

2022 Report to the Community

JULY 1, 2021 TO JUNE 30, 2022

Our Mission

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

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 has worked hard to address. The zip code where the majority of our patients live consistently experienced positive test rates of more than double that of the zip code in our county with the next highest rate.

The arrival of vaccines has brought hope and the beginning of a return to “life as normal” for many. But in a year full of variant-fueled surges, the disappearance of eviction moratoriums, and rising inflation, AFC recognizes that many of our patients are still recovering from the virus’ far-reaching effects. **Our patients still need us, and we need you.**

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 \$55,500). 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 from a list of those who have either called or walked in seeking care.
2. Eligible individuals referred by VHC Health, 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.

AFC is committed to providing a safe, supportive healthcare home for those most vulnerable to being overlooked 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

Audiology

EDUCATION & OUTREACH

Nutrition

Osteoporosis

Diabetes

Breast Health

Physical Activity

MENTAL & BEHAVIORAL HEALTH

Psychiatric Assessment &
Medication Management

Individual Therapy

Support Groups

Social Services
Case Management

A Story From Our Dental Clinic

During my time at AFC, I've had the opportunity to meet and connect with so many patients, each of them with different stories and circumstances in their lives. I can say that I have learned from them, and they have learned from me, in many ways. Recently, a middle-aged patient came to our clinic for dental care for the first time in his life. When I met him, he was scared and mentioned that his teeth were "very bad" because he had never had a dental cleaning. He began to feel more comfortable talking to me and told me stories of his life back in his country. I think we made a connection quickly because I speak his native language, Spanish. As we continued with his dental exam, I was very happy that he asked many questions about his oral health. He was very aware that he needed help and he wanted to learn everything that he possibly could in order to maintain good oral health at home.

His treatment plan involved scaling and root planing—or a "deep cleaning"—to remove the plaque and tartar above and below his gumline. I proceeded to explain the treatment plan to him, and he was very excited to start. When the day of his first appointment arrived (deep cleanings typically take 2-4 appointments), he couldn't stop apologizing for the bad shape of his mouth.

He said, "I'm so very sorry that you have to work so hard because my teeth are so dirty." I simply kept telling him to not worry about it and to not apologize because I was there to help. During his third and last appointment, I gave him a mirror so he could see the finished outcome. He was so happy and mentioned that his teeth never felt so clean before. We talked for a little bit and at the end of his appointment he gave me one last thanks and asked me if it was okay if he gave me a tip. In my years as dental hygienist, I have never ever had a patient offer me a tip before, and this was very shocking to me!

This type of story makes my heart feel full. I know that there is still a long road for him, but at least he is finally moving in the right direction. I'm glad to work at AFC, alongside team members that not only give the best high-quality care possible but also care about our patients as people.



- Ana Bailey, RDH

P.S., of course, I didn't accept the tip!

AFC's Mighty Volunteer Corps

When a patient fractured his ankle last month, a local orthopedic surgeon responded immediately with a consultation appointment and performed the needed surgery within the week. A volunteer, optometrist concerned about a patient with possible glaucoma, called her ophthalmologist colleague who agreed to see the patient at no cost. One of our newest providers started volunteering with us in his teens and recently returned as a seasoned physician who, after just two months, has already referred a colleague to volunteer. This is just a small sampling of what Arlington Free Clinic was able to do in the past couple of months by harnessing the enormous power of volunteers.

AFC was founded by volunteers from the Arlington County Medical Society nearly three decades ago. To this day, volunteers remain at the heart of everything we do. Our clinic is unique in the size and strength of its volunteer program. AFC employs one staff nurse practitioner, but the rest of our medical care is given by volunteers. Beyond the 150 providers who volunteer onsite or provide pro bono care in their private offices, hundreds of nurses, EMTs, medical assistants, interpreters, pharmacists, counselors, exercise instructors, physical therapists, and administrative and fundraising volunteers are involved in every area of the programs and operations of AFC.

A talented staff team supports our mighty volunteer corps and provides the strong foundation that backs up their work. Assured of the quality of follow-up and close monitoring their complex patients receive, volunteers place enormous trust in our staff and feel passionate about investing their valuable time and expertise here. The result is an organization in which hundreds of community members have the opportunity to play mission-critical, highly fulfilling roles that have enormous direct impact on the health and well-being of their neighbors.

