



arlington
freeclinic

2023 Report to the Community

JULY 1, 2022 TO JUNE 30, 2023

Our Mission

Arlington Free Clinic (AFC) advances health equity by providing comprehensive, whole-person healthcare to our neighbors who would otherwise lack access.

Our Patients

Established in 1994, AFC continues to be Arlington's only provider of comprehensive healthcare services for adults living with a low income and without health insurance. All AFC patients live in Arlington and have incomes at or below 200% of the Federal Poverty Level (for a family of four, this is \$60,000). Every year, with the help of 300 volunteers and 45 full/part-time staff, AFC provides access to comprehensive, patient-centered services to 1,400 of our community's most vulnerable residents.

AFC's model is one in which physicians, counselors, pharmacists, dentists, and physical therapists practice side-by-side, creating a unique and integrated system of care that supports the prevention and early detection of diseases that have strong linkages across healthcare disciplines (e.g., diabetes and gum disease). Collaborative practice is highly regarded as effective and as a model, is core to how we provide care at AFC.

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.

AFC is one of the only organizations in Arlington providing direct healthcare services while simultaneously advancing systems-level change. Many organizations focus on either treating their patients or working upstream to change the conditions that are contributing to poor health outcomes. With our paired priorities, we better serve our patients by having a clear understanding of the systemic barriers they face in achieving good health and can bring stronger systems-level solutions to the table as members of county task forces.

