



Report to the Community

July 1, 2017 to June 30, 2018



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 are people you see every day in our community—cashiers, dishwashers, security guards and childcare providers. Although most of our patients work, their jobs do not include access to health insurance.

All live in Arlington County and have incomes at or below 200% of the Federal Poverty Level (for a family of four, this is \$50,200). Most are parents with children who live at home. There are two ways to become a member of AFC and access our comprehensive medical services:

1. Each month, we accept approximately 25 new patients through a lottery process.
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.

Many patients have one or more chronic diseases, such as diabetes or heart disease, and need access to a range of services including medical treatment, medications, and ongoing care management.

About 250 AFC patients have been transitioned out of our care and onto their own health insurance plans since the Affordable Care Act's (ACA) Health Insurance Marketplace was launched in 2014. The Marketplace, coupled with Medicaid Expansion in Virginia (read more on page 30)—allow AFC to take in more new patients who continue to lack access to care.

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



Manesh Nachnani, MD



Irene Hruskoci, PT with Gabriel and Diego

Gabriel & Diego—Brotherly Love

IN ADDITION to sharing DNA, an apartment, and all of their classes last semester, Gabriel and Diego share a condition called ankylosing spondylitis (AS), a painful form of arthritis that affects the spine and other joints, eventually causing them to fuse. For the brothers, underlying the already-challenging experience of being new immigrants is the added obstacle of navigating a serious medical condition in an unfamiliar healthcare landscape.

But the pair has thrived in the two years since their father, who settled in Arlington over 15 years ago, helped them move to the US from Bolivia. Immediately, they enrolled in English classes, found work at a local grocery store, and began a GED course through the Arlington Community Learning program of Arlington Public Schools.

Gabriel was diagnosed with AS when he was nine years old and had been on medication since then to minimize his pain and slow down the progression of his disease. But when the brothers moved, Gabriel couldn't afford to keep up with treatment. Eventually, his symptoms got so bad that he couldn't walk up the steps

of the bus he takes to school. The school nurse came to the rescue when she shared information about Arlington Free Clinic—but by that point, he'd already been off of medication for over a year.

Gabriel was immediately put back on treatment and began receiving physical therapy from Irene Hruskoci, PT, and regular care from Dr. Yousef Zarbalian, our volunteer rheumatologist. Diego became an AFC patient as well, and learned that he too has AS. But thanks to early intervention, combined with counseling to help him adjust to his new diagnosis in a healthy way, Diego has done very well.

When the brothers first came to the Clinic, the most hope that Gabriel could muster was for a little relief—it was painful to sleep, to walk to the store, to sit in class—and “pain always reminds you that there’s something terribly wrong with your body.” These days, when the brothers talk about their futures and starting community college next year, their dreams are much bigger.

Joan Bowes Ritter, MD

Caring For Very Seriously Ill Patients

SINCE THE BEGINNING of the year, we've been caring for seven new patients with metastatic cancer, meaning that cancer cells have spread to different areas of their bodies. AFC's dedication to shepherding these very ill patients and their families through their final days with compassion and dignity is a charge we take very seriously.

AFC engages a wide swath of the community to help care for these patients. Virginia Cancer Specialists' Dr. Loren Friedman, a palliative medicine physician, provides compassionate end-of-life care. Life with Cancer program counselor, David McGuinness, not only supports patients in their final days and counsels family members after death, he also provides care and training for AFC's nursing staff on how to have difficult conversations with dying patients and their loved ones. Oftentimes, our nurses will visit patients and families in the hospital towards the end, and many families remain close to the Clinic many years later.

We're able to draw on special funds that generous individuals provide in order to buy costly supplies such as a \$400 medication for constipation caused by pain medicine or nausea bags needed when traveling in the car. Our volunteer oncologists readily see patients experiencing problems related to chemotherapy and transition patients to hospice care when it is time. The Clinic's case manager, Matt Kennedy, even helps families resolve patients' outstanding bills long after patients have passed away.

Thanks to our dedicated staff, our talented volunteers, and a large network of partners, we're uniquely positioned to serve those who would otherwise have difficulty accessing anything comparable to the high-level, comprehensive end-of-life care available through AFC.