The topic of our volunteer model and its sustainability was explored quite a bit recently as we were developing a new strategic plan. The resounding feedback was to uphold our special model that, after nearly 30 years, continues to provide exceptional care for our patients and meaningful experiences for those who serve.



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David & Kathy Townshend

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*Read a message
from our Board Chair
on Page 12*

ASSETS	July 1, 2022	July 1, 2021
Cash & Equivalents	\$943,710	\$859,361
Contributions Receivable	\$1,120,895	\$349,598
Inventory	\$1,144,624	\$9,692
Prepaid Expenses	\$105,289	\$134,904
Investments	\$4,838,700	\$4,992,774
Operating Lease	\$168,650	\$189,577
Fixed Assets	\$3,868,172	\$3,981,622
Total Assets	\$12,190,040	\$10,517,528

LIABILITIES AND NET ASSETS	July 1, 2022	July 1, 2021
Current Liabilities		
Accounts Payable & Accrued Expenses	\$240,827	\$298,994
Finance Lease	\$0.00	\$4,744
Operating Lease	\$158,673	\$199,213
Total Liabilities	\$399,500	\$502,951

NET ASSETS	July 1, 2022	July 1, 2021
Without Donor Restrictions	\$9,504,927	\$8,684,797
With Donor Restrictions	\$2,285,613	\$1,329,782
Total Net Assets	\$11,790,540	\$10,014,579
TOTAL ASSETS AND LIABILITIES*	\$12,190,040	\$10,517,528

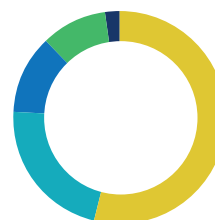
*Includes value of AFC facility

Total Financial Support: \$11,784,593



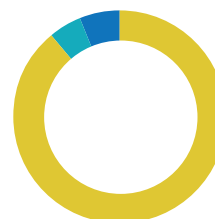
Cash Contributions: \$4,898,767

General Contributions	57%
Grants	20%
Special Events	23%



In-Kind Contributions: \$6,885,826

Virginia Hospital Center	54%
Rx	22%
Off-Site Medical	12%
On-Site Medical	10%
Professional Fees	2%



Expenses: \$10,803,371

Program	89%
Fundraising	5%
Administrative	6%

What Would You Do If You Could?



Mary Mellon,
AFC Donor & Volunteer

Five years ago, Mary Mellon, a longtime donor and volunteer in our pharmacy, walked into my office and asked me “what would you do if you could?” Mary is a retired Arlington Public School teacher who saved over her lifetime and was able to make a transformative gift to help us to bring life-changing—at times, lifesaving—dental care to our patients. Her generosity has made a difference in the lives of many in Arlington, and beyond. She also supports international charities that provide cataract surgeries to people in need around the world.

Vision care is another passion of Mary’s, so when she reached out again this year wanting to talk about how else she could help, the answer was clear. For individuals living in poverty, it is nearly impossible to access affordable vision and hearing assessments, prescription eyeglasses, and hearing aids. Regular screening and timely treatment for diseases and conditions that can lead to loss of vision and hearing are often out of reach for these patients. Arlington Free Clinic cares for over 1,400 patients each year. Approximately 30% of our patients are new to our Clinic each year, and most have never had vision or hearing services—not to mention access to hearing aids and eyeglasses! With an average age of 35-55, many of our patients experience age-related vision and hearing loss. In addition, many have diseases and health conditions that can lead to blindness or hearing loss, and between 150-200 have diabetes which places them at great risk of retinopathy and potential loss of vision.

I am so grateful to Mary for her support of the Clinic and our patients through not one but two impactful and inspiring gifts. Her most recent gift will allow us to greatly enhance our vision program and bring audiology services and hearing aids to AFC patients for the first time in our history.



Nancy White
President

*Read about our newest partner,
University of Maryland School of
Hearing & Speech Sciences, on page 9*

Numbers That Count

Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers & donors. Working together, our major achievements of FY22 include:

1,488
Patients Served

1,488 patients continued to receive comprehensive healthcare despite the ongoing challenges of the pandemic which included multiple variant-fueled surges. We brought in 145 Arlington residents who previously lacked access to healthcare. Of these 60% came to us by referral from VHC Health, community shelters, and other safety-net organizations.

