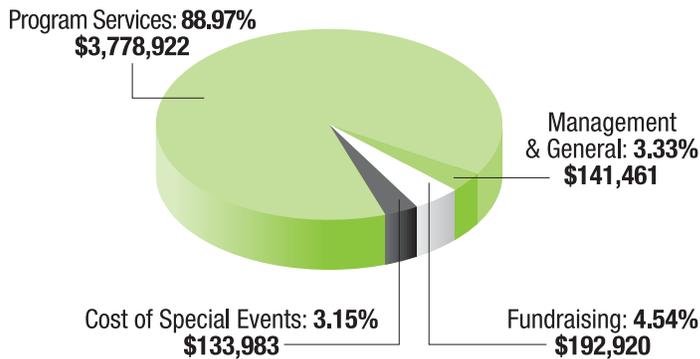
Assets

	July 1, 2007	June 30, 2008
Cash & Cash Equivalents	\$422,625	\$828,171
Contributions Receivable	\$359,074	\$266,467
Accounts Receivable	\$1,829	\$3,055
Inventory	\$2,639	\$2,639
Prepaid Expenses	\$25,229	\$28,577
Fixed Assets, Net	\$98,214	\$51,778
Other Assets	\$1,158,074	\$1,048,665
Total Current Assets	\$2,067,684	\$2,229,352

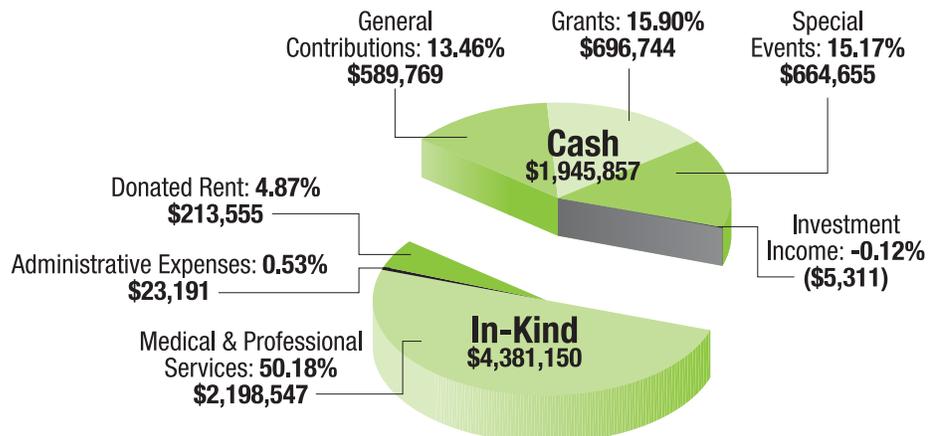
Liabilities & Net Assets

	July 1, 2007	June 30, 2008
Accounts Payable	\$6,675	\$12,387
Accrued Wages	\$93,973	\$116,066
Total Long Term Liabilities	\$25,000	\$25,000
Total Liabilities	\$125,648	\$153,453
Net Assets		
Unrestricted	\$1,527,388	\$1,461,026
Temporarily Restricted	\$414,648	\$614,873
Permanently Restricted	\$0	\$0
Total Net Assets	\$1,942,036	\$2,075,899
Total Liabilities & Net Assets	\$2,067,684	\$2,229,352

Expenses



Financial Support



* Audited figures will be available December 1, 2008. For a copy of the audit please contact Coralie Miller at cmiller@arlingtonfreeclinic.org or 703-979-1425 ext. 11

NEW CLINIC UPDATE

After three years in a temporary facility, Arlington Free Clinic will soon relocate to an 8,500 sq. ft. space in the Halstead Building on Columbia Pike and 11th Street in South Arlington. In December 2008, AFC will be delivered a “cold, dark, shell” which will require interior design, full fit-up of the space, and furnishings. Plans are well underway (please see floor plan) and reflect AFC’s commitment to the health of patients, volunteers, staff and the community. We are building “green” and will be the first health care facility in Arlington and the first free clinic in Virginia to have LEED® certification.

This building initiative requires unprecedented support from the community. The donors listed to the right have made commitments to name specific spaces in the new Clinic. Some have named their spaces in honor or memory of a loved one. This is a wonderful way to pay tribute to someone and, at the same time, support AFC’s critical building initiative. If you are interested in playing a part in the future of AFC by naming a space, please call Pat McDermott at (703) 979-1425, Ext. 21 or pmcdermott@arlingtonfreeclinic.org.