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

Our Services

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

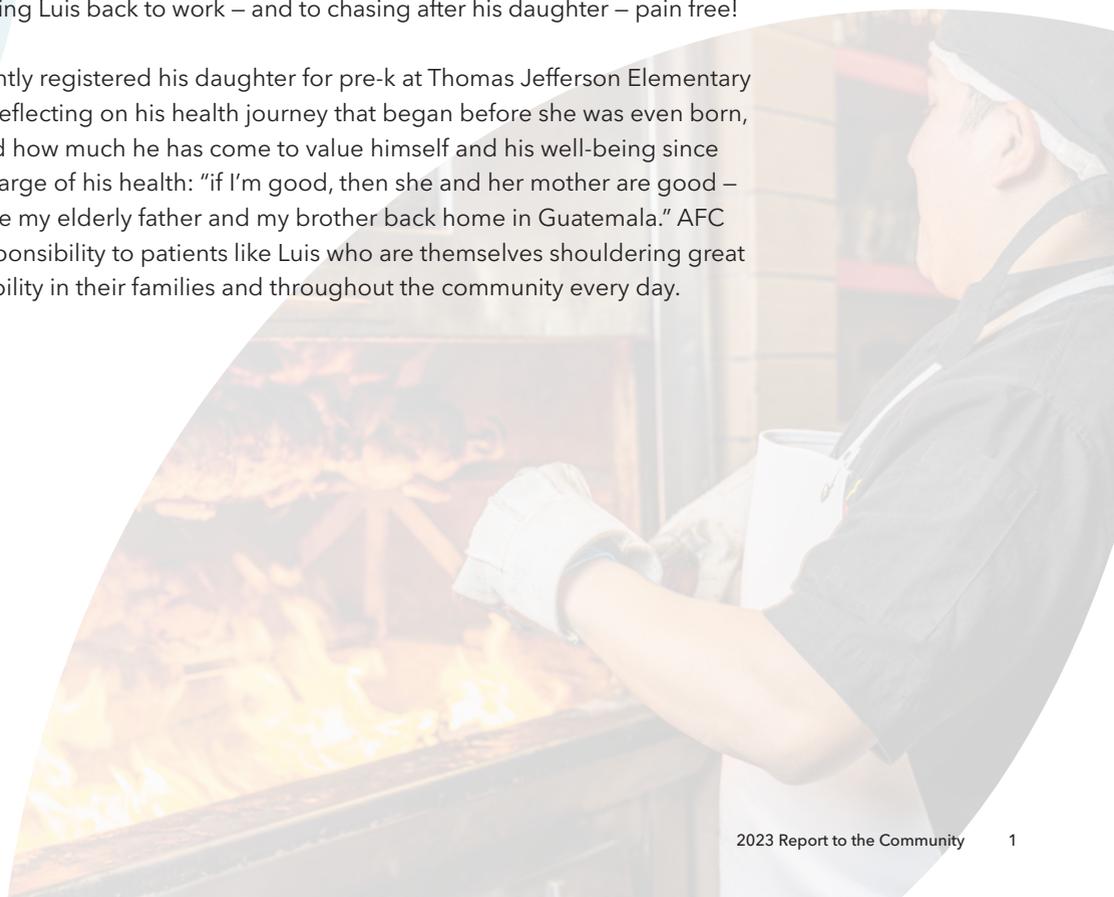
Social Services
Case Management

PATIENT STORY:**Luis**

“Luis” hadn’t been feeling like himself. Working as a cook was hard on his body, but he had a sense that something else was going on. His wife was expecting their first child, and this had given Luis a newfound appreciation for the interconnectedness of his life and the lives of those who depend – and would soon come to depend – on him.

He shared his concerns with a co-worker who happened to be a patient at Arlington Free Clinic and soon Luis had access to comprehensive healthcare for the first time in years. After learning he had diabetes and high cholesterol, and gaining free access via AFC to the medications, education, and other resources needed to manage these conditions, he began to feel much better! But years in the kitchen had done a number on his feet. AFC called upon Edward Pozarny, DPM, a local podiatrist who generously provided two pro bono foot surgeries this year, getting Luis back to work – and to chasing after his daughter – pain free!

Luis recently registered his daughter for pre-k at Thomas Jefferson Elementary School. Reflecting on his health journey that began before she was even born, he shared how much he has come to value himself and his well-being since taking charge of his health: “if I’m good, then she and her mother are good – and so are my elderly father and my brother back home in Guatemala.” AFC has a responsibility to patients like Luis who are themselves shouldering great responsibility in their families and throughout the community every day.



The Important Role of Primary Care at AFC

Arlington Free Clinic is a truly comprehensive healthcare home where patients receive all they need to get and stay healthy, be that dental or behavioral healthcare, hearing screenings or physical therapy. At AFC, it's not uncommon for a patient being seen for a medical complaint to not only leave with a prescription, but also a referral for supplemental groceries or housing assistance – or that colonoscopy they're due for.

At the core of AFC's model is a strong and well-integrated primary care program, without which we could never sustain such a deep level of services. Patients seen by our dentists, for example, also must have been seen in primary care in the past year. This allows us to ensure that patients in our dental chairs, the majority of whom require deep cleanings (that can dislodge bacteria and be risky for those with cardiac conditions) or dental procedures (where there's a risk for bleeding in patients on blood thinners) are medically stable to receive oral healthcare.

At AFC, our primary care team – 23 volunteer providers and a staff nurse practitioner – holistically approaches each patient's healthcare in such a way that past issues (e.g., a high blood pressure reading at their last appointment) and present needs (e.g., preventive health measures such as vaccines and colonoscopies) are being routinely assessed and addressed. Staff nurses and medical assistants play a key role in our model. Their work preparing patient charts in advance of each appointment helps flag important information for the provider and maximizes our ability to deliver care that goes beyond simply addressing the need that brought the patient in.

About 12 years ago, we added a staff family nurse practitioner with the idea that through this position, we would be able to offer timely access to care for acute needs. Over time, this role has evolved to be the template for our whole primary care model and gives us the ability to pilot new practices – like oral health histories and behavioral health screenings in primary care – that have the potential to transform care delivery clinic-wide. Our nurse practitioner also follows patients with episodic issues like an uncontrolled chronic disease and manages healthcare long-term for those who have extremely low health literacy and very complex needs. Good primary care is important for everyone, but the foundational role it plays at AFC cannot be overstated.



