

2020



Report to the Community

July 1, 2019 to June 30, 2020



OUR MISSION

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.

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

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

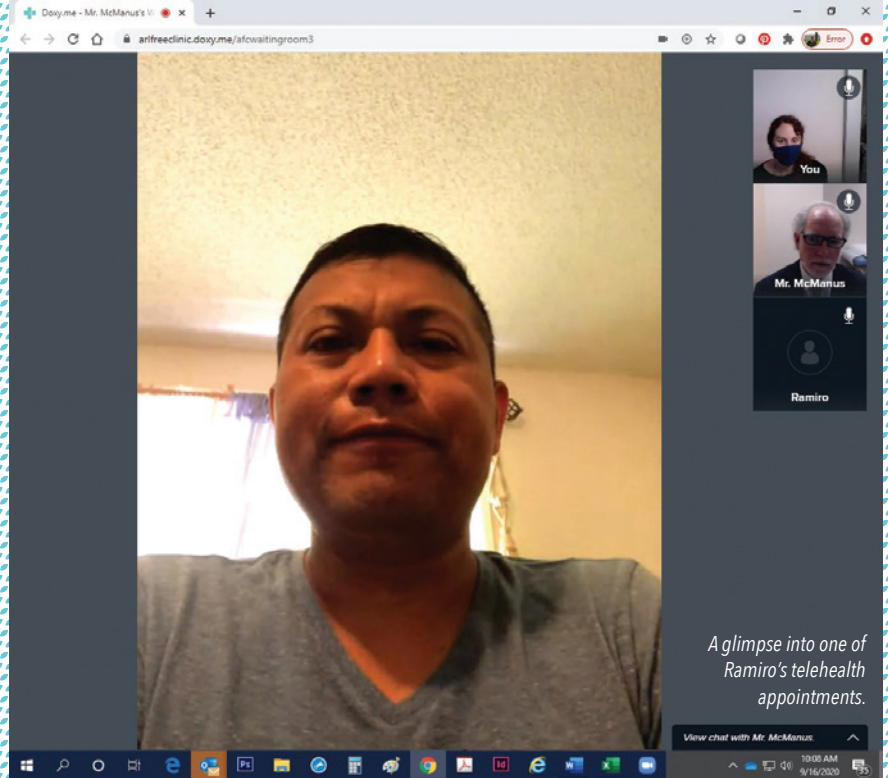
Individual Therapy

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.



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.



Joan Bowes Ritter, MD

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, Becker & 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



*Read a message from our
Board Chair on Page 29*

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



Board of Directors

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 Shooltz

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	July 1, 2020	July 1, 2019
Cash & Equivalents	\$1,002,800	\$280,041
Contributions Receivable	\$420,542	\$613,401
Inventory	\$11,448	\$7,483
Prepaid Expenses	\$96,833	\$81,453
Investments	\$3,576,735	\$3,498,197
Operating Lease	\$209,293	\$227,978
Fixed Assets	\$4,101,430	\$4,256,377
Total Assets	\$9,453,373	\$8,989,930

LIABILITIES AND NET ASSETS	July 1, 2020	July 1, 2019
Current Liabilities		
Accounts Payable & Accrued Expenses	\$295,896	\$240,672
Note Payable (PPP Loan)	\$453,200	
Finance Lease	\$10,003	\$14,831
Operating Lease	\$216,182	\$228,758
Total Liabilities	\$975,281	\$484,261

NET ASSETS	July 1, 2020	July 1, 2019
Without Donor Restrictions	\$7,189,899	\$6,972,625
With Donor Restrictions	\$1,288,193	\$1,533,044
Total Net Assets	\$8,478,092	\$8,505,669
TOTAL ASSETS AND LIABILITIES*	\$9,453,373	\$8,989,930

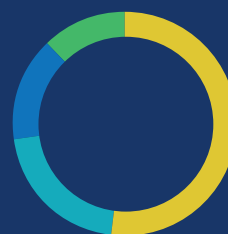
*Includes value of AFC facility

Total Financial Support: \$10,010,090



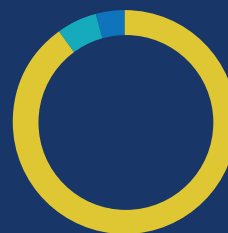
Cash Contributions: \$3,267,139

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%



Nancy White

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

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.**

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

Numbers That Count

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

15,223

Hours of Service

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.