Joan Bowes Ritter, MD
Medical Director

Board of Directors

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Vice Chair

Principal, Kathleen Buto Consultants, LLC

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Cardiovascular & Thoracic Surgeon,
Virginia Hospital Center

Kurt Hyde
Treasurer

Inspector General of a Federal Agency

Dianne Morse Houghton
Chair, Governance Committee

Director, Strategic Planning &
Organizational Performance Management,
Library of Congress

Meredith E. Anderson
Chair, External Relations Committee

Principal, Firekeeper Coaching

Diane H. Naughton
Chair, Development Committee

Past Acting Executive Director, 2014
Special Gifts Chair, Clinic Volunteer

Edgar Arzanda-Yanoc, LLM

Executive Director, Virginia Coalition
of Latino Organizations (VACOLAO);
Senior Lead Organizer, Legal Aid Justice
Center's Immigrant Advocacy Program

David Duhamel, MD

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

Grant M. Ehat

Partner
Willard Retail Partners

Kit Gordon

Clinic Volunteer, 2004 Gala Chair

Carly Kelly, JD

Assistant General Counsel, CareFirst

Ginger Loper

Lobbyist, Loper Consulting

Joseph Lynch, JD

Partner, Epstein, Becker & Green, P.C.

James Meenan

Director of Case Management,
Virginia Hospital Center

Douglas H. Root

Co-Founder & Managing Partner,
Blackfin Real Estate Investors

Jennifer Sosin

Advisor, Weber Shandwick

Keegan Stroup, CPA

Office Managing Director,
Washington DC, Andersen Tax

Joan Bowes Ritter, MD

Walter Reed National Military
Medical Center
Medical Director

Christine M. Shiker, JD

Holland & Knight, LLP
Counsel to the Board

Nancy White

President



Community Council

Joseph A. Backer, MD

Arlington Free Clinic 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

N. Thomas Connally, MD

Internist (retired) & Physician Volunteer;
AFC Medical Director 2005-2010

Steven Fedorchak

Restaurateur; Liberty Tavern,
Northside Social, Lyon Hall

Loren Friedman, MD

Palliative Care Specialist, Virginia
Cancer Specialists

Raymond Hoare, MD

Cardiologist (retired); Physician Volunteer

Julissa Marengo Otero

Assistant Secretary, Smithsonian
Institution

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

Mary Ann Nirschl

AFC Board of Directors 1996-2008;
AFC Board Chair 2000-2001

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

Thomas Shooltz

Partner, Ironwood Realty Partners, LLC

Andres Tobar

Executive Director, Shirlington
Employment & Education Center

Kristian & Chuck Todd

Community Volunteers; Moderator,
Meet the Press

David N. 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



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

ASSETS	July 1, 2018	July 1, 2017
Cash & Equivalents	\$595,449	\$379,871
Contributions Receivable	\$981,990	\$382,218
Inventory	\$11,397	\$10,409
Prepaid Expenses	\$84,760	\$58,796
Investments	\$3,140,817	\$2,955,800
Operating Lease	\$237,118	-
Fixed Assets	\$3,612,769	\$3,561,200
Total Assets	\$8,664,300	\$7,348,294

LIABILITIES AND NET ASSETS	July 1, 2018	July 1, 2017
Current Liabilities		
Accounts Payable & Accrued Expenses	\$200,006	\$178,691
Finance Lease	\$19,965	\$5,702
Operating Lease	\$234,661	-
Total Liabilities	\$454,632	\$184,393

NET ASSETS	July 1, 2018	July 1, 2017
Unrestricted	\$6,155,273	\$5,775,965
Temporarily Restricted	\$1,686,121	\$1,019,662
Permanently Restricted	\$368,274	\$368,274
Total Net Assets	\$8,209,668	\$7,163,901

TOTAL ASSETS AND LIABILITIES*	\$8,664,300	\$7,348,294
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*Includes value of AFC facility

Total Financial Support: \$8,611,900



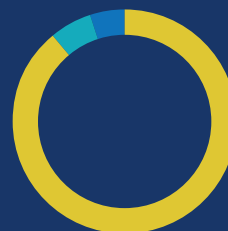
Cash Contributions: \$3,880,183

General Contributions	54%
Grants	26%
Special Events	20%



In-Kind Contributions: \$4,731,717

Virginia Hospital Center	35%
Rx	24%
Off-Site Medical	26%
On-Site Medical	15%



Expenses: \$7,566,133

Program	89%
Fundraising	6%
Administrative	5%

Nancy White

What Our Dental Expansion Will Mean

THIS FALL, Arlington Free Clinic will celebrate the opening of our new onsite dental clinic. Expanding our services from one part time dental chair in a remote location to three dental chairs in the same place that patients come to see their doctor, pick up their medications, and learn to manage their diabetes is a dream come true.

