



arlington
freeclinic

REPORT
— TO THE —
COMMUNITY

July 1, 2009 — June 30, 2010

Arlington Free Clinic provides free, high quality medical care to low-income uninsured Arlington County adults through the generosity of private donations and volunteers.



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FY10 Financial Statement

July 1, 2009— June 30, 2010

The audited financial statement for Fiscal Year 2010 will be available in January 2011. Financial information will be mailed to you at that time.

2010 Highlights

- Our amazing volunteers set multiple new records for service. During the year, a record breaking 703 volunteers donated over 20,700 hours to AFC. The value of service broke the \$1 million mark for the first time. But we still think our volunteers are priceless.
- Phased implementation of a new electronic medical record (EMR) system began in February and continued through the early summer. A total of 131 training sessions were provided for 342 volunteers, staff and interns. The EMR is now being used to manage and coordinate care for all patients.
- Our new clinic facility was awarded LEED Gold for sustainable design and construction. AFC is the first free clinic in the nation to earn this distinction. We not only offer a healthy environment for patients, volunteers and staff, but the energy efficient space is reducing costs associated with operating the facility. This allows us to direct more donated funds to patient care.
- AFC has once again earned the coveted 4-star rating from Charity Navigator, the nation's largest charity evaluator. Only one in four nonprofits in the nation receive this top rating indicating that AFC carries out its mission in a fiscally responsible way and outperforms most other charities in America.
- In the past 18 months, the number of people seeking to become registered patients at AFC has more than tripled. In September 2010, more than 120 individuals stood in line on our patient Lottery Day for 25 open slots. Because we provide comprehensive, coordinated care for all patients, we must limit the number of patients we take from the lottery. However, we automatically accept patients referred directly from Virginia Hospital Center (VHC) and area shelters. Last year, we brought in 528 new patients, including 149 who were accepted by direct referral.
- Our Nurse Practitioner program continues to provide expanded access to care for our patients. During the year, the program provided over 2,500 appointments; this represents 20% of the total appointments offered at AFC.
- This year, we piloted group appointments for patients with diabetes. Our first group of 5 men met once a month for 4 months with an AFC team that included our medical director and two nurse managers. An AFC nutritionist and pharmacist also took part in the educational process. We were delighted by the high level of enthusiasm generated within the group and the support patients gave to one another. Baseline testing of health indicators will be compared with follow up testing in 6-months.



Potential patients in Clinic waiting room during September lottery for new patients. Over 100 individuals stood in line for 25 open slots.

Patient & Services

July 1, 2009— June 30, 2010

Total # of Unduplicated Patients <i>*Includes 509 New Patients</i>	1,676*
Total # of Medical Visits On-site	9,726

AFC Programs

Medical Program	5,972
GYN Program	794
Mental Health Program	809
Physical Therapy Program	571
Patient Education Program	702
Intensive Case Management Program	878

Appointments Provided

Total # of Appointments with Physician Specialists On-site

Cardiology	330
Endocrinology	215
Gastroenterology	77
Nephrology	115
Optometry	64
Orthopedics	311
Pain Management	5
Podiatry	65
Pulmonology	76
Rheumatology	63

Patients by Zip Code

In percent	
22201	7%
22202	2%
22203	12%
22204	53%
22205	4%
22206	9%
22207	4%
22209	5%
22210	2%
22213	2%

Referrals to Services Provided by Network Partners

Anesthesia
Cardiology
Cardiovascular Surgeon
Colorectal Surgeon
Dermatology
Endocrinology
ENT
Gastroenterology
General Surgeon
Gynecology
Hem/Oncology
NIH
Neurology
Neurosurgeon
Ophthalmology
Optometry
Orthopedist
Pathology
Podiatry
Pulmonology
Radiation Oncology
Reconstructive Surgeon
Rheumatology
UVA
Urology
VHC Outpatient Clinic
Uro-gyn

Number of Diagnostic Scans by Medical Providers other than Virginia Hospital Center

CT Scans	57
MRI's	51
Sonograms	117
Nuclear Medicine	2

Diagnostic Tests Provided by Virginia Hospital Center

Number of Laboratory Services	8,174
Women's Imaging	921
CT Scans	32
MRI's	8
Sonograms	63
Dexa Scans	15
Nuclear Medicine	13
Pet Scans	3
Number of patients treated with chemotherapy	17
Number of patients treated with radiation	7



Staff and patients at the 2010 Komen Race for the Cure.