Primary & Specialty Care

2,031

Specialist Referrals

848

Dental

2,116

Mental Health

885

Physical Therapy

535

Gynecology

259

**Breast Health Outreach
Program Appointments**

104

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

Board of Directors, Community Council, Committees (Audit, Clinical Services, Dental, Development, Finance, Gala/Special Gifts, Outreach)

Ashley Adkins
Jeff Allen
Laura Allen
Donna Alpi
Ana Alvarez
Meredith E. Anderson
Edgar Aranda-Yanoc, LLM
Joseph A. Backer, MD
Katy Banks
Kelly Barton
Kathy Basile
John F. Benton
Pepper Binner
Randy Binner
Jennifer Brandely
David W. Briggs
Stacey Brown
Danielle Burr
Geoff Burr
Kathleen Buto
Sarah Cabalu
Wendy Carter
Jennifer Casolaro
M. Anthony Casolaro, MD
Biffy Cathcart
Lisa Cedrone
Meaghan Cejudo
Lawrence Cheng
Jackie Chipman
Brian Christiansen
Eleanore Christiansen
Whitney Cobey
James B. Cole
Bridget Collins
N. Thomas Connally, MD
Alexander Couric
J. Martin Couric III
John M. Couric, Jr.
Brian Crivella
Cait Crivella
Gillyn Croog
Kieran Daly
Sandy Daniels, DDS
Lisa Davis
Neelima Denduluri, MD
Julie DiCerbo, NP

Amy Dodds
Chris Doerr
Mandy Doerr
Max Donley
Tracy Donley
Doug Dowling
David Duhamel, MD
Karen Duhamel
Collins Ege
Grant Ehat
Joanna Ehat
Nicole Ehrhardt, MD
Jane Evans
Cindy Eyl
Stephen Fedorchak
Katie Ferguson
Cristin Finkel
Melissa Florkowski
Samantha Foti
Maura Fredericks
Danine Fresch Gray, DDS
Loren Friedman, MD
Laura Fuentes
Nicole Gebhardt
Elizabeth Gill
Kit Gordon
Ron Gordon
Maggie Grant
Raymond Hoare, MD
Parker Harrington
Shannon Haynes
Adam Hess
Bev Hess
Shannon Higgins
Raymond Hoare, MD
April Hosty
Dianne Morse Houghton
Stacey Hughes
Daniel Johnsen
Carly Kelly, JD
Mary Klapmuss
David D. Lee, MD
Diane Lewis
Brett Loper
Ginger Loper
Joseph Lynch, JD
Sarah Maria
Kathryn Martin
Karen McAndrews
Diane McClure
Jeff McClure

Mindi McClure
Robert McLaughlin
Rev. Andrew T.P. Merrow
Maryam Monfared, DDS
John Murphy
Venkat Murthy
Eve Murty
Manesh Nachnani, MD
Christopher J. Nassetta
Diane Naughton
Tim Naughton
Mary Ann Nirschl
Nicole Novak
Sarah O'Keiff
David Ogilvie
Julissa Marengo Otero
Anne Pariser, MD
Pam Poth
Paul Rapavi, DDS
Michael Rapp, MD
Blair Rasmussen
Dan Rasmussen
Nikki Reeves
John Rhee, MD
Joan Ritter, MD
Scott Ritter
Patricia Rodriguez, MD
Cassie Root, MD
Doug Root
Konrad Schweitzer
Katy Senkus
Stacey Settle
Matthew D. Shank, PhD
Allison Shay
Matthew Shay
Ian Shenk, MD
Thomas Shooltz
Wayne Silverman, DDS
Mark Silverwood
Sarah Smith, MD
Landy Sorensen
Jennifer Sosin
Keegan Stroup, CPA
Suzanne Stroup
Michelle Stuntz
Ashley Templer
Helen Tiene
Andres Tobar
Chuck Todd
Kristian Todd
David Townshend



