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

Photos showing unmasked individuals were taken pre-COVID-19.
Our Patients

Our patients have been especially hard-hit by COVID-19. Many lost their jobs in the early days of the crisis, magnifying needs for resources “beyond the exam room” - which AFC is working hard to address. The zip code where the majority of our patients live has consistently experienced positive test rates of more than double that of any other zip code in our county.

All AFC patients live in Arlington County and have incomes at or below 200% of the Federal Poverty Level (for a family of four, this is $50,400). Some were facing cancer diagnoses when the virus arrived; most have chronic health conditions which place them at great risk of poor outcomes should they become infected; all were already living on the edge, struggling with food, rent, and other basic needs.

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

1. We accept approximately 25 new patients per month through a lottery process (paused for safety concerns at the beginning of the crisis but returning virtually).

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 - as well as those discharged from the hospital following treatment for COVID-19.

As many of us return to “life as normal,” our patients will still be reeling from the effects of this crisis for years to come. AFC is committed to providing a safe, supportive healthcare home for those most vulnerable to being overlooked and forgotten throughout the pandemic - and beyond.

Our Services

COMPREHENSIVE HEALTHCARE

Primary, Preventive, and Specialty Care for Adults
Gynecology
Care For Chronic Diseases Including Diabetes, Hypertension, Cancer, and Obesity
Optometry
Pharmacy
Cancer Screenings
Diagnostic & Laboratory Services
Physical Therapy
Dental Services

EDUCATION & OUTREACH

Nutrition
Osteoporosis
Diabetes
Breast Health
Physical Activity

MENTAL & BEHAVIORAL HEALTH

Psychiatric Assessment & Medication Management
Individual Therapy
Support Groups
Social Services
Case Management

AFC’s outdoor triage tent – set up to help keep patients, volunteers, and staff safe by minimizing the number of people who need to physically come inside the Clinic.

Arlington Free Clinic
2921 11th Street South
Arlington, VA 22204
703-979-1425
arlingtonfreeclinic.org
Ramiro: Uninsured & Diagnosed with COVID-19

When COVID-19 arrived in Arlington, Ramiro held his breath as the news got bleaker with each passing week. Thankfully, the restaurant where he worked as a line cook was able to stay afloat. He had a job and a paycheck coming in — at the risk of going out into the community every day to prepare food in the close quarters of a commercial kitchen — but what choice did he have?

In July, he started feeling tired and experiencing nausea and bad headaches. Uninsured (and not yet a patient of AFC), he finally went to the Virginia Hospital Center (VHC) Emergency Department when breathing became so difficult that he couldn’t hold out any longer. He was diagnosed with COVID-19, admitted, placed on a ventilator, and closely cared for over the next 11 days. Despite his risk of poor outcomes due to uncontrolled diabetes, he slowly began to recover. These were frightening days for him, especially since his brother — his only close relative — wasn’t allowed to visit.

Luckily, Ramiro had access to a fantastic hospital like VHC that provided him with all the available treatment options recommended at the time — convalescent plasma, steroids, and Remdesivir — despite his lack of insurance.

The team at VHC started him on insulin for his diabetes, and when he was ready to be released, referred him to Arlington Free Clinic for on-going care. Our nurse practitioner has been seeing him regularly via telehealth since his hospital discharge. We’ve also provided health education on diabetes management and are pleased to report that his blood sugar is now much better controlled.

Despite all he’s gone through physically, the most difficult part of the pandemic for Ramiro has been the economic impact. Even though the bills and rent notices kept coming, he had to stop working when he was sick — and for quite a while afterwards — due to the virus’s lingering effects on his health and stamina.

Finally feeling strong again, he’s back on the schedule at the restaurant next week.
The Evolution of Telehealth at AFC

THE ARRIVAL OF COVID-19 drastically affected Arlington Free Clinic’s model of delivering safe, effective healthcare as we had done for over 26 years – onsite and with a team of over 450 volunteers.

Unlike in most private practices, AFC patients face numerous barriers to successful telehealth utilization including language/literacy challenges, lack of a computer or smartphone, and inadequate internet connections. At the same time, our volunteer providers and the volunteer scribes and interpreters who support them have varying levels of comfort with telehealth technology, not to mention a wide range of at-home computer and internet set-ups.

Despite the challenges, the AFC team quickly got a basic telehealth system up and running the first week into the shutdown, and they’ve been busy refining and expanding care delivery under our new normal ever since.

Since the beginning of the shutdown (through August), we’ve trained about 73 staff and volunteers on our telehealth system and provided 1,792 visits (1,486 of which were virtual) to 456 individual patients. Throughout the crisis, we continued providing emergency dental care (251 visits) so patients in pain wouldn’t have to visit the emergency department. This is a particularly incredible accomplishment, given the risks of providing dental care in the age of COVID-19. We also provided mental healthcare and a whopping 1,142 virtual appointments with our Social Services Case Manager – which speaks to the great increase in need for services “beyond the exam room” like food, rental assistance, and transportation.

As AFC begins its measured return to “normal” care, we will shift to a combination of face-to-face care and telehealth and plan to grow or shrink onsite services based on the virus’ spread within our community. We will continue to develop new roles for volunteers that provide both onsite and remote opportunities, allowing us to prioritize their health and safety as patients return to the Clinic.