Naming Opportunities

<i>Naming Spaces and Equipment</i>	<i>Donation Amount</i>	<i>Naming Spaces and Equipment</i>	<i>Donation Amount</i>
Clinic Center	\$1,000,000	Staff Offices (each)	\$10,000
Treatment Area	\$500,000	Patient Interview Cubicles	\$6,000
Patient Waiting Room	\$300,000	Nurse’s Station	\$6,000
Acute Care Area	\$300,000	Kitchen	\$6,000
Mental Health Area	\$200,000	Staff Work Stations (each)	\$6,000
Patient Education/Conference Center	\$100,000	Medical Records Room	\$6,000
Pharmacy	\$50,000	Mail/Office Equipment Room	\$6,000
Laboratory	\$25,000	Volunteer Work Spaces (each)	\$6,000
Exam Rooms (each)	\$10,000	Volunteer Check-in Area	\$5,000
Counseling Rooms	\$10,000	Conference Room Chairs (20)	\$1,000
Executive Director’s Office	\$10,000	Waiting Room Chairs (40)	\$500

Individual Donors Supporting Building Initiative

- | | |
|---------------------------|------------------------|
| Ms. Doris Boehly | Ms. Irene Miels |
| Mr. William Brannigan | Ms. Daphne Papamichael |
| Mr. & Mrs. James Francois | Ms. Mamie Papamichael |
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| Ms. Val Kitchens | Mr. Mark Silverwood |
| Mr. & Mrs. George Meek | Ms. Betty Vertiz |
| Ms. Geraldine Mendez | |

Foundation Supporting Building Initiative

Philip L. Graham Fund - \$75,000



11th Street — Halstead Building

Permanent Home of the AFC — April 2009

Your Support of Arlington Free Clinic is Greatly Appreciated!

Honor Roll of Donors

July 1, 2007 — June 30, 2008

This **Honor Roll of Donors** includes donors of financial gifts including donors to United Way and the Combined Federal Campaign, donors of medical services, gifts to the Gala's silent auction and other services valued at \$100 or more between **July 1, 2007 and June 30, 2008**. We apologize that space has not allowed us to list the names of our numerous donors who supported the Clinic with gifts of \$10 to \$99.



Special thanks to Virginia Hospital Center for providing \$1,114,158 in x-rays and laboratory diagnostic services for our patients.

\$200,000 to \$299,999

Northern Virginia Health Foundation

\$50,000 to \$99,999

Drs. Raymond & Carol Hoare
Mrs. Peggy Hoffman
Susan G. Komen for the Cure

\$20,000 to \$49,999

Avon Foundation Breast Care Fund
Campbell Hoffman Foundation
Chauncey & Marion D. McCormick
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\$10,000 to \$19,999

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\$5,000 to \$9,999

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\$1,000 to \$2,499

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\$500 to \$999

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LCDR (Ret.) Linda J. Barbour
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\$100 to \$499

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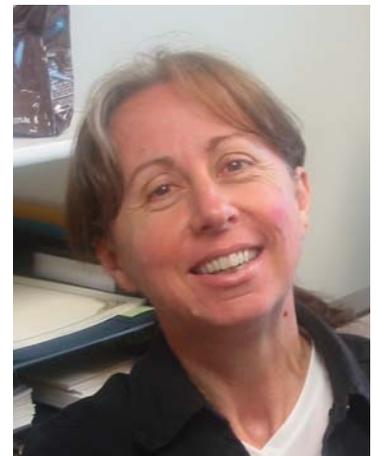
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VOLUNTEERS *at a* GLANCE

July 1, 2007 — June 30, 2008

Total Hours in FY 08– 14,150

Value of Volunteer Hours – \$797,775

Medical Volunteer Hours (in Clinic) – 7,427

Non-Medical Volunteer Hours (in Clinic) – 4,705

Total Volunteers – 631

*Note: We have endeavored to present the list based upon volunteer roles. Volunteers are only listed **once** even if they act in more than one role. Please accept our apologies in advance for anyone inadvertently omitted in the sorting process but do let us know.*

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Left to right: Volunteers Carol Ciofalo, MD and Sylvia Smith, RN

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 Vinh Mai, MD
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 Bayani Manalo, MD
 Devra Marcus, MD
 Mami Martin, MD
 Marina Martinez, MD
 Kenneth Mason, MD
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 John McConnell, MD
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 Kathryn Palmer, MD
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 Murat Sor, MD
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Left to right: Nurse Manager, Women's Program, Martha Ware and Volunteer Juan Machado, MD.

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Volunteer Patient Educator, Ixi Blandon (far left) with patient group



Josephine Salmon

Nov. 26, 1936- Nov. 1, 2007

AFC and its patients lost a very good friend and advocate with the passing of Josephine Salmon in November of last year. Josephine retired from a career in the public schools where she worked as an advocate for students and their families. In March of 2001, she brought her language skills and concern for others to serve as a volunteer here at Clinic. She was an invaluable asset to the daytime clinics, both the Wednesday morning women's clinic and the Thursday afternoon general medical clinic. She not only interpreted but acted as exam room coordinator and served in various other positions in order to support our efforts to provide care to all of our patients.

AFC is very grateful to have known and worked with Josephine. Her fellow volunteers have honored her caring spirit with a portrait which now hangs in the Clinic. The portrait was painted by AFC volunteer Jennifer Emry, who worked with Josephine in the women's clinic. The cost of the framing was paid for with donations from the volunteers.

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AFC Thanks You!