Your Support of Arlington Free Clinic is Greatly Appreciated!

Honor Roll of Donors

July 1, 2009— June 30, 2010

This **Honor Roll of Donors** lists donors to Arlington Free Clinic between **July 1, 2009 and June 30, 2010**, including donors through United Way and the Combined Federal Campaign, donors of medical services and other services, gifts to the Gala's silent auction, and gifts made in honor or memory of someone valued at \$100 or more. We apologize that space has not allowed us to list the names of our numerous donors who supported the Clinic with gifts of \$10 to \$99.



Virginia Hospital Center provided \$921,655 in x-rays and laboratory diagnostic services for our patients.

Medical Practices Vital to AFC

Arlington Free Clinic is indebted to the following medical practices that so generously provided a wide variety of specialty medical services in their offices for hundreds of Clinic patients. These medical practices donated hundreds of thousands of dollars of their time and expertise in FY10 to care for Clinic patients.

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Kevin Sullivan, 2010 Chair of the Special Gifts Committee for the Benefit Gala, announces the success of his committee in raising vital funds for the Clinic.

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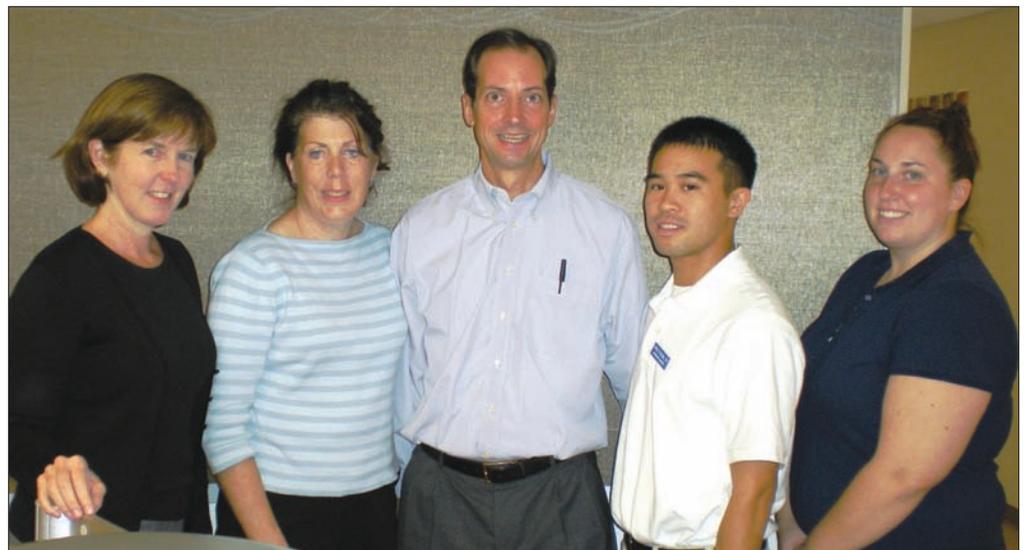
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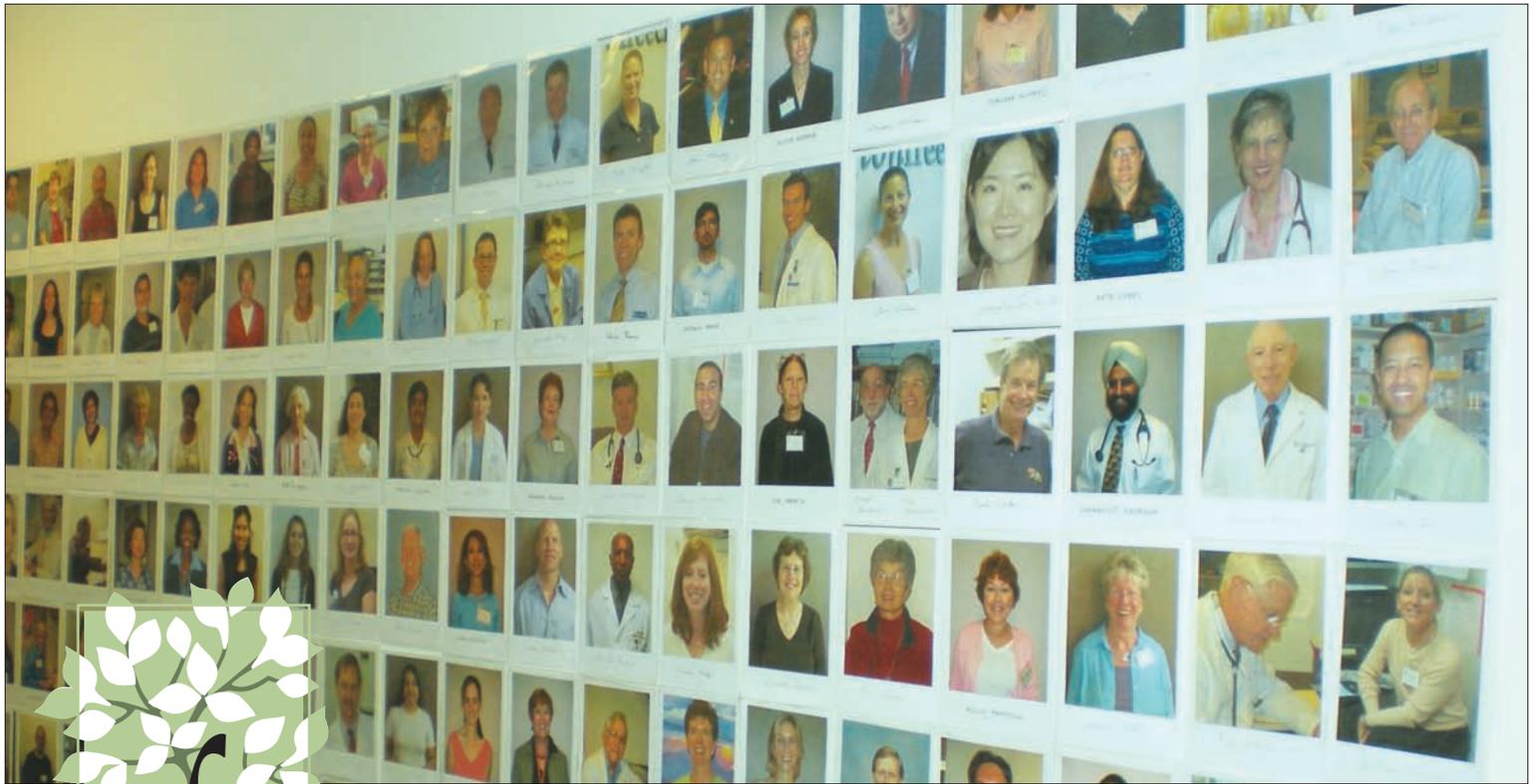
Hon. & Mrs. Edward Holland donated a stay in their vacation home for the Gala Silent Auction.

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The Honor Roll of Volunteers

Individuals United in a Mission of Caring

Once more, our AFC volunteers have proved what an amazing group of people they truly are! In the past year, they not only acclimated to the new Clinic and the changes to our procedures generated by the move but also met the challenges of working with our new electronic medical record and eligibility systems. In fact, the value of their time for the fiscal year has, for the first time, topped the one million dollar mark! Our volunteers' belief in and commitment to our mission create an environment where changes and challenges are simply opportunities to provide better care. To all of our volunteers, past and present, we extend our heartfelt thanks!