Joan Bowes Ritter, MD
Medical Director



Board of Directors

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Andres Tobar

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David & Kathy Townshend

Reuben Varghese, MD, MPH

*Read a message
from our Board Chair
on Page 30*

ASSETS	July 1, 2023	July 1, 2022
Cash & Equivalents	\$1,007,016	\$943,710
Contributions Receivable	\$815,594	\$1,120,895
Inventory	\$483,757	\$1,144,624
Prepaid Expenses	\$104,503	\$105,289
Investments	\$5,437,084	\$4,838,700
Operating Lease	\$158,543	\$168,650
Fixed Assets	\$3,729,584	\$3,868,172
Total Assets	\$11,736,081	\$12,190,040

LIABILITIES AND NET ASSETS	July 1, 2023	July 1, 2022
Current Liabilities		
Accounts Payable & Accrued Expenses	\$352,488	\$240,827
Operating Lease	\$190,548	\$158,673
Total Liabilities	\$543,036	\$399,500

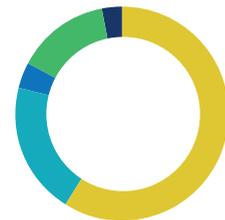
NET ASSETS	July 1, 2023	July 1, 2022
Without Donor Restrictions	\$9,103,468	\$9,504,927
With Donor Restrictions	\$2,089,577	\$2,285,613
Total Net Assets	\$11,193,045	\$11,790,540
TOTAL ASSETS AND LIABILITIES**	\$11,736,081	\$12,190,040

**Total Financial Support:
\$10,429,255**



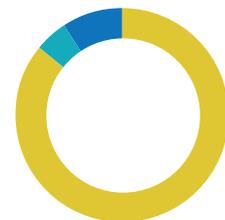
Cash Contributions: \$4,143,121

General Contributions	41.3%
Grants	29.4%
Special Events	29.4%



In-Kind Contributions: \$6,286,134

Virginia Hospital Center	59%
Rx	20%
Off-Site Medical	4%
On-Site Medical	14%
Professional Fees	3%



Expenses: \$11,186,841

Program	86%
Fundraising	5%
Administrative	9%

*FY23 financials are unaudited as of the printing of this report; once the audited statements are available, they will be posted on AFC's website

**Includes value of AFC facility

Reflecting on My Tenure: A Message of Thanks from AFC's President

As I reflect on my eight years of leadership at Arlington Free Clinic, I am filled with gratitude for all of those in our community who have come together to make our work possible over the past 30 years.

The founders of this clinic were true pioneers. They saw a need in the community and took action to fill it. Their work has made a real difference in the lives of so many people, and I am proud to have been part of their legacy.

First and foremost, I want to thank our volunteers. Your dedication is truly inspiring. Every day, I marvel at the work that you do. Without you, we could not provide the care that our patients need. You are the heart and soul of this clinic, and I am so grateful for your ongoing commitment to our mission.

I also want to thank our staff. You are all incredibly talented and compassionate professionals who work tirelessly to provide our patients with the best possible care. We made it through the pandemic together and have emerged stronger than ever! I am so proud of the work that you do, and I am grateful for your partnership.

Our community partnerships fill me with optimism for our future. Our critical partnership with VHC Health makes us the envy of our free clinic colleagues across the country. We could not do our work without the care and support provided by this outstanding community-based health system. Our partners in Arlington County government, including public health, social services, technology

services, and more, work every day to help our patients meet their most basic needs. And the leaders of Arlington's safety net organizations are now my heroes. They work tirelessly to bring life-changing services like food, shelter, and safety to our neighbors.

Our donors are essential to our work. Year after year, your financial support allows us to provide our patients with access to healthcare and to expand our services to meet the needs of our community. Thank you for your generosity.

Finally, I want to thank our patients. You are the reason that we do this work. Your stories of hope, strength, and resilience inspire us every day. Thank you for trusting us with your health.

Thank you again for everything. I wish you all the best in the years to come.



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 FY23 include:

1,376

Patients Served

1,376 patients received comprehensive, whole-person healthcare. We added 307 Arlington residents as new patients who previously lacked access to healthcare. Of these 18% came to us by referral from VHC Health, community shelters, and other safety-net organizations.