It was just over a year ago that long-time pharmacy volunteer Mary Mellon came to me with a gift to honor her father who died at a young age from an untreated tooth infection. Mary's donation has inspired many others to give and helped us reach our dental campaign's first \$1M milestone several months back. We are well on our way to meeting our \$1.5M year-end goal, which will fully fund our construction and help support dental operations in the coming years.

It's exciting to imagine the many benefits of having oral healthcare within the Clinic footprint:

- **Better health outcomes:** There is growing evidence of the link between oral health and overall health. Inflammation, the hallmark of gum disease, increases risk of stroke, heart disease, and even certain cancers. Diabetes is worsened when gums are inflamed, and certain treatments such as chemotherapy and radiation result in severe damage to teeth and gums.

- **Improved visibility:** Having dental care right here will increase the likelihood that our volunteer doctors will recommend it to their patients—and raise patients' awareness of this service. The friendly faces of our dental team will help combat the apprehension that so many of our patients have about dental care.

- **Increased collaboration:** Dental care has been separate from the rest of healthcare in this country for far too long. It will be exciting to see all health professionals working side-by-side for the good of each patient.

- **Expanded capacity:** In the first year of operations alone, we plan to increase the number of dental patients served from 350 to 800 and the number of appointments from 900 to close to 4,000.

I'm grateful to so many of you who have supported this dream of Mary's—and AFC's—to bring vital dental care to low-income members of our community. Dental care is expensive for everyone—but it is simply not an option for those in poverty, and most of our patients have not seen a dentist in years, if ever. If you share my excitement for this important project, I hope that you will consider a special year-end gift to the dental program, and celebrate with us as we reach our final goal.

We can't wait to show you our new dental clinic!

Nancy White
President

Numbers That Count

Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers and donors. Working together, our major achievements of FY18 include:

558
New Patients

We brought in 558 Arlington residents who previously did not have regular access to medical care. Of these, 30% came to us by referral from Virginia Hospital Center, community shelters, and other safety-net organizations.

439
Volunteers
14,676
Hours of Service

Volunteers are integrated into all aspects of patient care and clinic operations at AFC. Last year, 489 volunteers provided over 14,676 hours of service. The value of their volunteer hours is estimated to be \$1,089,831.

Additionally, 175 Gala and Special Gifts Committee volunteers donated countless hours to planning and raising funds through our Annual Benefit Gala.

AFC Provided 8,678 medical visits for 1,609 individual patients.

Primary & Specialty Care
4,062

Specialist Referrals
1,289

Dental
1,021

Mental Health
947

Physical Therapy
714

Gynecology
410

**Breast Health Outreach
Program Appointments**
235



Pierre Cartier, DMD

Dental Program Expansion

We met our first \$1M Dental Capital Campaign goal, and are on our way to reaching our overall goal of \$1.5M by the end of the calendar year. Our construction plans for the new in-house, three-chair dental clinic are well underway, and we look forward to being operational in a few short weeks.

This time next year, we plan to be tripling the number of dental patients we can serve.

Awards

Charity Navigator, the nation's largest charity evaluator, once again awarded AFC its top rating of 4 stars for financial health, responsibility, and transparency. Only 14% of the organizations evaluated by Charity Navigator have received at least four consecutive 4-star evaluations.

Arlington Free Clinic was selected to receive the Arlington Community Foundation's **2018 Community Impact Award**—volunteers old and new were honored during the Spirit of Community Luncheon.

Survivorship

Last year, we hosted five Survivor Celebrations for AFC's breast cancer survivors, and invited guest experts to talk about ways the women can stay healthy, now that they've beaten cancer, through nutrition and exercise, getting the recommended preventative screenings, and caring for their mental health.



Survivor Celebration

Healthcare Practices Vital to AFC

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

Aesthetic Center for Plastic Surgery
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
Damaneon Smith & Associates, PC
Dermatology Associates of McLean, LTD
Dominion Anesthesia, PLLC
Fairfax Radiological Consultants
Leah Fuchs, MD
Gastroenterology Center of Northern Virginia
Wendy Gottlieb, MD
Hand-N-Hand Therapy, LLC
Heart Care of Virginia
Heart & Vascular Care
Insight Imaging Center of Arlington
Lions Eye Clinic
Bayani Manalo, MD
Medical College of Virginia
Metropolitan Surgical Associates, PC; Metropolitan Breast Center



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
Gopal B. Reddy, MD
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 Hospital Center
Virginia Nephrology Group
Virginia Neurosurgeons, PC
Washington Radiology Associates
William Sawchuk MD and Gayle Masri-Fridling MD Ltd