Encouraging cards for our team from the Crivella kids

Kathy Townshend
Greg Trimmer
Sarah Trimmer
Reuben Varghese, MD,
MPH
Susan Wallace
Melanie Whittington
Michelle Zook

On-site Providers

Veronica Abraham, MD
Joseph Backer, MD
Achana Ball, MD
Lawrence K. Banker, DDS
Rachel Barish, NP
Christina Baselga, MD
Paula Bergamini, MD
Brian J. Boland, MD
Colleen Borelli, MD
Thomas Butler, MD
Anthony Casolaro, MD
Stephanie Chang, MD

Hong-Hanh Chau, MD
Ritu Cuttica, DO
Margaret Davis, MD
Julie DiCerbo, NP
Miriam Dinatale, DO
Karen Dixon, MD
David Duhamel, MD
Josef Dvorak, MD
Nicole Ehrhardt, MD
Aysha Farooqi, MD
Danine Fresch Gray, DDS
Lynne Gaby, MD
Ronni Griffin, PMHNP-BC
Jeff Hales, MD
Michael Halle, MD
Prarthana Hareesh, MD
Elizabeth Healy, NP
Raymond Hoare, MD
Caroline Huang, MD
Laura Jawidzik, MD
Madhavi Kakarla, MD
Stuart Katz, MD

Marla Kelly, MD
Colleen Kennedy, MD
Kimbra Kenney, MD
Rhett A. Kent, MD
Curi Kim, MD
Geneva King, DO
Kaleen Kitay, MD
Corrine Lahti, MD
Erika Latchis, MD
Ju Young Lee, MD
Cathryn Lee, NP
Matthew M. Leonard, MD
Vinh Mai, DO
John Maloney, MD
Kanan Maniar, MD
Kenneth Marshall, MD
Sonia Melwani, DO
Mona Milberg, NP
Anne Miranowski, MD
Luis Morillo Cabrera, MD
Jorge Mosquera Zavaleta,
MD

Our Volunteers

Timothy Muir, MD
Manesh Nachnani, MD
Seetaramayya Nagula, MD
Michelle Ng, MD
Duong Nguyen, MD
Michelle Nguyen, MD
Dorothy Nicholson, MD
Nicole Swistak, OD
Deborah Omori, MD
Anne Pariser, MD
Jane Piness, MD
Christine Pintz, NP
Caroline Poplin, MD
Kenneth Quinto, MD, MPH
Thomas Rakowski, MD
Michael Rapp, MD
Russell Rayman, MD
Jane Renfro, NP
Christopher Renner, OD
Joan Ritter, MD
Laura Sessums, MD
Neil Shea, MD
Ian Shenk, MD
Wayne Silverman, DDS
Sarah Smith, MD
Renuka Sothinathan, M.D.
Larry Spoot, MD
Jerome Stein, MD
Larry Stein, MD
Brian Stephens, MD
Laura Stone, MD

Deborah Suchman, NP
Marlliny Sullivan, MD
Mark F. Sullivan, M.D.
Neima Surur, MD
Suraj Venna, MD
Helen Walsh, MD
Leigh Watlington, MD
Daniela Wells, MD
Susan Welsby, MD
Margot Wheeler, MD
Sean Whelton, MD
Eleanor Wilson, DPM
Melissa Wolin, MD
Christopher Wyckoff, MD
Yousef Zarbalian, MD
Steven Zimmet, MD