408
Volunteers

13,257
Hours of Service

Volunteers are integrated into all aspects of patient care and clinic operations at AFC. Last year, 408 volunteers provided over 13,257 hours of service. The value of their volunteer hours is estimated to be \$1,045,282.

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

AFC provided 8,316 healthcare visits for 1,488 individual patients.

Through a mix of in-person care and telehealth (when local case numbers were high), AFC delivered high-quality, patient-centered care to 1,488 unique patients in 8,316 visits between July 1, 2021 to June 30, 2022.

Primary & Specialty Care **3,538**

Specialist Referrals **1,617**

Dental **2,143**

Behavioral Health **466**

Physical Therapy **333**

Gynecology **219**

We also provided **1,362 Social Services Case Management visits** for needs assessment/referrals for resources “beyond the exam room” including supplemental food, legal aid, language classes, domestic violence support, and more.

Highlights

Integrated Healthcare

We've made exciting progress on two initiatives aimed at strengthening the whole-person care—from oral to physical to mental health—we provide to our patients.

- **Medical-Dental Integration:** Our goal is to use every visit as an opportunity to assess for overall well-being. This means checking blood pressure at each dental appointment and connecting those with abnormal readings to further assessment. We're also working toward a simple oral health screening at each medical visit to learn about dental history and oral health concerns.
- **Mental Health-Primary Care Integration:** We're increasing access to timely diagnosis and treatment of certain mental health concerns (e.g., anxiety and depression) in the primary care setting. This will reduce delays in mental healthcare that unfortunately have been so common since the start of the pandemic and preserve our limited clinical mental health resources for cases requiring higher levels of care.

Scribe Program Successes

Transitioning to a new electronic health record (EHR) system, Epic, last October meant recruiting, interviewing, and training foreign-educated physicians and pre-health professions students as scribes who could do the work of documenting all of our medical visits in Epic. Our volunteer scribes undergo a 12-week training covering how to correctly document a medical encounter as well as medical terminology, phrasing, and acronyms. After that, they complete an Epic training program at VHC Health. Scribes volunteer weekly for one year, during which time they have the opportunity to support various specialties including cardiology, rheumatology, and optometry, in addition to primary care. Overall, we have trained 25 scribes, and we're thrilled to report that 10 have been accepted to residency programs and medical school!

Social Determinants of Health (SDOH) Work at AFC

Six years ago, AFC hired its first patient resource navigator and through this role, moved from an unstructured, decentralized approach to understanding and providing social supports, to a coordinated process for conducting needs assessments and referrals to local resources to mitigate patients' previously unmet needs ranging from food and rent assistance to transportation and technology support.

Our foundational SDOH work positioned us to lead a collaborative, multi-year project (funded by Northern Virginia Health Foundation and in partnership with VHC Outpatient Clinic, VHC Pediatrics, and DHS Maternal & Child Health). Over a four-year period, this collaborative would take our understanding of the root causes contributing to our patients' poor health to new levels, and prompt us to form a mechanism for collective advocacy to effect lasting, systems-level change.

Our work recently caught the attention of leaders at VHC Health who are now moving to integrate our SDOH screening tool into the Epic electronic health record (for AFC and non-AFC patients alike). This will give healthcare providers the ability to address factors "beyond the exam room" that play an important role in their patients' overall health and wellbeing.

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

Body Dynamics, Inc.

Cary Poropatich, MD, LLC

Dermatology Associates of McLean, LTD

Dominion Anesthesia, PLLC

Gastroenterology Center of Northern Virginia

Michael Goldberg, MD

Wendy Gottlieb, MD

Michael Hughes, BCO

Earl Johnson, MD

Babur B. Lateef, 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 Neurologic Associates, LTD