VHC Physician Groups

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



Our Volunteers

July 1, 2017– June 30, 2018

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

Grace Abi-Najm Shea
Stephanie Albright
Toby Albright
Laura Allen
Jo Ann Allen
David Alperstein
Megan Alperstein
Donna L. Alpi
Meredith E. Anderson
Randy B. Anderson
Katie Anderson
Edgar Aranda-Yanoc, LLM
Joseph A. Backer, MD
Katy Banks
Elise Barrett
John F. Benton
Pepper Binner
Carly Booze
Stephen Bouchard
Jen Brandely
Deb Brennan
David W. Briggs
Mark A. Buchholz, PMP
Jill Burke
Deb Burke
Kathleen Buto

Sarah Cabalu
Wendy Carter
M. Anthony Casolaro, MD
Jennifer Casolaro
Wendy Carter
Lawrence Cheng
Eleanore Christiansen
Allison Cleveland
Whitney Cobey
James B. Cole
N. Thomas Connally, MD
John M. Couric, CPA
Alexander Couric
J. Martin Couric
Lisa Coyle
Brian Crivella
Jen Danaceau
Sandy Daniels, DDS
Bob Deason
Neelima Denduluri, MD
Julie DiCerbo, NP
Amy Dodds
Tracy Donley
Doug Dowling
David Duhamel, MD
Karen Duhamel
Krista Edwards
Mary Ege
Collins Ege
Grant M. Ehat
Joanna Ehat
Nicole Ehrhardt, MD
Cindy Eyl

Judy Feder
Stephen Fedorchak
Gerri Ferguson
LaRissa Ferrell
Cristin Finkel
Alice Fitzgerald
Maura Fredericks
Danine Fresch Gray, DDS
Kathy Freshley
Loren Friedman, MD
Jennifer M. Gamboa,
DPT, OCS
Doreen Gentzler
Elizabeth Gill
Kit Gordon
Ron Gordon
Maggie Grant
Brian Gray, DDS
Shannon Haynes
Adam R. Hess, JD
Bev Hess
Raymond Hoare, MD
Hon. Edward M. Holland, JD
Dianne Morse Houghton
Toni Howell
Kurt Hyde
Jennifer Irvin
Daniel Johnson
Stuart Katz, MD
Carly Kelly, JD
Andrea Kirshner
Jennifer Knutson
Barbara L. Korman

Karen Kuwana
David D. Lee, MD
Diane Lewis
Ginger Loper
Joseph Lynch, JD
Julissa Marengo Otero
Karen McAndrews
Karen McArthur
Mindi McClure
Maura McCool
Karla McEvoy
Gerry McGowan
Sarah McLaren
Robert E. McLaughlin
Catherine Meeks
James Meenan
Rev. Andrew T.P. Merrow
Maryam Monfared, DDS
Talal Munasifi, MD
John Murphy
Manesh Nachnani, MD
Christopher J. Nassetta
Diane H. Naughton
Timothy J. Naughton
Katherine Nguyen
Debbie Nichols
Mary Ann Nirschl
Julissa Marengo Otero
Amy Otteni
Amy Parks
Cristina Pauze
Wendy Pilch
Pam Poth
Kathy Prominski
Paul Rapavi, DDS
Michael Rapp, MD
Blair Rasmussen
Dan Rasmussen
Michele Reddan
Nikki Reeves
John Rhee, MD, FACS
Kathy Ricchetti
Peggy Richardson
Joan Bowes Ritter, MD
Scott Ritter
Patricia Rodriguez, MD
Karen Romness
Douglas H. Root
Cassie G. Root, MD



Samantha Jackson

Konrad Schweitzer
Matthew Sehler
Katy Senkus
Sejal Shah
Matthew D. Shank, PhD
Matthew Shay
Allison Shay
Grace Shea
Ian Shenk, MD
Christine Shiker, JD
Thomas C. Shooltz
Susan Shuckra
Mark Silverwood
Sarah Harper Smith, MD
Amy Smith
Landy Sorenson
Jennifer Sosin
Colleen Sport
Abbe Steel
Keegan Stroup, CPA
Kevin Sullivan
Ashley Templer, DPT
Amy Thompson
Helen Tienne
Andres Tobar
Kristian Todd
Chuck Todd
Diane Tomb
Bronwyn Towle
David N. Townshend
Kathy Townshend
Sarah Trimmer
Greg Trimmer
Alise Troester
Reuben K. Varghese, MD,
MPH
Taryn Walpole
Jeff Walpole
Stephanie Whitaker
Melanie Whittington