We are learning a lot about telehealth and realize that many aspects of it are here to stay. Telehealth appointments, when used wisely, can supplement the management of certain health conditions and can eliminate the need for patients to take time away from hourly jobs and forego precious wages. Our integrated model of onsite care and telehealth will give us increased flexibility to meet patient needs in a timely, convenient manner – while also making it easier for our volunteers to stay involved – including those who leave the DC Metro area and want to remain connected to AFC and its patients.

As we move forward, AFC will continue to provide a top-quality healthcare home where our patients, volunteers, and staff all feel safe – and where we can meet the health needs of those we serve.

Joan Bowes Ritter, MD
Medical Director
Board of Directors

Diane H. Naughton
Chair
Past Acting Executive Director, 2014 Special Gifts Chair, Clinic Volunteer

Carly Kelly, JD
Vice Chair
Associate Senior Counsel, Cigna-Healthspring

David Ogilvie
Secretary
Assistant Director of Case Management, Virginia Hospital Center

John Couric, CPA
Treasurer
Chief Financial Officer, Promontory Interfinancial Network, LLC

Joseph Lynch, JD
Chair, Governance Committee
Partner, Epstein, Becher & Green, P.C.

Jennifer Sosin
Chair, Outreach Committee
Advisor, Weber Shandwick

Katy Banks
Chair, Development Committee
Clinic Volunteer; 2017 & 2018 Gala Chair

Donna Alpi
Partner, Hogan & Hartson, LLP (retired); 2011 Gala Chair

Ana Alvarez
Health Care Administrator; Clinic Volunteer

Meredith E. Anderson
Principal, Firekeeper Coaching

Edgar Aranda-Yanoc, LLM
Executive Director, Virginia Coalition of Latino Organizations (VACOLAO); Senior Lead Organizer, Legal Aid Justice Center’s Immigrant Advocacy Program

Kathleen Buto
Principal, Kathleen Buto Consultants, LLC

Tracy Donley
Consultant, HealthiVibe, LLC; 2018 Gala Chair

David Duhamel, MD
Partner, PMA Health; Director, Lung Cancer Center & Pulmonary Special Procedures Unit, Virginia Hospital Center

Danine Fresch Gray, DDS
Dentist/Owner, Clarendon Dental Arts

Laura Fuentes
Chief Talent Officer, Hilton

Adam R. Hess, JD
Partner, Squire Patton Boggs

Ginger Loper
Lobbyist, Loper Consulting; 2019 Special Gifts Chair

John Rhee, MD, FACS
Cardiovascular & Thoracic Surgeon, Virginia Hospital Center

Douglas H. Root
Managing Partner, Blackfin Real Estate Investors

Keegan Stroup, CPA
Office Managing Director, Washington DC, Andersen Tax

Greg Trimmer
Partner, Network Realty Partners; 2016 Special Gifts Chair

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

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

Nancy White
President

Community Council

Joseph A. Backer, MD
AFC Founder & Past Board Chair; Physician Volunteer; Radiologist, Northern Virginia Radiology Consultants, PLLC (retired)

John F. Benton
Deputy Undersecretary for Finance & Administration, Smithsonian (retired); Past Board Chair

David W. Briggs
Attorney, Holland & Knight LLP (retired)

Lawrence Cheng
Lawrence Cheng Photography, LLC

James B. Cole
President & CEO, Virginia Hospital Center

Kieran Daly
Principal, Winking Fish

Stephen Fedorchak
Restaurateur, Liberty Tavern, Northside Social, Lyon Hall

Loren Friedman, MD
Palliative Care Specialist, Virginia Cancer Specialists

Kit Gordon
Development Committee & Clinic Volunteer; 2004 Gala Chair

Ronald J. Gordon
Executive Chairman, Hibernian FC; 2005 Special Gifts Chair

Raymond Hoare, MD
Cardiologist (retired); Physician Volunteer

Rev. Andrew T.P. Merrow
Rector, St. Mary’s Episcopal Church

John Murphy
President, Washington Workplace

Christopher J. Nassetta
President & CEO, Hilton

Timothy J. Naughton
President & CEO; AvalonBay Communities, Inc.

Mary Ann Nirschl
AFC Board of Directors 1996-08; AFC Board Chair 2000-01

Patricia Rodriguez, MD
Oncologist, Virginia Cancer Specialists

Matthew D. Shank, PhD
President Emeritus, Marymount University

Allison Shay
20th Anniversary Gala Chair

Matthew Shay
President & CEO, National Retail Federation; 20th Anniversary Gala Chair

Thomas Shoottz
Partner, Ironwood Realty Partners, LLC

Mark Silverwood
Silverwood Investments, LLC

Andres Tobar
Executive Director, Shirlington Employment & Education Center

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

David Townshend
Senior Vice President, Global Sales, Marriott International (retired)

Kathy Townshend
20th Anniversary Gala Chair

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

<table>
<thead>
<tr>
<th></th>
<th>July 1, 2020</th>
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<td><strong>$8,989,930</strong></td>
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### LIABILITIES AND NET ASSETS

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<td>Current Liabilities</td>
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<td>Accounts Payable &amp; Accrued Expenses</td>
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### NET ASSETS