367

Volunteers

12,062

Hours of Service

Volunteers are integrated into all aspects of patient care and clinic operations at AFC. Last year, 367 volunteers provided over 12,062 hours of service. The value of their volunteer hours is estimated to be \$1,141,425.

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

AFC provided 8,214 healthcare visits for 1,376 individual patients.

AFC delivered high-quality, patient-centered care to 1,376 unique patients in 8,214 visits between July 1, 2022 to June 30, 2023.

Primary Care Visits

2,398

Specialist Visits

(e.g., GYN, cardiology, oncology, physical therapy, psychiatry, etc.)

1,767

Mental/Behavioral Health

372

Dental

2,962

Social Services Case Management

(e.g., for needs assessment/referrals for resources "beyond the exam room" including supplemental food, legal aid, language classes, domestic violence support, and more.)

715

All of this care was facilitated through

9,372

medical case management encounters by AFC clinical staff.

Awards & Highlights

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. AFC is proud to be recognized as a four star charity for the ninth consecutive year.

Arlington Women's Civic Alliance (AWCA), an organization devoted to friendship and philanthropy in Arlington, VA and adjacent communities, selected AFC's Vision & Hearing program as the recipient of their 2023 Benefit and 30th Year Celebration. Members raised \$30K in support of our Vision & Hearing Program that provides exams, eyeglasses, and hearing aids for AFC patients. This gift follows another incredibly generous gift of \$25K in 2022 in support of our dental program. A big thank you to AWCA members for the enormous difference they have made to our work!



Arlington Women's Civic Alliance members, Christen Farmer, Pat Silberman, Peggy Richardson & Kathy Mimberg

Highlights

Social Determinants of Health (SDOH)/LINK Grant: Did you know that AFC has a Community Resource Navigator on staff whose role it is to conduct patient needs assessments and make referrals for services "beyond the exam room" including housing assistance, supplemental groceries, legal aid, transportation, county gym memberships, and more? While some of these services may not necessarily seem health-related, they play a big role in our patients' overall health and well-being.

For the past five years, AFC and three local health safety-net partners (VHC Health's Outpatient Clinic, VHC Pediatrics, and Arlington County DHS Maternal Health) have been funded by Northern Virginia Health Foundation through our LINK grant to use data to better understand non-medical patient needs and advocate to local leaders for lasting solutions to these important health determinants.

Increased Dental Demand: AFC served 32% more dental patients and held 38% more dental visits between January-June compared to the prior year – and our dental procedure counts were up by 125%! AFC's medical and dental teams have spent the past two years focused on integrating work across the two departments (e.g., blood pressure screenings at dental visits, medical-to-dental referrals, etc.), and the hard work is paying off: in the last six months of the fiscal year, there were 120 referrals from medical staff to dental – up from approximately 33 in all of 2021 and early 2022!

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 Nephrology Group

Virginia Neurosurgeons, PC

Virginia Retina Specialists

Washington Radiology Associates

Gayle Masri-Fridling, MD Ltd

George Younan, MD

VHC Health

- › Emergency Medicine at VHC Health
- › Physical Therapy
- › Occupational Therapy
- › Outpatient Clinic
- › Speech Therapy
- › US Acute Care Solutions

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



PMA Health

PARTNER SPOTLIGHT:

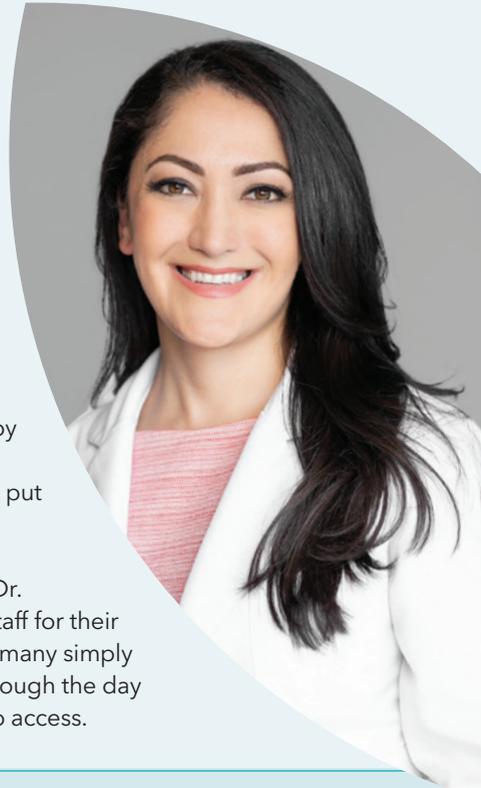
Dr. Sara Varghai, NOVA Optique + Eyecare

Located in the heart of Ballston, Dr. Sara Varghai opened NOVA Optique + Eyecare in March 2021. A strong believer in the idea that sight shouldn't be limited to those who can afford quality eye care, giving back to her community through a pro bono partnership with Arlington Free Clinic has been part of her business model since the beginning.

For nearly two years, Dr. Varghai has generously saved one appointment slot per week for an AFC patient. Our clinical case manager uses these appointments for patients with acute eye care needs as well as for those who have complained of poor eyesight and are due for a check-up. Dr. Varghai provides a comprehensive eye exam and generously donates a free pair of glasses to every patient we refer. If a more serious problem is identified, one that may require surgery, for example, she alerts the Clinic so we can make a referral to a specialist.

Dr. Varghai shared about a rather young AFC patient who had only one seeing eye. During her appointment, Dr. Varghai stressed the importance of glasses for protective reasons and encouraged the patient to reach back out in the future should she need anything. Several months later, the patient was experiencing flashes in her good eye. Thankfully, everything was fine, but Dr. Varghai was happy she felt comfortable calling her office so she could have her mind put to ease right away.

We are tremendously grateful to Dr. Varghai and her compassionate staff for their service to the patients of AFC. So many simply need glasses to help them get through the day and wouldn't otherwise be able to access.



Cary Poropatich, MD, LLC (second from right) and VHC Department of Pathology colleagues



Christopher Renner, OD

VOLUNTEER SPOTLIGHT:

The Impact of AFC's Volunteer GYN Team

Given that 65% of AFC's 1,400 patients are women, our team of volunteer women's health providers – Colleen Borelli, MD, Christine Pintz, NP, David Powers, MD, Rupali Singh, MD, and Laura Stone, MD – fulfill a critical dimension of AFC's comprehensive care by addressing general gynecological needs, providing survivorship services for those diagnosed with breast and cervical cancer, and ensuring access to potentially life-saving preventive screenings.

Coming out of the pandemic, cervical cancer screening in particular has been a great priority of AFC's women's health program, given how important early detection is to successful outcomes. While we have a wonderful partnership with the Women's Imaging Center at VHC Health that allowed us to keep pace with the need for mammograms all through COVID, screening for cervical cancer requires an appointment at the Clinic. Since most women need screening every 1-5 years, we fell behind while we were limiting onsite care during the height of the pandemic. These days, we're keeping our

volunteer gynecologists very busy and have quadrupled the number of cervical cancer screenings completed compared to last fiscal year.

Our women's health team works in partnership with the VHC Health Outpatient Clinic GYN program to provide additional testing and biopsies when an abnormality is detected during screening – and thanks to a longstanding partnership with VA Cancer Specialists, we are able to provide access to the full range of cancer treatment, should a need arise.

AFC is careful to avoid duplicating services available elsewhere in the community, so to fully meet the women's healthcare needs of our patients, we partner with Arlington County DHS where women may access prenatal care, contraception, and STI testing.

Thanks to our volunteer GYN team for being the strong foundation of this program, and for the significant impact they make on the health of the women of AFC!



Colleen Borelli, MD
volunteering
since 1999



Christine Pintz, NP
volunteering
since 1999



David Powers, MD
volunteering
since 2021



Rupali Singh, MD
volunteering
since 2022



Laura Stone, MD
volunteering
since 2009

**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 once again have shortened the printed report by including our volunteer and donor lists only in the digital version of this report at arlingtonfreeclinic.org/publications.