Chahine Yamine, MD
Aida Yamine
Elise Samski
Michelle Zook

On-site Providers

Melody Abraham, MD
Aala Al Eid, MD
Joseph Backer, MD
Achana Ball, MD
Michael Ball, MD
Christina Baselga, MD
Andrew Becker, MD
Paula Bergamini, MD
Colleen Borelli, MD
Lillibeth Boruchow, MD
Deborah Bowers, MD
Thomas Butler, MD
Stephanie Chang, MD
Hong-Hanh Chau, MD
N. Thomas Connally, MD
Mary Crowther, MD
Ritu Cuttica, DO
Karen Dixon, MD
Robert Dobrzynski, MD
David Duhamel, MD
David Dunning, MD
Josef Dvorak, MD
Nicole Ehrhardt, MD
Aysha Farooqi, MD
Lynne Gaby, MD
Matthew Hahn, MD
Jeff Hales, MD
Michael Halle, MD
Jessica Hirschhorn, MD
Raymond Hoare, MD
Laura Jawidzik, MD
Anjuli Jindal, MD
Madhavi Kakarla, MD
Stuart Katz, MD



Maria Balderrama and Paige Curtis

Our Volunteers

Colleen Kennedy, MD
Kimbra Kenney, MD
Menawar Khalil, MD
Curi Kim, MD
Kaleen Kitay, MD
Kimberly Kongkasuwan, MD
Michael Koren, MD
Corrine Lahti, MD
Erika Latchis, MD
Leonard Levine, MD
Vivia Liang, MD
Enkhtuya Lkhajjav, MD
Vinh Mai, DO
John Maloney, MD
Kenneth Marshall, MD
Anne Miranowski, MD
Timothy Muir, MD
Manesh Nachnani, MD
Seetaramayya Nagula, MD
Michelle Ng, MD
Duong Nguyen, MD
Michelle Nguyen, MD
Dorothy Nicholson, MD
Deborah Omori, MD
Anne Pariser, MD
Jane Piness, MD
Caroline Poplin, MD
Kathleen Price, MD

Kenneth Quinto, MD
Thomas Rakowski, MD
Jorge Ramallo, MD
Michael Rapp, MD
Russell Rayman, MD
Christopher Renner, OD
Joan Ritter, MD
Romona Satchi, MD
Laura Sessums, MD
Ian Shenk, MD
Sarah Smith, MD
Eugene Soh, MD
Larry Spoot, MD
Jerome Stein, MD
Lawrence Stein, MD
Laura Stone, MD
Nicole Swistak, OD
Rubinder Toor, MD
Suraj Venna, MD
Helen Walsh, MD
Leigh Watlington, MD
Susan Welsby, MD
Margot Wheeler, MD
Sean Whelton, MD
Eleanor Wilson, DPM
Christopher Wyckoff, MD
Yousef Zarbalian, MD
Steven Zimmet, MD

**On-site CNAs, Nurses,
Nurse Practitioners,
Physician Assistants**
Margie Badman, NP
Carol Baker, RN
Rachel Barish, RN
Jessica Blakely, RN
Renee Boniswa, RN
Pat Brosnan, RN
Lindsey Brown, RN
Natalie Bush, RN
Dana Crowdus, RN
Susana De La Torre, RN
Honora Dent, RN
Julie DiCerro, NP
Lynnette Downs, RN
Cynthia Dunbar, RN
Nancy English, NP
Maria Escalante, RN
Aviana Everett, RN
Barbara Fay, RN
Ashley Fry, RN
Elizabeth Healy, NP
Mary Hill, RN
Deborah Imperato-Fieger, PA
Bridget Jennison, RN
Bora Jin, PA
Kathleen Judge, RN

Hirut Kassa, RN
Linda Keyser, RN
Amita Khatri, CNA
Preeti Kral, CMA
Charles Kramer, CMA
Sarah Kramer, CNA
Savannah Kramer, CNA
Elizabeth Kreikemeier, RN
Katherine Kyle, NP
Maria Teresa Laguna, RN
Mary Ludden, RN
Michelle Mangrum, RN
Martha Mathis, RN
Katherine McCarter, RN
Susan Miller, RN
Mary Miossi, RN
Erica Mitrano, RN
Nefisa Mufti, RN
Kathleen Mulvihill, RN
Ashley Munoz, RN
Elizabeth Neglia, RN
Jennifer Nguyen, RN
Darci Niestroy, RN
Virginia O'Connell, RN
Rosemary Padberg, RN
Emily Page, RN
Christine Pintz, NP
Mary Porretta, RN