On-site Nurses & Physician Assistants

Amanda Aune, RN
Pat Brosnan, RN
Natalie Bush, RN
Ellen Croog, RN
Dana Crowdus, RN
Estefania Delgado, RN
Honora Dent, RN
Melissa Dickerson, RN
Wendy Dominguez, RN
Lynnette Downs, RN
Cynthia Dunbar, RN
Barbara Fay, RN

Elizabeth Freitas, RN
Kajsa L Guernsey, RN
Natalia Kober, RN
Maria Teresa Laguna, RN
Bianca Larios, RN
Natalie Lima-Garcia, RN, BSN, MPH
CiCi Lin, RN
Mary Ludden, RN
Carrie Luong, RN
Michelle Mangrum, RN
Sharron Martin, RN
Martha Mathis, RN
Cristina Menendez, RN
Susan Miller, RN
Mary Miossi, RN
MaryKate Morcerf, RN
Carmen Mouzourakis, RN
Kathleen Mulvihill, RN
Rose Mary Padberg, RN
Anaïs Pizarro Delgado, RN
Mary Porretta, RN
Amarzaya Samdan, RN
Mary Schlenker, RN
Stephanie Semadeni, RN
Sovy Sou, RN
Joshua Taylor, RN
Kelsey Walden, RN
Natassia Watson, RN
Margaret Willis, RN
Maria Witkowski, RN
Iris Woodard, RN



Carl Swartz,
interpreting from home!

Pharmacists

Deborah Adams, PharmD
Anh Bui, PharmD
Marcela Colon, RPh
Christine Corser, PharmD
Ira Faden, RPh
Kevin Herkenham, PharmD
Timothy Hiram, PharmD
Yun Hee Jang, RPh
Minji Kwon, PharmD
Kayla McFeely, RPh
James Mizner, RPh
Quynh Nguyen, PharmD
Laura Perkins, RPh

Marissa Schlaifer, RPh
Worknesh Terkik, PharmD

Counselors, Educators, Physical Therapists, Technicians

Melinda Cater, RD
Katie Aliberti, MSW, LCSW
Shauna Alonge, 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



Alfredo Aunon, interpreting from home!



Victoria Gandara, interpreting from home!

VOLUNTEER PROFILE



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!"

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Safeway Check Presentation



Northern Virginia Health Foundation

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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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 Koughl, a two-time breast cancer survivor. Learn more at: www.power-of-pink.org



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July 1, 2019-June 30, 2020

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Jacqueline Jules

JoAnn D. Holland

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Anonymous
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Gordon, Melodie & Mollie Thomas

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Singy Tevis

Anonymous

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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



\$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.
Drs. Robert Hong & Nadim Nasr, Arlington Radiation Oncology
Fairfax Radiological Consultants, P.C.
Novant Health Imaging
PMA HEALTH
Polan & Hollis, LLC
Ian Shenk, MD
Total Wine & More
Virginia Cancer Specialists
Washington Radiology

\$5,000 to \$9,999

Arlington Podiatry Center
Clarendon Dental Arts
DC Steadicam Inc.
Ron & Kit Gordon
Diane & Tim Naughton
Nirschl Orthopaedic Center and Virginia Sportsmedicine Institute

OrthoVirginia
Virginia Neurosurgeons
Virginia Retina Specialists
Winking Fish

\$2,500 to \$4,999

Anonymous
Arlington ENT & Arlington Audiology Associates
Northern Virginia Neurologic Associates
NOVA Vision Center
The Party Bee
Virginia Nephrology Group

\$1,000 to \$2,500

Bitar Cosmetic Surgery Institute
Anonymous
Deb & James Brennan
Ken & Betsy Brown
Jill & William Burke
Kathy Buto & Tom Korn
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
Mr. & Mrs. Carl Knutson

Landon Zee Tutoring
Lisa & Herbert MacArthur
Joanna & Steven McCleaf
Venkat Murthy
Eve & Jim Murty
Outside the Lines Pet Photography
Keely & John Owendoff
Mr. & Mrs. Michael Poth
Salamander Resort & Spa