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<tr>
<td>Without Donor Restrictions</td>
<td>$7,189,899</td>
<td>$6,972,625</td>
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<td>With Donor Restrictions</td>
<td>$1,288,193</td>
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<td><strong>Total Net Assets</strong></td>
<td><strong>$8,478,092</strong></td>
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### TOTAL ASSETS AND LIABILITIES*

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<tbody>
<tr>
<td><strong>Total Assets</strong></td>
<td><strong>$9,453,373</strong></td>
</tr>
<tr>
<td><strong>Total Liabilities</strong></td>
<td><strong>$9,453,373</strong></td>
</tr>
</tbody>
</table>

*Includes value of AFC facility

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### Cash Contributions: $3,267,139
- General Contributions 48%
- Grants 25%
- Special Events 27%

### In-Kind Contributions: $6,742,951
- Virginia Hospital Center 52%
- Rx 21%
- Off-Site Medical 15%
- On-Site Medical 12%

### Expenses: $10,037,667
- Program 90%
- Fundraising 6%
- Administrative 4%

### Total Financial Support: $10,010,090
Health Inequities & COVID-19

ARLINGTON FREE CLINIC PATIENTS - all uninsured and low-income, nearly three quarters of whom are Hispanic – were among the first to lose their jobs when the virus hit. Very few have benefited from federal government support.

Those who remain employed are primarily working in frontline service roles which put them at increased risk of exposure for themselves and their families. Some of our patients were in the middle of treatment for cancer or other serious illnesses; most have chronic health conditions which place them at great risk of poor outcomes should they become infected; all were already struggling with food, rent, and other basic needs.

Local data mirrors national trends: marginalized community pockets are being disproportionately impacted by COVID-19.

While AFC’s mission is to provide free, high-quality healthcare to those most in need, we also recognize that systemic factors such as access to food, housing, and safety create inequities that dramatically impact individuals’ health and well-being.

To mitigate some of the barriers that our patients face, AFC has been looking “beyond the exam room” to leverage our community connections to secure more equitable conditions for those struggling to put food on the table when their hours were cut at work; manage telehealth appointments without internet connectivity; or obtain COVID-19 testing at drive-through sites when they don’t own a car. Read more about the results our partnerships have yielded on page 27.

As our community starts to reopen and we begin to resume our “normal” lives, we must not forget that our patients are experiencing an entirely different reality. Please join us as we support our neighbors who have been hardest hit by the pandemic.

Nancy White
President

Latinx residents comprise 16% of Arlington County’s population but represent 45% of its COVID-19 cases.

22204, the zip code where AFC is located and the majority of our patients live, has consistently reported the county’s highest case rate—currently 2,460 per 100,000 population—exceeding the area’s next highest case rate by more than 50%.

10% of Arlington households lack access to a home internet connection. 72% of households without internet earn $75,000 or less annually. The median annual income for AFC families is only $15,000.
Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers & donors. Working together, our major achievements of FY20 include:

**333 New Patients**

We brought in **333 Arlington residents** who previously did not have regular access to medical care. Of these, 26% came to us by referral from Virginia Hospital Center, community shelters, and other safety-net organizations.

**438 Volunteers**

Volunteers are integrated into all aspects of patient care and clinic operations at AFC. Last year, 438 volunteers provided over 15,223 hours of service. The value of their volunteer hours is estimated to be **$1,274,785**.

Additionally, 100 Gala and Special Gifts Committee volunteers donated countless hours to planning and raising funds through our Annual Benefit Gala.

**AFC Provided 8,163 medical visits for 1,454 individual patients.**

<table>
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<tr>
<th>Service</th>
<th>Count</th>
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<tbody>
<tr>
<td>Primary &amp; Specialty Care</td>
<td>2,031</td>
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<tr>
<td>Specialist Referrals</td>
<td>848</td>
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<tr>
<td>Dental</td>
<td>2,116</td>
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<tr>
<td>Mental Health</td>
<td>885</td>
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<tr>
<td>Physical Therapy</td>
<td>535</td>
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<tr>
<td>Gynecology</td>
<td>259</td>
</tr>
<tr>
<td>Breast Health Outreach</td>
<td>104</td>
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</table>

We also provided **1,585 Social Service Case Manager visits** for needs assessment/referrals for resources including supplemental groceries, legal aid, language classes, domestic violence support, and more.
Awards

We’re proud to announce that AFC has been selected for The Catalogue for Philanthropy: Greater Washington’s 2020-21 class of nonprofits! The Catalogue vets the region’s best small nonprofits, assessing each for impact, community need, and financial transparency - and we are honored to be part of this year’s class.

Charity Navigator, the nation’s largest charity evaluator, once again awarded AFC its top rating of 4 stars for financial health, accountability, and transparency. Only 10% of the organizations evaluated by Charity Navigator have received at least six consecutive 4-star evaluations.

Snapshot of Care Since COVID-19
(through August 31, 2020)

1,486 Telehealth visits

55 In-person medical visits

251 Dental visits

1,792 Total visits

Social services visits (for referrals for supplemental food, rental assistance, transportation, and other vital non-medical needs): 1,142

Telehealth: What it Takes

Our patients often face many barriers to telehealth. Access to a smart phone or computer, availability of reliable internet, technology skills, English fluency (or an interpreter), and a quiet space for a private conversation are all essential for a successful telehealth visit. AFC works hard with our patients to overcome these barriers – and usually we are successful. If not, we arrange for patients to come to the Clinic to use our computers in a private exam room – and are often able to allow the physician and interpreter to remain safely at home.