VOLUNTEERS *at a* GLANCE

July 1, 2009 — June 30, 2010

Total hours in FY 10 — **20,789**

Value of Volunteer Hours — **\$1,099,042**

Medical Hours (in clinic) — **10,623**

Non-Medical hours (in clinic) — **6,198**

Total Volunteers — **703**

Note: We have endeavored to present the list based upon volunteer roles. Volunteers are only listed once even if they act in more than one role. Please accept our apologies in advance for anyone inadvertently omitted in the sorting process but do let us know.

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Michael and Vicki Foster at the Gala. Michael was 2009 Chair of the Special Gifts Committee.

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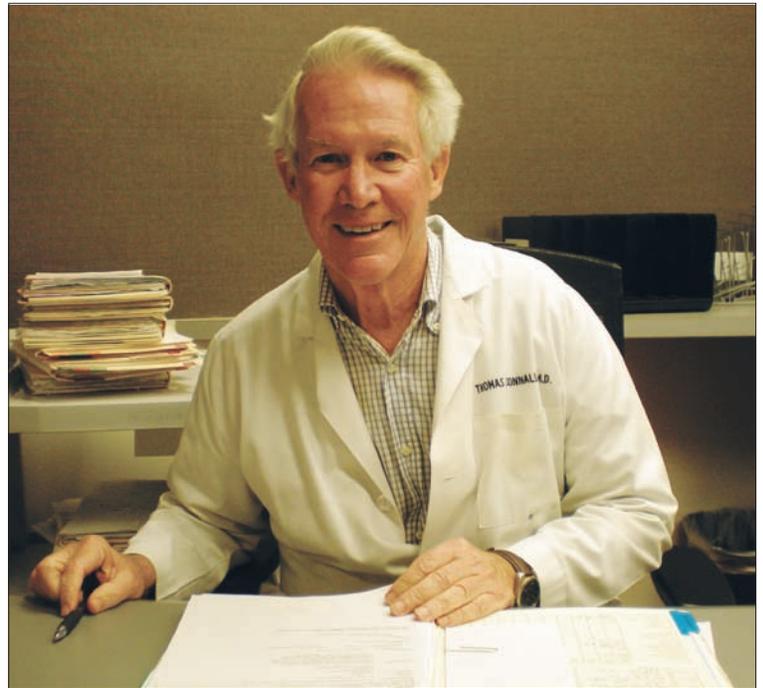
2010 Benefit Gala Committee: Sitting: Gerry Welch, Pia Clark, Staff Liaison. Standing left to right: Stacey Settle, Kit Gordon, Kimberly Notarianni, MaryBeth Sullivan, Jen Griffith, Abby Reynolds, Rosemary Loney, Rosy Lowenkron. Missing from the photo: JoAnn Allen, Megan Bailey, Ana Beck, Jennifer Callahan, Gerri Ferguson, Grainne Fetherston, Nichole Gallahue, Christine Kohls-Heavner, Mary Howard, Marianne MacDonald, Amy Puglisi, Dee Romanek, Abbey Slior, Jenn Sullivan, Joanne Swain, Jayne Talbot, Lauri Willner, Allison Wolf, Allison Zidlicky

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 Allison Wolf
 Liesl Wright
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 Allison Zidlicky
 Michelle Zook

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 Alberto Chalmeta, MD
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 Claire Cifaloglio, MD
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 John Feigert, MD
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 William Franklin, MD
 Loren Friedman, MD
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 Lynne Gaby, MD



MaryBeth Sullivan, 2009 & 2010 Gala Chair with Pia Clark Development Officer
 MaryBeth received a Gold Star for her volunteer service.