*We are
Made
of Stories*

Visit the gallery at
[gala.arlingtonfreeclinic.org/
2022-photo-gallery](https://gala.arlingtonfreeclinic.org/2022-photo-gallery)
to see highlights of
the 2022 Benefit Gala.

Campbell Family Foundation: Increasing Access to Complete Oral Healthcare at AFC

The Campbell Family Foundation became a founding donor to AFC’s dental program in 2015 with a gift of \$30,000 to support start-up costs associated with hiring a dentist to work part-time in borrowed space at the Arlington County DHS building. The program has evolved immensely since then, growing to a three-chair dental clinic in our own facility that provides everything from cleanings and fillings to dentures and crowns six days a week. The Campbell Family Foundation has remained a committed and consistent supporter since the beginning.

Unlike AFC’s medical programs in which many volunteers donate time to make care free to patients, our dental program relies primarily on paid staff. This, coupled with high material and lab expenses, results in the need for some costs to flow to patients. With its latest grant to fund the purchase of an intraoral scanner, the Foundation will help lower patient costs for items like crowns, partials, and dentures. The scanner will cut the number and duration of patient appointments in half; eliminate unpleasant procedures such as mold impressions; expedite and

reduce the cost (but not quality) of lab work; and open the door for new partnerships with labs using cutting edge technologies – such as 3-D printing – that drive down costs. This will have a direct, positive impact on the health and quality of life of so many AFC patients for whom crowns, partials, and dentures are often out of reach, even with our drastically reduced fees.

Impact of New Dental Technologies & Partnerships			
	Current Cost	New Cost with Intraoral Scanner & Lab Partners	Savings
Fell set of dentures	\$800	\$400	\$400
Crowns	\$200-\$400	\$70	\$130-\$330
Partials	~\$750	\$325	\$425

We are grateful for the Campbell Family Foundation and its president, Don Campbell, for supporting our dental program from the very beginning.

Recognizing Patricia Mathews, President & CEO, Northern Virginia Health Foundation

In heartfelt recognition of her extraordinary contributions to improving the health and healthcare of residents of Northern Virginia through visionary grantmaking and a tireless commitment to health equity, AFC extends its warmest congratulations to Pat Mathews, President & CEO of Northern Virginia Health Foundation (NVHF), as she embarks on a well-deserved retirement.

Since taking the helm of NVHF in 2005, shortly after its inception, Pat has forged an enduring partnership between the Foundation and AFC. She consistently encouraged AFC to embrace innovation, guided us to explore uncharted territories, and provided unwavering support as we sought fresh avenues to enhance the overall health of our community.

Several years ago, Pat guided the Foundation to embark on a groundbreaking research initiative that revealed stark disparities in health outcomes and a +17-year life expectancy gap in many adjacent census tracts in the community. The ripple effect of this invaluable work is still reverberating today, influencing local government policy,

and catalyzing a profound shift in the dialogue surrounding health equity, particularly emphasizing the role of race.

More recently, Pat played a pivotal role in inspiring AFC and our local health safety-net partners to place a renewed emphasis on the impact of community conditions—social determinants of health (SDOH)—on the well-being of our patients. Today, addressing SDOH needs and advocating for improvements in the conditions that shape our community’s health landscape are integral facets of AFC’s daily mission.

Under Pat’s astute, imaginative, and strategic stewardship of NVHF, our neighbors enduring low incomes and lacking health insurance have found a tireless champion dedicated to fortifying the local health safety-net. As we bid farewell to this remarkable leader, we celebrate Pat for a legacy that has led to a healthier and more equitable community for all.