Northern Virginia Physicians to Women

Northern Virginia Radiology Consultants, PLLC

NOVA Optique + Eyecare

Orthopaedic Foot & Ankle Center

OrthoVirginia

PMA Health

Christopher Renner, OD

Skin Cancer Surgery Center

Tysons Corner Diagnostic Imaging/UVA Health

University of Maryland Dept. of Hearing
& Speech Sciences

University of Virginia Health System

Virginia Cancer Specialists, PC

Virginia Heart

Virginia Hospital Center

- Physical Therapy
- Occupational Therapy
- Speech Therapy

VHC Physician Groups

- Cardiac, Vascular & Thoracic Surgery
- Cardiology
- Colorectal Surgery
- Gastroenterology
- Hospitalists
- Infectious Diseases
- OB/GYN
- OB Hospitalists
- Physical Medicine & Rehabilitation
- Plastic & Reconstructive Surgery
- Podiatry
- Reinsch Pierce Family Center for Breast Health
- Surgical Specialists
- Urology
- Wound Care & Hyperbaric Medicine

Virginia Nephrology Group

Virginia Neurosurgeons, PC

Virginia Retina Specialists

Washington Radiology Associates

William Sawchuk, MD & Gayle Masri-Fridling, MD Ltd

George Younan, MD



Arlington Radiation Oncology



Dermatology Associates of McLean

PARTNER SPOTLIGHT:

Professor Lisa Rickard, University of Maryland, Department of Hearing & Speech Sciences

Thanks to the generosity of donor Mary Mellon (read more on page 5) and a unique partnership with the University of Maryland's Department of Hearing & Speech Sciences, AFC is, for the first time ever, offering hearing testing and hearing aids. This important new partnership came about because of great research and outreach by Dr. Chris Renner, an AFC volunteer optometrist for over 20 years and a member of the Arlington South Lions Club, a community organization which supports AFC's vision and hearing programs.

Hearing loss is linked to dementia, depression, and other health conditions, but access to hearing aids and other treatment can allow patients to reengage with friends, family, and coworkers and help reverse the social isolation that hearing loss can trigger.

Professor Lisa Rickard, AuD, CCC-A first met with our team last Spring to begin exploring the feasibility of bringing this important service to our patients. With the help of her clinical

audiology doctoral students, one Friday a month we will be providing hearing tests/hearing aid fittings and, in many cases, sending patients home *the same day* with their new devices.

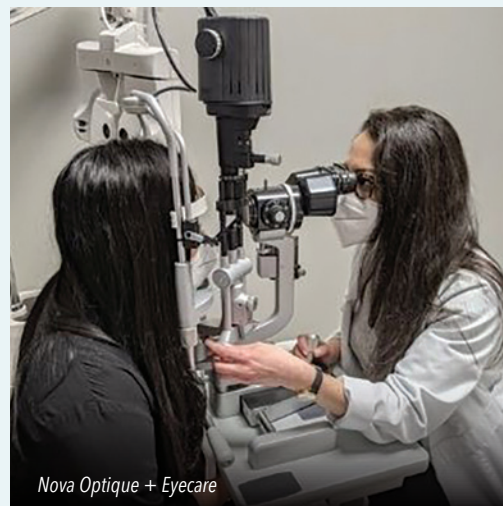
A true partner, Professor Rickard recently won a grant that includes \$12K in funds earmarked for hearing aids for AFC patients—and Professor Rickard was able to secure a deeply discounted price that will allow us to fit about 20 patients!



*Professor Lisa Rickard,
AuD, CCC-A*



Gastroenterology Center of Nova



Nova Optique + Eyecare

Our Volunteers

July 1, 2021–June 30, 2022

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

Ashley Adkins
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Jeff Allen
Laura Allen
Marsha Allenbaugh
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Randy Binner
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Kristi Brannan
Deb Brennan
David W. Briggs
Stacey Brown
Jill Burke
Debbie Cameron
Chris Cardinale
Vera Cardinale
Stephanie Carpenter
Jennifer Casolaro
M. Anthony Casolaro, MD
Lawrence Cheng
Ellie Christiansen
Betsy Churchill
Whitney Cobey
James B. Cole
Alexander Couric
John Couric
Cait Crivella
Brian Crivella
Alison Cummings
Kieran Daly
Brooke Daniels
Sapna Delacourt
Neelima Denduluri, MD
Julie DiCerro