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 John Garrett, MD
 Luigi (Gino) Girardi, MD
 Herbert Golomb, MD
 Gordon Gondos, MD
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 Jeff Hales, MD
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 Robert Kruger, MD
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 Seema Kumar, MD
 Diego Kuperschmidt, MD
 Marcelo Kuperschmit, MD
 Corrine Lahti, MD

Jennifer Lee, MD
 David Lee, MD
 Joseph Lee, MD
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 Charles Lefton, MD
 Peter LeNard, MD
 Leonard Levine, MD
 Warren Levy, MD
 C. Vivian Liang, MD
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 Devra Marcus, MD
 Kenneth Marshall, MD
 Mami Martin, MD
 Kenneth Mason, MD
 Thomas McCabe, MD
 John McConnell, MD
 Christopher McManus, MD
 Russell McWey, MD
 Robert Meister, MD
 Andrew Montemarano, MD
 Robert Mordkin, MD
 Robert Morrow, MD
 Timothy Muir, MD
 Talal Munasifi, MD
 Trevor Myers, MD
 Anissa Nabi, MD
 Suchithra Nancherla, MD
 Dorothy Nicholson, MD
 Robert Nirschl, MD
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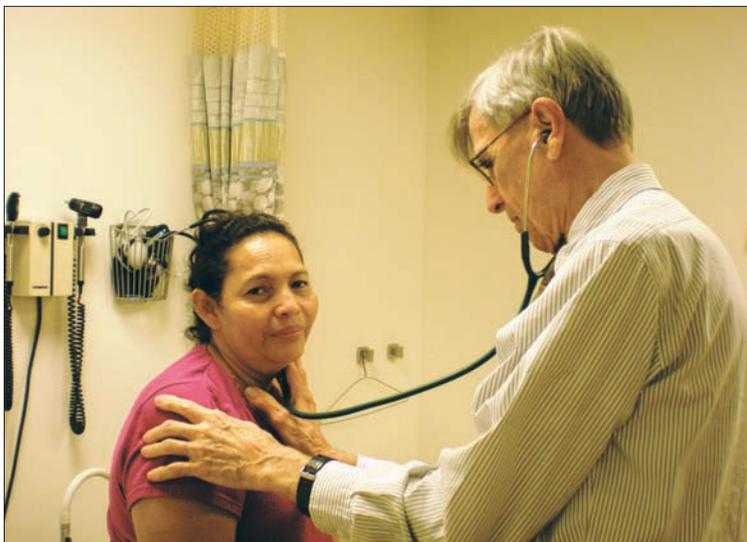
Volunteer Thomas Rakowski, MD Nephrologist

Jane Piness, MD
 Bradford Pontz, MD
 Caroline Poplin, MD
 Cary Poropatch, MD
 Edward Pozarny, MD
 Kathleen Price, MD
 Ulrich Prinz, MD
 Martin Prosky, MD
 Chaitanya Puri, MD
 Thomas Rakowski, MD
 Claude Raphael, MD
 Russell Rayman, MD
 Charles Reidel, MD
 Christopher Renner, MD
 Joan Ritter, MD
 Patricia Rodriguez, MD
 David Romness, MD
 Faye Rosenbaum, MD
 Gustavo Rossi, MD
 John Sandiford, MD
 Sanford Schaps, MD
 Charles Schehl, MD
 Frederick Schwab, MD
 Molly Sebastian, MD
 Ian Shenk, MD
 Candice Silvestre, MD
 Dodd Sims, MD
 Shalini Sitzmann, MD
 Damaneon Smith, MD
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 Lawrence Stein, MD
 Laura Stone, MD
 John Thurber, MD
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 Leigh Watlington, MD
 Clay Wellborn, MD
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Sean Whelton, MD
 Eleanor Wilson, DPM
 Othon Wiltz, MD
 Donald Wright, MD
 Christopher Wyckoff, MD
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 Steven Zimmet, MD

Nurse Practitioners, Physician Assistants & Nurses

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 Carol Baker, RN
 Gigi Bate, RN
 Pat Brosnan, RN
 Pamela Brown, RN
 Tess Cappello, RN
 Heather Causseaux, NP
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 Allan Korff, NP



Volunteer Dr. Charles Schehl examining a patient.