Volunteer, Rodrigo Ventiades, being fitted for an N95 mask.
Healthcare Practices Vital to AFC

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

- Arlington ENT & Arlington Audiology Associates
- Arlington Podiatry Center
- Arlington Radiation Oncology, PLLC
- Arlington Women’s Center
- Body Dynamics, Inc.
- Melanie Buttross, MD
- Cardiovascular & Thoracic Surgery Partners at VHC
- Cary Poropatich, MD, LLC
- Dermatology Associates of McLean, LTD
- Dominion Anesthesia, PLLC
- Fairfax Radiological Consultants
- Leah Fuchs, MD
- Gastroenterology Center of Northern Virginia
- Wendy Gottlieb, MD
- Heart Care of Virginia
- Heart & Vascular Care
- Courtney Herbert, MD
- Earl Johnson, MD
- Lions Eye Clinic
- Rachel Marcus, MD
- National Institutes of Health
- Nirschl Orthopaedic Center for Sports Medicine & 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
- Orthopaedic Foot & Ankle Center
- OrthoVirginia
- PMA Health
- Christopher Renner, OD
- The Retina Group of Washington
- Skin Cancer Surgery Center
- TLC Neurology
- University of Virginia Health System
- Vienna Dermatology
- Virginia Cancer Specialists, PC
- Virginia Heart
- Virginia Nephrology Group
- Virginia Neurosurgeons, PC
- Washington Radiology Associates
- William Sawchuk MD & Gayle Masri-Fridling MD Ltd

Virginia Hospital Center (VHC)
- Physical Therapy
- Occupational Therapy
- Speech Therapy

VHC Physician Groups
- Cardiology
- Colorectal Surgery
- Hospitalists
- Infectious Diseases
- OB/GYN Hospitalists
- Plastic & Reconstructive Surgery
- Podiatry
- Reinsch Pierce Family Center for Breast Health
- Surgical Specialists
- Urology
- Wound Care & Hyperbaric Medicine
Our Volunteers

| July 1, 2019–June 30, 2020 | Encouraging cards for our team from the Crivella kids |

<table>
<thead>
<tr>
<th>Board of Directors, Community Council, Committees (Audit, Clinical Services, Dental, Development, Finance, Gala/Special Gifts, Outreach)</th>
<th></th>
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<tbody>
<tr>
<td>Ashley Adkins</td>
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<td>Jeff Allen</td>
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<td>Laura Allen</td>
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<td>Randy Binner</td>
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<td>M. Anthony Casolaro, MD</td>
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<td>Neelima denduluri, MD</td>
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Our Volunteers

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Manesh Nachnani, MD
Seetaramayya Nagula, MD
Michelle Ng, MD
Duong Nguyen, MD
Michelle Nguyen, MD
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Russell Rayman, MD
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Laura Sessums, MD
Neil Shea, MD
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Wayne Silverman, DDS
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Laura Stone, MD
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Marlliny Sullivan, MD
Mark F. Sullivan, M.D.
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Suraj Venna, MD
Helen Walsh, MD
Leigh Watlington, MD
Daniela Wells, MD
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Sean Whelton, MD
Eleanor Wilson, DPM
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Christopher Wyckoff, MD
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Elizabeth Freitas, RN
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Natalie Lima-Garcia, RN, BSN, MPH
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Carrie Luong, RN
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Mary Porretta, RN
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Mary Schlenker, RN
Stephanie Semadeni, RN
Soy Sou, RN
Joshua Taylor, RN
Kelsey Walden, RN
Natassia Watson, RN
Margaret Willis, RN
Maria Witkowski, RN
Iris Woodard, RN
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Anh Bui, PharmD
Marcela Colon, RPh
Christine Corser, PharmD
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Kevin Herkenham, PharmD
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Yun Hee Jang, RPh
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James Mizner, RPh
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Katie Alberti, MSW, LCSW
Shauna Alonje, LCSW
Debra Haynes, MPH
Mary Kudless, RN, MSN
PMHCNS
Marie Markey, PT
David McGinness, MSW, LCSW
Regina Noeth, RN
Victoria Gandara
Katya V. Fortin
Irene Hruskoci, PT
Mara Davis, MS, RD
Gayle Tuckett, PharmD, BCGP, CDE, AE-C
Jainabu Jalloh
Ezechielle Kiessu
John Dietrick
Kenneth Ricks
Douglas Ross
Emily Silverman
Zelda Toye
Nancy Branberg, PT
Nancy Bossard

Since most of our patients don’t speak English as their primary language (over 30 languages are represented at AFC!), pre-COVID-19 we relied on a team of more than 90 volunteer interpreters to make communication between patients and providers possible. Our volunteers are a varied group, coming to us from jobs in technology, law, government, and business. One is even an economist who keeps his certified nursing assistant license current by volunteering regularly!

Nancy Bossard, a realtor by day, had the opportunity to learn Spanish years ago when her husband’s job took their family to Columbia. When they moved back to Northern Virginia, she was able to keep her language skills sharp since many of her clients in our diverse, metropolitan region speak Spanish. Someone she met through her real estate work told her about AFC nearly a decade ago, and luckily for us, the rest is history!