Mandy Doerr
Tracy Donley
Max Donley
David Duhamel, MD
Melissa Dulski
Stephen Fedorchak
Cristin Finkel
Danine Fresch Gray, DDS
Loren Friedman, MD
Laura Fuentes
Maria Gallagher
Kit Gordon
Ron Gordon
Gautam Gupta
Greg Hamilton
Maureen Hamilton
Parker Harrington
Shannon Haynes
Chris Herndon
Daniele Herndon
Adam Hess
Bev Hess
Shannon Higgins
Raymond Hoare, MD
Toni Howell
Sheila Johnson
Heidi Ellenberger Jones
Chris Jones
Karen Kaczmarek
Carly Kelly
Marla S. Kelly, MD
Kiran Kolluri
Elizabeth Krill
David D. Lee, MD
Diane Lewis
Ginger Loper
Brett Loper
Joseph Lynch
Kathryn Martin
Kat Mavengere
Heather Mazen
Julia McCombs
Heather McDougale
Ruth McGoff
Kathleen Landy McKenna
Robyn Menard
Kristin Merritt
Rev. Andrew T.P. Merrow
Will Meyer
Beth Midberry

John Murphy
Venkat Murthy
Christopher J. Nassetta
Diane Naughton
Timothy J. Naughton
Varun Nikore
Trusha Nikore
Mary Ann Nirschl
Nicole Novak
Katie O'Geen
Krista Obitts
David Ogilvie
Deborah Omori
Ann Pariser
Anne Polk
Michael Rapp
Lori Reale
Lauren Reardon
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John Rhee, MD
Scott Ritter
Joan Bowes Ritter, MD
Patricia Rodriguez, MD
Cassie Root, MD
Doug Root
Palak Sampat
Heather Sanne
Konrad Schweitzer
Katy Senkus
Laura Sessums
Sejal Shah
Matthew D. Shank, PhD
Allison Shay
Matthew Shay
Grace Abi-Najm Shea
Ian Shenk
Christine M. Shiker, JD
Thomas Shooltz
Mark Silverwood
Sarah Smith
Jennifer Sosin
Colleen Sport
Amy Springer
Keegan Stroup
Suzanne Stroup
Tannia Talento
Ashley Templar
Jenny Thornhill
Helen Tiene
Jessica Tierney

Andres Tobar
Chuck & Kristian Todd
David Townshend
Kathy Townshend
Greg Trimmer
Sarah Trimmer
Reuben Varghese, MD, MPH
Susan Wallace
Taryn Walpole
Maeve Ward
Michael Ward
Kristin Whitney
Melanie Whittington
Elise Zamsky
Michelle Zook

On-site Providers

Veronica Abraham, MD
Joseph Backer, MD
Lawrence K. Banker, DDS
Christina Baselga, MD
Nancy Baxi, MD
Paula Bergamini, MD
Brian J. Boland, MD
Colleen Borelli, MD
Charles I. Brown DMD
Thomas Butler, MD
Anthony Casolaro, MD
Stephanie Chang, MD
Hong-Hanh Chau, MD
Ritu Cuttica, DO
Deidre Defoe, MD, MPH
Julie DiCerro, NP
Miriam Dinatale, DO
Karen Dixon, MD
David Duhamel, MD
Josef Dvorak, MD
Aysha Farooqi, MD
Lynne Gaby, MD
David Gootnick, MD
Danine Gray, DDS
Jeff Hales, MD
Michael Halle, MD
Raymond Hoare, MD
Laura Jawidzik, MD
Madhavi Kakarla, MD
Stuart Katz, MD
Marla Kelly, MD
Kimbra Kenney, MD
Rhett A. Kent, MD

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 Kaleen Kitay, MD
 Corrine Lahti, MD
 Erika Latchis, MD
 Cathryn Lee, CRNP
 Matthew M. Leonard, MD
 Maureen MacConnell, PMHNP-BC
 Vinh Mai, DO
 John Maloney, MD
 Kanan Maniar, MD
 Kenneth Marshall, MD
 Kathleen McCray, MD
 Patty Meding, NP
 Nancy R. Megas, NP
 Sonia Melwani, DO
 Anne Miranowski, MD
 Luis Morillo Cabrera, MD
 Timothy Muir, MD
 Manesh Nachnani, MD
 Seetaramayya Nagula, MD
 Haritha Narla, MD
 Michelle Ng, 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
 David N. Powers, MD
 Kenneth Quinto, MD, MPH
 Thomas Rakowski, MD
 Jorge A. Ramallo, MD
 Michael Rapp, MD
 Russell Rayman, MD
 Jane Renfro, NP
 Christopher Renner, OD
 Jim Ricca, MD
 William Richter, MD
 Joan Ritter, MD
 Farhaad Riyaz, MD
 Amanda K Rudman Spergel, MD
 Ashley Scott, NP
 Laura Sessums, MD
 Neil Shea, MD
 Ian Shenk, MD
 Amisha Shroff, DDS
 Wayne Silverman, DDS
 Sarah Smith, MD