Our Volunteers

July 1, 2022–June 30, 2023

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

Ashley Adkins
Stephanie Albright
Laura Allen
Marsha Allenbaugh
Donna Alpi
Ana Alvarez
Joseph A. Backer, MD
Emma Baker
Jen Bakos
Katy Banks
Fran Barnes
Amanda Bartelme
Christian Beckner
John F. Benton
Pepper Binner
Randy Binner
Maryanne E. Boster
Kristi Brannan
Carrie Branon
Jennifer Brearey
David W. Briggs
Stacey Brown
Jill Burke
Sarah Cabalu
Debbie Cameron
Chris Cardinale
Vera Cardinale
Stephanie Carpenter
Lawrence Cheng
Betsy Churchill
Whitney Cobey
James B. Cole
John Couric
Brian Crivella
Cait Crivella
Alison Cummings
Kieran Daly
Brooke Daniels
Christine Davenport
Neelima Denduluri, MD
Mandy Doerr
Max Donley

Tracy Donley
David Duhamel, MD
Melissa Dulski
Heidi Ellenberger Jones
Stephen Fedorchak
Crystal Ferguson
Cristin Finkel
Loren Friedman, MD
Laura Fuentes
Maria Gallagher
Amelia Gay
Jackie Giambalvo
Elizabeth Gill
Kit Gordon
Ron Gordon
Gautam Gupta
Greg Hamilton
Maureen Hamilton
Parker R. Harrington
Shannon Haynes
Chris Herndon
Daniele Herndon
Adam Hess
Bev Hess
Shannon Higgins
Blair Holmes
Toni Howell
Chris Jones
Karen Kaczmarek
Carly Kelly, JD
Marla S. Kelly, MD
Kiran Kolluri
Elizabeth Krill
David D. Lee, MD
Ashley Leonard
Diane Lewis
Mary-Margaret Lewis, MD
Aurtia Lindsay
Brett Loper
Ginger Loper
Joseph Lynch, JD
Kathryn Martin
Kat Mavengere
Heather Mazen
Julia McCombs

Maura McCool
Heather McDougale
Ruth McGoff
Robyn Menard
Kristin Merritt
Rev. Andrew T.P. Merrow
Will Meyer
Beth Midberry
John Murphy
Venkat Murthy
Christopher J. Nassetta
Diane Naughton
Tim Naughton
Trusha Nikore
Varun Nikore
Mary Ann Nirschl
Leila Nowroozi
Krista Obitts
Katie O'Geen
John Parker
Anne Polk
Lori Reale
Lauren Reardon
Nikki Reeves
Lori Ridgeway
Joan Ritter, MD
Scott Ritter
Patricia Rodriguez, MD
Cassie Root, MD
Doug Root
Heather Sanne
Michael Sauri
Konrad Schweitzer
Katy Senkus
Sejal Shah
Allison Shay
Matthew Shay
Thomas "Tom" C. Shooltz
Mark Silverwood
Katie Simone
Jennifer Sosin
Keegan Stroup, CPA
Suzanne Stroup
Kirsten Swami
Tannia Talento

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

Clinical Volunteers

Fojan Abyaneh
Ava Afshar
Avi B. Agrawal
Cathy Ahn
Sarah Ali
Audrey Allen
Maria Alva
Ana Alvarez
Jacqueline Amaya
Indira Laura Amurrio
Laura Anguiz
Patricia Ardila
Gisela Arispe
Gillian Arleth
Jayati Atahar
Alfredo Aunon
Joseph Backer, MD
Daana Bajnauth
Nina Bajnauth
Maria Balderrama
Lawrence K. Banker, D.D.S.
Katy Banks
Marta Barkell
Nick Barker
Lucciana Antonella Barrientos Baldivieso
Nancy Baxi, MD
Alix Beith

Marila Belcher	Mia Cozart	Shagun M. Gandhi	Rhett A. Kent, MD
Lloyd Bell	Cait Crivella	Mia Genuario	Connie Kessler
Jan Belz	Ellen Croog, RN	Tannaz Ghobadi	Tahsin Khan
Pamela Benitez	Dana Crowdus, RN	Arghavan Gilanshah	Curi Kim, MD
Paula Bergamini, MD	Claudia Cuellar	Sharon Golden	Kaleen Kitay, MD
Jaskirit Bhalla	Clarissa Cullers	Maribel Gomez	Andrea Klein
Michelle Biete	Ritu Cuttica, DO	David Gootnick, MD	Giuliana Klesius
Kate Bohigian	Fabrice Czarniecki, MD	Ariana Gordillo	Katie Kline
Brian J. Boland, MD	Kyle Daehnke	Kit Gordon	Karina Knizek
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Fernando van Reigersberg