Since the pandemic turned our world upside down, Nancy, already a fixture around here, has been invaluable. She even volunteers on Saturdays (outside normal AFC business hours) with Dr. Ian Shenk who has been coming in on weekends during the pandemic when the clinic is empty to hold telehealth appointments onsite.

Dr. Shenk summed up why Nancy has become such an effective partner in care: “There is an aspect that’s lost when you see a patient via video call – a more intimate understanding that you can usually only reach when you are in the same room. Not only is Nancy an exceptional interpreter, she has a certain magic that allows us to bridge the gap that technology creates. She cares about the patient and their well-being every bit as much as I do, and that empathy and compassion somehow overcomes the digital distance.”

Nancy has become AFC’s test pilot for new telehealth models and has stepped into the role of “Telehealth Coordinator.” Her flexibility and tolerance for uncertainty have made her an important advisor for our Volunteer Director as she’s worked to establish systems to support AFC’s “new normal.”

It’s easy to imagine how Nancy’s years spent connecting with buyers and sellers - helping them feel comfortable and confident making real estate decisions - would be experience she’d draw on when helping our patients who are nervous about telehealth feel confident to try something new. When something goes wrong with a telehealth appointment she never panics. She’s always the one to reassure us all with “We’ll figure it out!”
Our Volunteers

Carolyn Hull
Nicholas Jennings
Praneeta Joshi
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David Pisfil, interpreting from home!
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Safeway Check Presentation

Safeway Check Presentation
With the closing of Jefferson Memorial Hospital in 2005, Northern Virginia Health Foundation (NVHF) was established with the goal of improving the health and healthcare of residents of Northern Virginia, especially the uninsured.

Soon after, NVHF began issuing grants to safety-net clinics and nonprofits providing health services to adults and children who couldn’t otherwise afford or access care. Arlington Free Clinic was among the Foundation’s first cohort of grantees and has been a proud partner ever since.

While they’re one of the only foundations in our region still granting general operating support to organizations providing direct healthcare to vulnerable populations, don’t let the lack of restrictions fool you: NVHF consistently challenges AFC and all its grantees to reach beyond our comfort levels to improve our work.

For example, AFC is a partner of NVHF in their innovative work funding special projects to bring about systemic change in the realm of social determinants of health. For the past two years, AFC, along with the three other clinics (Virginia Hospital Center’s Outpatient Clinic, Arlington Pediatric Center, and Arlington Department of Human Service’s Maternity Clinic) serving Arlington’s most vulnerable residents have been funded by NVHF to collect data on the non-medical factors affecting our patients’ health. We’re now using collected data on housing conditions, food insecurity, transportation, and technology to bring to light hidden issues for county leaders who can direct resources to address these problems.

“We are a small foundation,” said Patricia Mathews, NVHF’s President & CEO, “and we strongly believe that our work is not just about the money. That’s why we have always been engaged in important activities ‘beyond grantmaking,’” From commissioning important research into equity and in health disparities like obesity, dental care, and mental health - areas in which significant numbers of Northern Virginians are struggling – to partnering with other funders, government agencies, and community stakeholders to share ideas and better leverage resources toward improving the health and well-being of all residents, NVHF is truly on the cutting-edge.
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Mario & Jennifer Gamboa and Drs. Ritu & Daniel Cuttica

2020 Report to the Community
The Power of Pink

Founded in 2011 by Karen Beam Leder, the Power of Pink raises dollars for organizations (including 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 eight years, they have raised close to $1M for breast healthcare for the underserved. Prior to COVID-19, their flagship workout events took place in October at Equinox in Bethesda and Tysons Corner. This year, the event went virtual with four livestream workouts by Nesfield Performance, and raised over $120K!

The Power of Pink Fund began to honor the founder’s sister, Jill Beam Kougl, a two-time breast cancer survivor. Learn more at: www.power-of-pink.org
Note: The name of the person honored is in bold.

Mandy Andreu Duss
Marguerite Andreu

Albert V. Bryan
Mary Bohan
Debbie Kaplan & Jeff Hoffman
Ms. Mildred Patterson & Mr. Marc Grossman
Karen & Lee Sandlin

Brigitta Buchholz
Ms. Brigitte R. Rewa

Stephen J. Carrig
Jordan & Eva Fried

Soo Cheng
Lawrence Cheng
Julie Esanu & Craig Davis
Mildred Grant

Dr. N. Thomas Connally
Anonymous
Betty S. Adelman
Mr. Chris Allen & Ms. Henrietta Kundert
Nancy Anderson
Jerrellyn Andrews & Donald Hesse
Mr. Thomas M. Arrasmith III
Fred & Mary Ashley
Jane & John Bartlett
Mr. & Ms. Richard A. Barton
Janet & Dennis Bedell
Mr. James Botsford & Mrs. Margaret de Galfy
John F. Benton & David W. Briggs
Jeanne Broyhill
Dr. & Mrs. Charles M. Caravati, Jr.
Pat Carroll
Frederic & Dorothy Clarke
Ann C. Cole
Rosalynd Doggett
Ms. Petra Edwards
Paul H. Farrier, M.D., M.P.H.
Maryann K. Friedman
Richard E. Garriott, Jr., Thomas M. Winn, III, & Jamie Baskerville Martin
Virginia Geoffrey & John Andelin
Sharon Golden
Ms. Madi R. Green