Renuka Sothinathan, M.D.
 Larry Spoont, MD
 Lawrence Stein, MD
 Jerome Stein, MD
 Brian Stephens, MD
 Neil Stern, MD
 Laura Stone, MD
 Deborah Suchman, NP
 Marlinny Sullivan, MD
 Mark F. Sullivan, M.D.
 Christine Walk, FNP-C
 Helen Walsh, MD
 Leigh Watlington, MD
 Margot Wheeler, MD
 Sean Whelton, MD
 Vince WinklerPrins, MD
 Melissa Wolin, MD
 Christopher Wyckoff, MD
 Yousef Zarbalian, MD
 Steven Zimmet, MD

On-site Nurses & Physician Assistants

Pat Brosnan, RN
 Ellen Croog, RN
 Dana Crowdus, RN
 Susana De La Torre, BSN RN
 Estefania Delgado, RN
 Honora Dent, RN
 Lynnette Downs, RN
 Cynthia Dunbar, RN
 Barbara Fay, RN
 Jess Ferreira, RN
 Elizabeth Freitas, RN
 Kajsa L Guernsey, RN
 Bridget Jennison, RN
 Kaelin Jennison, RN
 Bora Jin, PA, MPH
 Mary Kudless, RN MSN PMHCNS
 Maria Teresa Laguna, RN
 Natalie Lima-Garcia, RN, MPH
 Mary Ludden, RN
 Michelle Mangrum, RN
 Carmen Marcus, RN
 Diona Martyn, PhD, RN, PHNA-BC
 Martha Mathis, RN
 Cristina Menendez, RN
 Susan Miller, RN
 Mary Miossi, RN
 Jennie Morgans, RN

Aline Moukhtara, RN
 Kathleen Mulvihill, RN
 Monica Nable, RN
 Lydia Newlon, RN
 Rose Mary Padberg, RN
 Anaïs Pizarro Delgado, RN
 Jyl E Pomeroy, RN
 Mary Porretta, RN
 Tawnie Roberts, RN
 Dana Rosenberg, MPH, RN
 Amarzaya Samdan, RN
 Stephanie Semadeni, RN
 Sovy Sou, RN
 Eva Sweeney, RN
 Natassia Watson, RN
 Iris Woodard, RN

Pharmacists

Anh Bui, PharmD
 Marcela Colon, RPh
 Christine Corser, PharmD
 Ira Faden, RPh
 Allison Harshberger, PharmD, BCPS
 Kayla McFeely, RPh
 James Mizner, RPh
 Andrew Nguyen, PharmD
 Quynh Nguyen, PharmD
 Laura Perkins, RPh
 Marissa Schlaifer, RPh
 Worknesh Terkik, PharmD

Physical Therapists

Nancy Branberg, PT
 Nancy M. Brown, PT, ATC
 Anna E. Fiore PT, DPT
 Irene Hruskoci, PT
 Ashley L. Templer, DPT
 Jorge Villalobos, DPT

Counselors, Educators, Technicians

Shauna Alonge, LCSW
 Debbie Beach, LCSW
 Lloyd Bell
 Susan Branco, PhD, LPC
 Ann C. Brown, LMFT, LPC
 Judy Caplan, MS, RDN
 Mara Davis
 William De Shazo
 Joli Fekeci, LCSW
 Debra Haynes, MPH
 Katie Kline, MPH, RD, CDE

Ellen Maland
 David McGinness, MSW, LCSW
 Deirdre Modesti, Ph.D.
 Maria Pulido
 Carla Williams M.A., LPC
 Jennifer A Zelaya, LCSW

Scribes

Ava Afshar
 Jayati Atahar
 Daana Bajnauth
 Jack Banas
 Victoria Chiu
 Bradford Clemens
 Derek Dye
 Julia Gillan
 Yafiet Gojela
 Kelly Harris
 Cindy Le
 Myra Lewontin
 Amy Lin
 Quan Lu
 Ileana Mendez
 Israa Najeeb, MBBSCh
 Syril Pettit
 Laura Ritzenthaler
 Lyudmyla Susla
 Kavery Nivana Poonacha
 Peyton Yee
 Anna Zdunek
 Michael Zhu