Desiree Rand, RN
Jane Renfro, NP
Michelle Rumble, RN
Elena Schatell, CMA
Mary Schlenker, RN
Nicole Schmitzer, RN
Ashley Scott, NP
Stephanie Semadeni, RN
Julie Spielmann, NP
Christine Strasser, RN
Vanessa Swanson, RN
Mary Lou Thompson, RN
Martha Ware, RN
Kate Wilson, RN

Pharmacists

Hanan Alkaysi, PharmD
Myhanh Do, RPh
Ira Faden, RPh
Ben Kamrad, PharmD
Minji Kwon, PharmD
Kayla McFeely, RPh
Marissa Schlaifer, RPh
Mary Vogel, PharmD

Counselors, Educators, Exercise Instructors, Technicians, Physical Therapists

Veronica Abraham, MD, MPH
Katie Aliberti, MSW, LCSW
Lloyd Bell
Nancy Branberg, PT
Melinda Cater, RD
Elizabeth Chaffee, LCSW-C
Tsetsgee Davaadorj
John Dietrick
Courtney Foley, PT
Jacqueline Geralnick, RD
Debra Haynes, MPH
Irene Hruskoci, PT
Josh Jordan, PT
Desiree Labor
Elizabeth Leeman, PT
Andrea Limmer
Ellen Maland
Marie Markey, PT
David McGinness, MSW,
LCSW
Panteha Nazari, PT

Anne Reese, LICSW
Kenneth Ricks
Ashley Templer, PT
Jorge Villalobos, PT

Administrative, Clinic, & Pharmacy Support, Physical Activity Counselors

Roukiya Ahmed Ali Said
Kira Alaniz
Kirsten Albert
Senayt Alemu
Matthew Aliberti
Cole Allen
Maria Alva
Carly Amon
Alexander Amram
Samuel Anaya Cantu, MD
John Anaya II, MD
Pat Anderson
Patricia Ardila
Sandra Aresti
Sanga Aryoubi
Jemima Asare
Celine Asbury
Elizabeth Auten
Hira Azam
Katy Banks
Marta Barkell
Margaret Barua
Marila Belcher
Regina Bell
Jan Belz
Lissette Bencosme
Aishwarya Bhan
Ranjit Bhangu
Mara Bladergroen
Paola Bonilla
Sandra Boodman
Nancy Bossard
Christina Boulineaux
Joan Bready
Katherine Bruch
Elizabeth Burke
Ryan Burke
Eric Burkholder
Gabriella Cabrera
Magaly Cabrera-Ortiz
Romana Campos



Lily Zandi and Patrick Rasmussen



Mary Mellon

VOLUNTEER PROFILE

Why I Volunteer: Margot Wheeler, MD

I first worked in a community health setting while in medical school at Dartmouth, bringing educational programs into the local schools. Then in 1999, after settling in Arlington with my family, I began volunteering at Arlington Free Clinic. My prior Internal Medicine practice was in the Navy and in academic medicine, but I was always drawn to the idea of giving back in my own county. Knowing that there was a significant underserved community in Arlington, I chose to volunteer in Primary Care at AFC.

Once a month, I see Internal Medicine patients with everything from minor injuries to life-threatening heart disease and diabetes. While I provide primary care services to our patients, I know that through the Clinic's partnerships with the local hospital and a multitude of specialists, those with complex needs like renal failure can receive kidney dialysis or those who have advanced cancer can access life-saving chemotherapy. Not only am I able to provide comprehensive care through AFC, but I can also maintain continuity-of-care, having seen some patients regularly now for years.

Our patients bring with them the challenges of physical labor, family separation, and financial stressors. Caring for patients in this environment is both challenging and immensely rewarding. The other great part of working at Arlington Free Clinic is the tremendous support from the other staff and volunteers. Our team goes above and beyond to provide top-quality healthcare. It is an honor to work with such a dedicated team toward our common goal of delivering compassionate and comprehensive care. It has been my privilege to volunteer at Arlington Free Clinic for the past 19 years.

Margot Wheeler, MD Volunteer Medical Provider



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“Lyfting” barriers to care

Even with generous providers donating everything from oncology visits and surgeries, to radiation and chemotherapy, a cancer diagnosis will still mean a surge of new expenses for Arlington Free Clinic’s low-income patients and their families.