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In-Kind Donations

July 1, 2022–June 30, 2023

\$3,524,443.00



\$150,000 AND ABOVE

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Direct Relief International
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Northern Virginia Radiology Consultants
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\$70,000 TO \$149,999

Arlington Podiatry Center

\$10,000 TO \$69,999

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Basic Burger (Pentagon Row)

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University of Maryland Dept. of Hearing & Speech Sciences



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Dr. Edward Pozarny



Body Dynamics, Inc.

Our Search for AFC's Next Leader

Under Nancy White's leadership of Arlington Free Clinic, the organization has added new programs such as dental and social services; weathered a once-in-a-lifetime pandemic; and taken the voices of AFC patients to important tables within the local safety-net and county government. Her strong and dynamic leadership has catapulted the organization to new heights. So, when Nancy shared with me last winter that she intends to retire by the end of the year, I quickly alerted the board to their important duty of finding a new leader to fill her shoes.

The board formed a committee led by member Pepper Binner who carefully considered the characteristics and qualifications that would be important in the organization's next leader and reached out to nearly 70 stakeholders to get their input.

After a thoughtful and deliberate search, I am excited to introduce you to Lesley Daigle. Lesley is both a nurse and a lawyer by training, and a long-time Arlingtonian. She has spent the last decade at Virginia Hospital Center, where she has served in multiple roles with significant leadership responsibilities, including at the Outpatient Clinic, which serves patients very much like ours. She is a warm and charismatic leader with an outstanding reputation and a clear passion for AFC's mission.



Lesley Daigle

As you may know, next year brings AFC's 30th Anniversary. And as we transition AFC's leadership, moving into AFC's next decade of care, there will truly be a lot to celebrate!



Donna Alpi
Chair, Board of Directors

AFC Staff

Nancy White
CEO

CLINICAL SERVICES

Surekha Cohen, MA, BSN, RN
Director of Clinical Services

Luisa Aburto
Women's Health Program Specialist

Jennifer Escoto
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

Kate Slaven, RN
Nurse Manager

Alba Sola, RN
Nurse Manager

**Leigh-Ann Carter Sinclair,
BSN, RN**
Nurse Manager

DENTAL

Janeen Ashfour, DDS
Dentist

Ana Bailey, RDH
Dental Hygienist Manager

Martina Donayre
Dental Assistant

Maryori Espinal
Dental Assistant

PHARMACY

Katy Ha, RPh
Pharmacy Manager

Maryuri Avila
Pharmacy Technician

Jim Mizner, RPh
Pharmacist

CLINIC OPERATIONS

Caroline Jones, MSW
Director of Operations

Flor Gonzales
Eligibility Specialist

Esther Guanica Gonzales
Administration Specialist/Dental Assistant

Solomon Habte
Data Systems & Business Manager

Gloria Jimenez
Administration Specialist

Marietha Mayen
Appointment Scheduler

Jimmi Valencia
Eligibility/Administration Specialist

DEVELOPMENT

Alicia Nieves
Director of Development
& Communications

Clare Hernandez
Development Associate

Tahsin Khan
Site Data Coordinator, LINK Grant

Meaghan Martin
Events Manager

FINANCE AND HUMAN RESOURCES

Nancy C. Adkins
Director of Human Resources

Diana Namugenyi
Director of Finance and Administration

Safia Yousef
Sr. Administrative/Human Resources
Specialist

VOLUNTEER RESOURCES

Kate Nadeau
Director of Volunteer Resources

Aurora Bissiri
Volunteer Coordinator

Your support of Arlington Free Clinic is greatly appreciated!