Interpreters

Kirsten Albert
 Eric Alley
 Maria Alva
 Ana Alvarez
 Jacqueline Amaya
 Indira Laura Amurrio
 Britney Andrade
 M. Camila Angulo
 Patricia Ardila
 Gisela Arispe
 Alfredo Aunon
 Maria Balderrama
 Marta Barkell
 Marila Belcher
 Nancy Bossard
 Christopher Joel Browning
 Dulamjav Byambajav

Our Volunteers *continued*

Magaly Cabrera-Ortiz
 Enrique Castellon
 Karen Cavanaugh
 Christian Cespedes
 Rebecca Chavez
 Jaya Chimnani
 Andrea Corianga
 Paula Cortes Campos
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Ms. Alison Cummings
Ms. Brooke Daniels
Ms. Seema Debas
Collin & Wanda Dobrovolny
Michele Erickson
Scott & Jane Evans
Ms. Diane Felice

Tita & Geoff Freeman
Mr. Donald Nadeau & Mrs. Maureen Galvin Nadeau
Kathleen Gregorash
Ms. Kathy Harris
Mandi Heesh
Hickox Family
Ms. Heidi Hijikata
Ms. Penny Ingles
International Spy Museum
Kendra Scott - Mosaic District
Ms. Glorianne Langan
Ms. Robyn Manuel
Ms. Kathryn Marrone
Matchbox Restaurants
Ms. Beth Midberry
Ms. Linda Moran
Nothing Bundt Cakes
Ms. Annette Nychaia
Oath Pizza - Mosaic District
Ms. Katherine Oser
Pastries by Randolph
Ms. Laura Punaro
Mary Sage
Ms. Emilia Seibold
Dr. Thomas R. Shepler
Ms. Danielle Silverstein
South Block
Mary Stephens
Ms. Barbara Taylor
The Toy Nest
TriVistaUSA Design + Build
Ms. Vaishali Udupa
Ms. Kim Upadhayaya
Elaine Wagner
Wasabi Sushi - Tyson's Corner Mall
Watergate Gallery & Frame Design
Tom Wilson
Katherine Wood
Dr. & Mrs. Christopher Wyckoff

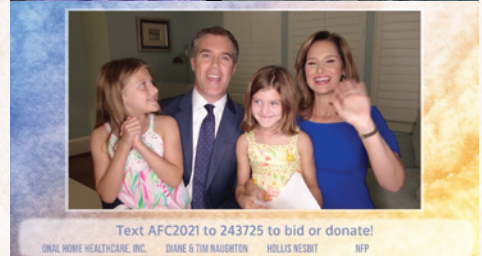


Last spring, when we launched our 2021 Gala fundraising season, the vaccines had only recently arrived, bringing hope to our pandemic-weary community. We could finally start to glimpse a path back to life as normal after months of telework, remote learning, and Zoom-everything. Arlington Free Clinic embraced this optimism while at the same time recognizing that it wasn't shared equally: our patients were disproportionately impacted by the pandemic and continued to feel its negative effects.

On October 23, 2021, we celebrated and supported the work of AFC through our second Virtual Benefit Gala because AFC's patients still needed us, and we needed you.

We made the decision to remain virtual, hoping that our community would once again support us with sponsorships and auction items. The families and businesses that typically donate again demonstrated their tremendous commitment to the Clinic, and for that we are so very grateful. AFC used the critical funds raised through our 2021 Virtual Benefit Gala to spread healing and hope, and to light the path forward for our neighbors most in need. Thank you for your support!

*Scenes from Arlington Free Clinic's 2021 Virtual Benefit Gala. Top to bottom:
Gala Chairs Cristin Finkel & Kathy Martin at the Gala Committee Watch Party; Gala Hosts, Peter Alexander & Alison Starling with Daughters Ava & Emma; Virtual Gala Watch Parties; Stephen Fedorchak of The Liberty Restaurant Group Demonstrating the Signature Cocktail; Andrew Savoia, Viral Pop Cellist & AFC Volunteer; Clare and Don's Beach Shack Gala Watch Party; Crivella Family Watch Party*



Awards

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 7% of the organizations evaluated by Charity Navigator have received at least eight consecutive 4-star evaluations.