Mr. David Haddock
Ms. Nancy R. Hall
Carolyn & Dick Harding
William M. & Susan B. Hewitt
Katherine & Richard Horan Charitable Fund
Bernard R. Hyde, Jr. & Nancy S. Hyde
Vivian Kallen
Mr. M. L. Keith
Vicki & Gary Kirkbride
Jennifer & Michael Larner
Millie Lawson
Mr. & Mrs. Robert W. Magner
Jane Marum Roush
Shelley & Mark Micali
John & Cindy Miller
Charles B. Mitchell
Kay & Paul Nassertta
Kimball Winn & Stephen O'Neil
Linda & Donald Peck
Joseph N. & Eloise C. Pelton
Paula & David Potts
Mrs. Eleanor Reynolds
Mr. & Mrs. Robert J. Rooney
Billy & Meagan Scott
David G. Speck
Nancy E. Tate
Mr. & Mrs. Thomas West
Mrs. Judith O. Willis
Bob & Kate Wilson
Audrey & Michael Wyatt
Susan & Steve Zimmet

Gaby DeThomas
Ms. Karen DeThomas

Jinny L. Estell
Melinda & Bob Patrician

Marian P. Francois
James & Frances Francois

John Galt Davis
Mr. & Mrs. Russell A. Hitt

Dr. Clifton Gruver
Dr. & Mrs. Peter Zullo

Dr. Robert Gruver
Dr. Wilson & Nancy Coudon

Anne Guvin
George Guvin

Betty Harwick
Rosanne L. Rodilosso

Neal Hechtkopf
Jacqueline Jules

JoAnn D. Holland
Caroline & Paul Holland

Caroline Hufford Anderson
Rilda & Ben Chatfield
Ms. Clare Sikic
Ms. Jean Webb

Vivian Kelly
Collin & Wanda Dobrovolny
Rita & Kent Wiggins

Thomas Kerwin
Mrs. Idaclaire Kerwin

Shirley S. Kostik
Carol Kostik

Ana Larain
Mr. Jack O'Neil & Dr. Jane Piness

Juan G. Machado
Diana M. Kassar

Bill Orringer
Dr. Arthur Rubin & Ms. Elizabeth S. York

Barbara Phillips
Anonymous

J. Karen Pyrah
Anonymous

Doris & Mike Feinsilber

Dr. Pratibha Raut
Mr. & Mrs. Anant Raut

Dr. Philip T. Rodilosso
Anonymous

Carol & Fred Beck
Dr. Wilson & Nancy Coudon
Mr. & Mrs. David Curtin
Ms. Barbara A. Fay
Rosanne L. Rodilosso

Gustavo A. Rossi
Anonymous

Anne & Harry Devens
Patrice Hughes
Christine Marshall
Jyl & John Pomeroy
Sonia & Dan Runde
Mr. & Mrs. Richard Shea
Emily & Bill Silverman
Gordon, Melodie & Mollie Thomas

Josephine Salmon
Didi Salmon & Cynthia Tweedie

Sandra Schurman
Valerie Schurman

Patricia A. Shipman
Darryl Shipman

Bertram C. Snyder
Joyce Snyder
Cynthia Snyder & David Wickenden

Elizabeth Stanford
Mr. & Mrs. Brad Stanford

Cornelia J. Strawser
Vivian Kallen

Singy Tevis
Anonymous

Betty E. Wendelin
Jane Wendelin & James Callan

Thomas M. Williams
Mr. & Mrs. James A. Williams

Evelyn Wilson
Ms. Betty J. Lightle
In-Kind Donations

July 1, 2018–June 30, 2019

$2,810,016

Virginia Hospital Center

$1,000,000 to $1,500,000

Northern Virginia Radiology Consultants

$70,000 to $149,999

Dominion Anesthesia, PLLC

$10,000 to $69,999

Body Dynamics, Inc.

$1,000 to $499

Dr. David Diduch

$500 to $999

Mr. Rick Augsburger & Ms. Jane Ruth

$100 to $499

Arlington Soccer Association

In-Kind Donations

Distributing hand sanitizer donated by Arlington South Lions Club.

OrthoVirginia

Virginia Neurosurgeons

Virginia Retina Specialists

Winking Fish

Arlington ENT & Arlington Audiology Associates

Northern Virginia Neurologic Associates

NOWA Vision Center

The Party Bee

Virginia Nephrology Group

Bitar Cosmetic Surgery Institute

Anonymous

Deb & James Brennan

Ken & Betsy Brown

Jill & William Burke

Kathy Buto & Tom Korns

Cary Poropatich, MD LLC

John & Catherine Cocco

Tracey & Brian Cullen

Dermatology Associates of McLean

Dermatology Center of Loudoun

EvolveAll

Alice & Kevin Fitzgerald

Ms. Caitlin Flattery

FOX Architects, LLC

Ms. Mary Ludden

Cassiana Spa

Cathedral Choral Society

The Cheesecake Factory

Clyde’s Restaurant Group

Company Flowers & Gifts Too!