AFC recently hosted a series of focus groups with our breast cancer survivors to better understand their needs during cancer treatment—consistently, transportation topped their lists. It’s not uncommon to have multiple medical visits a week while undergoing treatment, and if you have to pay parking fees, don’t have a car, or aren’t able to drive after treatment—costs quickly add up.

Free, comprehensive healthcare is of no use to patients who can’t afford to get to it—enter rideshare company Lyft, which began partnering with AFC last year. Currently, Lyft is providing rides at no cost for patients such as 72-year-old Marta, whose breast cancer recently returned.

Marta’s treatment requires radiation twice a week for the next five weeks, but Lyft rides to the hospital on her radiation days ensure that she doesn’t miss appointments with doctors who generously donate their valuable time and expertise. Moreover, reliable transportation has removed Marta’s biggest barrier to accessing life-saving treatment.

Marta can’t afford to stop working during treatment and is continuing her job as a childcare provider. Lyft rides after radiation transport her safely back to work and make it possible for her to continue supporting herself.



“We are proud to partner with AFC to help provide reliable rides for people who need them most. Improving people’s lives is at the core of what we do at Lyft, and we hope to give patients one less thing to worry about during their journey to recovery.”

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Aurora Hills Women's Club

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The Director's Circle is a giving circle open to all former AFC board members, gala chairs, and gala special gifts chairs. Below are former AFC leaders who have made a financial contribution in the past fiscal year.

To learn more about what their gifts support, or to join the Director's Circle, please visit: www.arlingtonfreeclinic.org/directorscircle.

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of the National Capital Area

In Honor

July 1, 2017–June 30, 2018

Note: The name of the person honored is in bold.

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Gina Hijawi

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The Power of Pink

Founded in 2011 by Karen Beam Leder, the Power of Pink Fund raises dollars for organizations (including the 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 five years they have raised over \$650,000 for breast health care for the underserved community.

The Power of Pink hosts two flagship events, featuring a workout and luncheon, in Bethesda and Northern Virginia, as well as several other events.

The Power of Pink Fund began as a way to honor the founder's sister, Jill Beam Kough, a two time breast cancer survivor. Learn more at: www.power-of-pink.org

In Memory

July 1, 2017-June 30, 2018

Note: The name of the person honored is in bold.

Jay Berry

Lynn Berry & John Pelkey

Doris Y. Boehly

Mr. Russell F. Sizemore

Constance Bond

Mr. & Mrs. Michael Ernesto

James Bowley

Ms. Carol R. Bowley

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Drs. Devanhalli & Isabel Ramaswamy

Rosalie Demoney

Mr. N. Edwin Demoney, Jr.

Gaby DeThomas

Ms. Karen DeThomas

Maxine Ernesto

Mr. & Mrs. Michael Ernesto

Marian P. Francois

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Mr. & Mrs. Chuck Mitchell

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Jamie & Rachel Gravett

Ms. Betty M. Lee

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Ms. Rosa Scott

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In-Kind Donations

July 1, 2017–June 30, 2018

\$1,644,086.16



Over \$150,000

Dominion Anesthesia, PLLC
Northern Virginia
Radiology Consultants
Rx Partnership

\$70,000 to \$149,999

Americares
Direct Relief International
Fairfax Radiological
Consultants, P.C.
Virginia Neurosurgeons

\$10,000 to \$69,999

Arlington Podiatry Center
Body Dynamics, Inc.
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Cary Poropatich, MD LLC
Drs. Robert Hong &
Nadim Nasr, Arlington
Radiation Oncology
Holland & Knight, LLP
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Nirschl Orthopaedic Center
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OrthoVirginia
Ostendio Inc
Dr. Ian M. Shenk
VHC Physician Group -
Urology
Virginia Cancer Specialists
Washington Radiology
Winking Fish

\$5,000 to \$9,999

Insight Imaging Center -
Arlington
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Photography
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Orthopaedic Foot & Ankle
Center
PMA Health
Dr. Christopher J. Renner
Susan Dunlap &
Associates

\$2,500 to \$4,999

Advanced Plastic Surgery
Center
Kathleen Buto & Thomas
Korns
Henry Schein
VHC Physician Group
- Wound Care &
Hyperbaric Medicine
Virginia Nephrology Group

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Mr. & Mrs. Brian Cullen
The Equinox Resort & Spa
Kit & Ron Gordon
Barbara & James Korman
Landon Zee Tutoring
Outside the Lines Pet
Photography
Polan & Hollis, LLC
Thariani Orthodontics
Tradition Homes