AFC is honored to have been awarded **Arlington Magazine's "Best Community Healthcare Provider—Editor's Pick"** at their 2022 Best of Arlington Celebration!



*TD Bank's 20th Anniversary Award
Check Presentation*

Employees of TD Bank selected AFC's most recent grant proposal to receive an **extra \$20,000 award** in celebration of the bank's 20th Anniversary. We were deeply honored to have been selected and loved the chance to show Ali Nahim, VP, Retail Market Manager, around the Clinic when he came by to present the check.

Thank you to our Volunteers and Donors— you make what we do possible!

We try to be conscious of our expenses, so this year we are shortening the printed report by including our volunteer and donor lists only in the digital version of this report at arlingtonfreeclinic.org/publications.

A Message from Our Board Chair

I am so proud of the way that Arlington Free Clinic has risen to the challenges of the past few years. AFC has been a leader in Arlington's pandemic response, nimbly stretching and evolving to meet the needs of our community during this unprecedented time.

AFC has also had to evolved to meet changing internal needs. We welcomed new staff as veteran staff retired. We adopted a new electronic health record system. We have embraced a holistic approach to care that integrates mental health and dental with primary care, and we continue to explore the opportunities afforded to us by the availability of telehealth.

After the emotionally exhausting pandemic years and a lot of internal change, we are committed to dedicating time and resources to our amazing staff. Supporting our staff and promoting a strong workplace culture is the most important investment AFC can make right now to ensure that we can continue to meet the needs of our community. We are looking forward to training on topics such as grief, mental health first aid, trauma-informed care, compassion fatigue/ self-care for healthcare professionals, equity, and more. Our goal is to ensure that our entire team is energized and ready to give their very best to our patients each and every day.



Donna Alpi
Chair, Board of Directors

AFC Staff

Nancy White

President

CLINICAL SERVICES

Surekha Cohen, MA, BSN, RN

Director of Clinical Services

Luisa Aburto

Clinical Assistant

Kennya Alvarado, BSN, RN

Clinical Program Manager

Jennifer Escoto

Medical Assistant

Deborah Guardado, BSN, RN

Nurse Manager

Kensie Huezo

Medical Assistant

Matthew Kennedy

Medical Case Manager

Marielle Levy, LPC

Behavioral Health Program Manager

Emely Marchena

Community Resource Navigator

Terry McManus, FNP

Nurse Practitioner

Hilonka Morales

Clinical Assistant

Claudia Lopez Romero

Medical Assistant

Liz Rosales

Clinical Scheduler

Aida Salamanca

Medical Assistant

DENTAL

Ana Bailey, RDH

Dental Hygienist

Martina Donayre

Dental Assistant

Tri Tran, DDS

Dentist

Aida Villalta Hernandez

Dental Assistant

PHARMACY

Katy Ha, RPh

Pharmacy Manager

Maryuri Avila

Pharmacy Technician

Judy Lifland Dietrick, RPh

Pharmacist

Jim Mizner, RPh

Pharmacist

Mary Anne Panich, RPh

Pharmacist

CLINIC OPERATIONS

Caroline Jones, MSW

Director of Operations

Marlene Alvarez

Eligibility Manager

Flor Gonzales

Administration Specialist

Solomon Habte

Data Systems & Business Manager

Gloria Jimenez

Receptionist

CLINIC OPERATIONS CONTINUED

Marietha Mayen

Appointment Scheduler

Safia Yousaf

Operations Coordinator

DEVELOPMENT

Alicia Nieves

Director of Development
& Communications

Clare Hernandez

Development Assistant

Tahsin Khan

Site Data Coordinator, LINK Grant

Meaghan Martin

Events Manager

FINANCE AND HUMAN RESOURCES

Nancy C. Adkins

Director of Human Resources

Daphne Edwin

Director of Finance

VOLUNTEERS

Kate Nadeau

Director of Volunteer Resources

Devri Langhelm

Scribe Program Coordinator

Liz Rosales

Volunteer Coordinator

Your support of Arlington Free Clinic is greatly appreciated!