Cookology Culinary School

CorePower Yoga

CycleBar Falls Church

Dr. & Mrs. Steven Danaceau

DC Nurses Association

Dr. David Diduch

Anne & James Doll

Dominion Jewelers

Cynthia & Joe Donohoe

Earth Treks Climbing

Fairlington Dental

Chef Matt Finerelli, LLC

Freddie’s Beach Bar & Restaurant

Kathy & Peter Prominski

Karen Romness & David Romness, MD

Trina & Art Santry

Southwest Airlines, Inc.

Dr. Virginia Steen

Thompson Italian Restaurant

Chuck & Kristian Todd

David & Kathy Townsend

Tzell Travel

Fur-Get Me Not

Georgetown Cupcake

Georgetown Events - Millie’s Spring Valley

Ms. Anya Getter

Grooming Store

Hampton Inn

Meredith Hannon

Ms. Michelle Hayes

Hot Yoga Tysons

Hotel Tabard Inn

Toni & Stephen Howell

The Ivy Doc

Ms. Marilyn Glover

The Inn at Little Washington

The Italian Store

Jhoo Rhe Tae Kwon Do

Julia McBride Interiors

The Kennedy Center

Lebanese Taverna

Liberty Mountain Resort

Ms. Mary Ludden

Main Street Landscape

Mark’s Pub

Marianne & Tri MacDonald

Mangan Jewelers

Marianne & Tri MacDonald

Mangan Jewelers

Mr. & Mrs. Michael McKelvey

Ms. Diana Metzger

Mark A. & Shelley A. Miceli

Neighborhood Restaurant Group

Mr. Anthony Neville nook

Nicole & Ron Novak

Onelife Fitness Skyline

Panera, LLC

Sandi Parker

Pentagon Mixed Martial Arts

Perfect Pointe Dance Studio

Phoenix Fitness

Picot Pilates

Potomac River Running

Prospect Hill Plantation Inn

Pure Barre Falls Church

Rappahannock Getaways Loft

Rebecca Croft Studios

Ritz Carlton - Tysons Corner

Ms. Sherry Ruffing

RTR Pilates

Sanderling Resort

Stacey & David Settle

Sejal & Ashel Shah

Ms. Grace Abi-Najm Shea

Signature Theatre

Keegan & Suzanne Stroup Studio Theatre

Ms. Michelle Stantz

Stylish Patina

Sun and Moon Yoga Studio

Sunset Hills Vineyard & 50 West Vineyard

Synetic Theater

Deborah Taylor

Mary Anne Taylor

ThinkFoodGroup

TopNotch Tennis

Trails & Ales

TriVistaUSA Design + Build

Sarah & Greg Trimmer

True Food Kitchen

Two the Moon

UnWined Gourmet Wine & Cigars

Ms. Carol Waite

Taryn & Jeff Walpole

Washington Nationals

Sharon & Larry Weiss

WellMom

Wintergreen Resort

Wooly Mammoth Theatre Company

Dr. Christopher Wyckoff

Courtney Herbert, MD

Wendy Gottlieb, MD
Moving Beyond Our Walls

Social factors such as access to food, housing, and employment play a major role in health outcomes. For several years now, AFC has been integrating screening for “needs beyond the exam room” into our eligibility process to help improve the overall health of our patients. We now have data to back up what our clinical staff already knew about the great the need for services like supplemental food, rental assistance, transportation, and technology. Below are examples of ways AFC has moved beyond our walls to help mitigate systemic challenges our patients and their families face - needs which have only increased since the start of the pandemic.

Alleviating Food Insecurity: Two years ago, Arlington Free Clinic joined forces with three of Arlington’s health safety-net providers - Arlington Pediatric Center, Virginia Hospital Center Outpatient Clinic, and Arlington County’s Maternal & Child Health Clinic - to work to improve community conditions impacting the health of our low-income patients. One area of focus was food insecurity - a problem that has greatly increased during the pandemic as patients lost their jobs and income. Many patients have serious health conditions that limit their ability to travel to food distributions sites and put them at great risk of poor outcomes should they become infected. Without access to healthy food, families often rely on inexpensive and heavily processed fast food that increases the risk for diabetes, obesity, and other health conditions. AFC and our partners decided that these special populations needed extra help and submitted a request to the Arlington County Board for assistance.

I’m happy to report that the County Board approved $400,000 in funding that will allow AFC and our partners to provide eligible families with $200 per month in gift cards for groceries for the next six months. Distribution will begin soon!

Providing Walk-Through Testing: early in the pandemic, AFC began advocating for a walk-through testing site in South Arlington to serve residents without cars (including many of AFC’s patients) who were unable to utilize the county’s drive-through testing options. Since opening this site in partnership with Arlington County, we’ve tested more than 2,299 people; expanded hours to include evenings and Saturdays; and extended testing to those ages 13 and up (with plans to soon begin testing from age 2).