VHC Physician Group:
Infectious Diseases
Chahine & Aida Yamine

\$500 to \$999

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Katy & David Banks
Disney World
Tracy & Max Donley
Hawks Cay Resort
Bud & Helen Hensgen
Hollertown
Krekeler Brower Wealth
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Maxillofacial Surgery
The Arlington Players
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Ballston BID
BbG Fitness
Becky's Pet Care
Bike and Roll DC
Breaux Vineyards
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Calico Corners
Cathedral Choral Society
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Skin Cancer Surgery Center

One U Aesthetics

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Panera, LLC
Pentagon Mixed Martial
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Pinstripes - Washington
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POP Organizing
Port City Brewing Company
PREPPED by Design Cuisine
Prospect Hill Plantation Inn
Pure Barre Arlington
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RTR Pilates
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Wintergreen Resort
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VHC Physician Group: Reinsch Pierce
Family Center for Breast Health



Arlington Podiatry Center

PRACTICE SPOTLIGHT

Virginia Hospital Center Physician Group: Cardiology

VHC Physician Group: Cardiology has provided comprehensive cardiology care in their office at Virginia Hospital Center since 2015. On a day-to-day basis, the five-physician team of Drs. Jeremy Bock, Matthew Lucks, R. Preston Perrin, Hassan Tabandeh, and Eric Thorn treat patients with heart conditions such as arrhythmia and congestive heart failure using either medical treatment to manage symptoms and threats to health, or special procedures to physically remove blockages and resolve heart problems.

Providing pro bono care to Arlington Free Clinic patients has always been an important commitment of the practice—something that gives Dr. Bock and his colleagues a lot of satisfaction: “Being able to treat patients in need of care, regardless of their socioeconomic status, is what really matters to us as doctors.”

It’s always best to treat medical conditions early, before a problem becomes a crisis. Arlington Free Clinic provides an avenue for delivering this early access to free care for those in need and this leads to better health outcomes and a healthier community. Without this care, our entire community suffers—not only those who are sick.

“Having systems and processes in place that connect our practice and Virginia Hospital Center to Arlington Free Clinic enables my colleagues and me to help people, regardless of their financial situation—and this makes working at VHC Physician Group: Cardiology even more rewarding.”



Jeremy S. Bock, MD

Faith Lutheran Church
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Global Girlfriend
Great American
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Heidelberg Pastry Shop
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Arlington Free Clinic Staff



WE AT ARLINGTON FREE CLINIC believe that all people should have access to healthcare—regardless of income, nationality or creed—so we were thrilled when Virginia expanded Medicaid coverage earlier this year. Medicaid expansion will bring care to thousands of Virginians, including many Arlingtonians.

Over the past few months, we have learned a lot as we've carefully considered the impact of Medicaid expansion on those we serve. We've had conversations with local safety-net leaders, county and state health officials, our volunteer health professionals and experts across the country to understand the gaps in care that will continue to exist. We have learned that while Medicaid will greatly increase access to health care, it will not cover everyone in need, nor will it provide access to the full range of services generally required to get and stay healthy.

Our mission—to provide free, high-quality healthcare to low-income, uninsured Arlington County adults through the generosity of donors and volunteers—remains unchanged and critically important. We will:

- Continue to serve as a comprehensive medical home for the many Arlingtonians who will remain uncovered, even after Medicaid expansion;




- Be there to fill gaps in care, for services such as dental, that Medicaid does not cover;
- Provide continuity and security for vulnerable residents by maintaining a steady medical home while the stability of the Affordable Care Act—whether the law is repealed, dismantled piece by piece, modified, or kept intact—remains unclear

AFC will be busy in the coming months with the important job of helping Medicaid-eligible patients transition to new medical providers. We plan to bring patient navigators onsite to help with enrollment and are providing training to our clinical team to ensure continuity of care for all patients and especially for those who are seriously ill.

It would be nice to think that the expansion of health insurance would give us reason to close our doors—and maybe someday it will. But for now—and for many years to come—AFC remains dedicated to providing the highest quality, most comprehensive care possible to our most vulnerable residents. Arlington Free Clinic will continue to serve—until everyone has healthcare.

Adam R. Hess, JD
Board Chair

Medicaid Expansion will bring care to many more...

	Childless Adults	Parents	People with Disabilities
			
Currently:	Not Eligible	Eligible with annual income ≤ \$6,900*	Eligible with annual income ≤ \$9,700
Beginning 2019:	Eligible with annual income ≤ \$16,754	Eligible with annual income ≤ \$28,677*	Eligible with annual income ≤ \$16,754

*based on a family size of three



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