\$500 to \$999

Mr. Rick Augsburger & Ms. Jane Rutt
Michael & Kathy Basile
Pepper & Randy Binner
John F. Benton & David W. Briggs
Biffy & Chris Cathcart
Jane McElvany Counce
Hawks Cay Resort
Dr. & Mrs. M. Z. Iqbal
Alexandra & Cy Kouhestani
Krekeler Brower Wealth Advisors
Nate & Elizabeth Krill
Kristen Bowling Williams DDS, PC
Barna Lazar
Luigi Parasmo Salon & Spa
Lauren Hueber Marcott
Meridian Pint
Conor & Sarah O'Keiff
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Sara Linda Poly

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 Townshend
Tzell Travel

\$100 to \$499

The Arlington Players
Arlington Soccer Association
Azure Dream Day Spa
BalletNova Center for Dance
Ballston BID
Katy & David Banks
bartaco
Becky's Pet Care
Bluemont Vineyard
Bobby McKey's Dueling Piano Bar
Carly Booze - Pop Organizing
BQ Granola
Stacey & Christopher Brown
Bull Dawg Athletic Training
Martin D. Cargas
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



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 I.V. Doc
Ms. Marilyn Glover
The Inn at Little Washington
The Italian Store
Jhoon Rhee 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
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Mark A. & Shelley A. Micali
Neighborhood Restaurant Group
Mr. Anthony Neville
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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 & Asheel Shah
Ms. Grace Abi-Najm Shea
Signature Theatre
Keegan & Suzanne Stroup
Studio Theatre
Ms. Michelle Stuntz
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
Woolly Mammoth Theatre Company
Dr. Christopher Wyckoff



Distributing hand sanitizer donated by Arlington South Lions Club

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.

Up to \$99

Anonymous
James & Donna Alpi
Ambar
AR Workshop
Arlington County Fire
Department - Station 9
The Artisans
Bach to Rock McLean
Ms. Andrea Blackburn
Bonefish Grill
Ms. Tracye Boyd
Briar Patch Bed &
Breakfast Inn
Ms. Sylvia Browne
Drs. Denise Bruner & Paul
Schipper

Caboose Brewing Co.
Ms. Emily Calvert
Chaia Tacos
Children’s Science Center
Child’s Play Toys & Books
in Arlington
Mr. Rick Christiansen
Ms. Lori Cohen
Copperwood Tavern
COR FIT
Ms. Leslie Curley
Days End Farm Horse
Rescue
Delhi Club
Desert Rose Ranch &
Winery
District Taco

Collin & Wanda
Dobrovolny
Mandy & Chris Doerr
Dr. David R. Duhamel &
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Elevation Burger
Esquire Confections, LLC
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Fluffy Thoughts Cakes
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Mr. John Holden

Mr. & Mrs. Michael Horne
Rosemary Hubbard
Mr. Nevin Katz
Kess Hair & Skincare
Kinder Haus Toys
Rich Klein - McLarty Media
Ms. Kristin Liautrakul
Livin’ the Pie Life

Ms. Sonya Livingston
Ms. Marina Luberda
Lyon Hall
Massage Envy
Ms. Melissa McGuire
Thomas F. “Mack” McLarty, III
Metro 29 Diner



Cardiovascular & Thoracic Surgery Partners at VHC

In-Kind Donations

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



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Director of Clinical Services

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Nurse Manager

Jennifer Escoto

Medical Assistant

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Deborah Guardado, RN

Nurse Manager

Kensie Huezo

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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

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Dentist-in-Charge

Pierre Cartier, DMD

Dentist

Martina Donayre

Dental Assistant

Aida Villalta Hernandez

Dental Assistant

Pharmacy

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Pharmacist-in-Charge

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Pharmacist

Minji Kwon, PharmD

Pharmacist

Erika Rosales

Pharmacy Technician

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Eligibility Specialist

Gloria Jimenez

Receptionist

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Clinical Administrative PRN

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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



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



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Your support of Arlington Free Clinic is greatly appreciated!