Advocating for Digital Equity: the pandemic has greatly increased awareness of the importance of digital equity for purposes of communication, health, education, and public safety. AFC is working with community partners to remove barriers to telehealth including lack of internet, lack of computer/tablet/smart phone, technology literacy, privacy, and language barriers. AFC recently led a workgroup on digital equity for Destination 2027 (the county’s initiative to create a plan to achieve health equity via systems change by 2027) in preparation for a meeting with Arlington County’s new Chief Race & Equity Officer. We believe that increased access to affordable broadband connection for our community will make a major difference for low-income households that currently lack this important resource.
In-Kind Donations

Metropolitan ENT & Facial Plastic Surgery
Mi and Yu Noodle Bar
Ms. Dana Milburn
The Mount Vernon Ladies’ Association of the Union
Kathryn Nadeau & Joshua Stewart
Ms. Leslie Nathanial
Neurology Center of Fairfax, Ltd.
Newseum
Ms. Hilary O’Donnell
Ono Brewing Company
Oriental Trading Company
O'Sullivan’s Irish Pub
Ms. Veena Raghavan
Dan & Blair Rasmussen
Ms. Karen Ready
ROCKLANDS Barbeque & Grilling Company
Mr. Michael Rogers, D.D.S.
Ms. Barbara Samul
Ms. Rosa Scott
Scout & Molly’s Boutique
Ms. Kathryn Shaw
Sloppy Mama’s Barbecue
Sport Fair, Inc.
Ms. Tiffany Steiner
Ms. Kelly Stratman
Trade Roots
Vineyard Vines
Wasabi Sushi - Tyson’s Corner Mall
Washington Wizards
Watergate Gallery & Frame Design
Ms. Sherry White
Winding Road Cellars
Jin Yu & Philipp Hanslovsky

Staff

Nancy White
President

Clinical Services
Surekha Cohen, RN
Director of Clinical Services
Luisa Aburto
Clinical Assistant
Kennya Alvarado, RN
Nurse Manager
Jennifer Escoto
Medical Assistant
Sarah Gold, RN
Nurse Manager
Deborah Guardado, RN
Nurse Manager
Kensie Huezo
Medical Assistant
Matthew Kennedy
Case Manager
Terry McManus, FNP
Nurse Practitioner
Anabel Merida
Case Manager

Hilonka Morales
Clinical Assistant
Jyl Pomeroy, RN
Program Manager, Mental/Behavioral Health
Eleanor Richards, RN
Nurse Manager
Liz Rosales
Medical Assistant
Sheila Ryan, RN
Nurse Consultant
Aida Salamanca
Medical Assistant

Dental
Tri Tran, DDS
Dentist-in-Charge
Pierre Cartier, DMD
Dentist
Martina Donayre
Dental Assistant
Aida Villalta Hernandez
Dental Assistant

Pharmacy
Mary Anne Panich, RPh
Pharmacist-in-Charge
Judy Lifland Dietrick, RPh
Pharmacist
Minji Kwon, PharmD
Pharmacist
Erika Rosales
Pharmacy Technician

Clinical Administration
Jody Steiner Kelly
Director of Clinical Administration
Marlene Alvarez
Eligibility Specialist
Gloria Jimenez
Receptionist
Marietha Mayen
Appointment Scheduler
Alejandra Underwood
Clinical Administrative PRN

Development
Alicia Nieves
Director of Development & Communications
Megan Coyle
Development & Volunteer Relations Associate
Laura Elsberg
Grants Development Manager
Tahsin Khan
Site Data Coordinator, LINK Grant
Meaghan Soel
Events Manager

Finance, Human Resources, IT
Coralie Miller
Director of Finance & Human Resources
Solomon Habte
IT & Facility Manager
Andrew Lindsay
Assistant IT & Facilities Manager; Eligibility Specialist

Volunteers
Kate Nadeau
Director of Volunteer Resources

Lunch from Grace Community Church
JUST LIKE MY BOOK CLUB AND YOGA CLASSES, AFC’s Board and committee meetings have been happening virtually since mid-March. Last month, our Strategic Planning Committee held a series of online meetings to consider different scenarios AFC might experience over the next 18 months. Back in April via Zoom, we kicked off planning and fundraising for this year’s Virtual Benefit Gala – hopeful that local businesses would still donate to our silent auction and our community of individual and corporate supporters would still sponsor a virtual event.

Throughout this crisis, brand-new donors are stepping up to support Arlington Free Clinic. The pandemic has inspired them to make a difference locally by supporting healthcare for the most vulnerable. The Board received a list of these new donors—and took time to call or write them to express thanks. It was a touching reminder of one way our Arlington community is responding to the crisis.

I’ve served on the Gala fundraising committee for over seven years now, so I know how vital this event is, typically raising about 25% of our $3M budget. We launched our 2020 Gala fundraising season in April—the height of the pandemic—sensitive to the fact that these are challenging financial times for many of our regular supporters. However, our patients still needed us to ask. Almost all the families and businesses that my husband and I typically solicit have been able to give this year, and for that, I am very grateful.

People have been lifting up the AFC community in all sorts of ways over the past six months. Just about every Friday in the weekly update email that AFC’s president sends to the board, Nancy has shared news of donations such as homemade masks for our patients and morale-boosting meals for our frontline staff.

Thank you to ALL our supporters – new and old – who have stood by AFC and our patients throughout the pandemic. As board chair and a member of our gala fundraising committee, I’ve had the opportunity to thank many of you personally, but if I’ve missed you, please know that your support makes a difference in the lives of our patients.

Diane Naughton
Chair, Board of Directors
Your support of Arlington Free Clinic is greatly appreciated!