Volunteer Ben Kamrad, Pharmacist



Volunteer Leigh Watlington MD, Gynecologist

Beth Kreikemeier, RN
 MaryAnn Kwiatkowski, NP
 Liz Lawhon, NP
 Trudy Lefrak, RN
 Clester Lenoir, RN
 Mary Ludden, RN
 Martha Mathis, RN
 Mary Miossi, RN
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 Alma Noble, RN
 Virginia O'Connell, RN
 Emily Page, RN
 Wendy Phillips, PA
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 Mary Porretta, RN
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 Marjorie Radford, RN
 Robert Reynolds, RN
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 Blanca Robles, LPN
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 Julie Seeley, RN
 Sylvia Smith, NP
 Lorrie Stanton, RN
 Christine Strasser, RN
 Kathryn Sweet, NP
 Jean Vita, RN
 Leilani Wagner, NP
 Susan Walsh, RN
 Megan Wholey, NP
 Mary Winslow, RN
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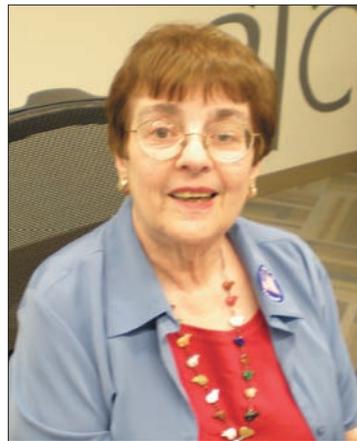
Pharmacists

Mikhail Arthur
 Betty Baumann
 Wade Chi, PhMD
 James Citron
 Ira Faden

Heidi Gardner-Floden
 Joe Forti
 Ben Kamrad, PhMD
 Colman Mulkerrins, PhMD
 Marissa Schlaifer
 Jennifer Van Meter, PhMD

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 Nacer Amrani
 Jane Ashley, MSW
 Holly Burt, PT
 Jennifer Chu, PT
 Fred Clarke
 Mario Cuellar
 John Dietrick
 Barbara Dittmar
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 Maribel Gonzales
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 Alfredo Hernandez
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 Syed Ali
 Marguerite Andreu
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 Lourdes Argandona
 Celia Arnade
 Patricia Arvidson
 Janelle Bacani
 Lucia Baker
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 Marta Barkell
 Caroline Barrett
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 Gail Bell



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Volunteer Carrie Keefe, Eligibility Screener

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 Lois Bundschuh
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 Kathryn Calderone
 Julie Calvert
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 Ning Hua
 Amalia Iglesias



Volunteer Paul Messinger, MD Interpreter

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 Carol Jones
 Joyce Kaiser
 Peter Kaufmann
 Carrie Keefe
 Barbara Keish
 Stevie Kelly
 Mary Ellen Kemp
 Kidist Ketema
 Menawar Khalil
 Amita Khatri
 David Kim
 Ji Young Kim
 Lucy Kim
 Krystle Kopacz
 Bezaye Kumbi
 Cecilia Kwak
 Marie Teresa Laguna
 Margaret Lampe
 John Landman
 Michelle LaRue
 Marge Larson
 Jasmine Latney
 Susan Lechner
 Gloria Lee
 Sylvia Lesse
 Karen Levitan
 Nancy Limprecht
 Cathy Lin
 Carolyn Little
 Hugh Lyford
 Jennifer MacKellar
 Chris Markus
 Kathleen McSweeney
 George Meek
 Liz Megas
 Mary Mellon
 Paul Messinger
 Richard Mickle
 Marianne Moerman
 Andy Moore
 Christine Murray
 Elizabeth Murray
 Kay Nassetta
 Isabelle Orozco
 Marvin Ortiz
 Marcela Otero

Daphne Papamichael
 Karen Pyrah
 Carla Quiroga
 Lynne Ragazzini
 Annette Ramos
 Gretchen Redmond
 Elizabeth Rhee
 Carrie Rich
 Holly Rickman
 Maria Rios
 Mery Rodriguez
 Dorothy Rogers
 Maria Rojas
 Sanna Ronkainen
 Elizabeth Row
 Christine Ryan
 Molly Ryan
 Beronica Salas
 Mimi Sanchez-Hoff
 Lucrecia Santano
 Wilfredo Sauri
 Terri Schapiro
 Greg Schlosberg
 Susan Schmidt
 Anne Schuurman-Thompson
 Elizabeth Sejas
 Susan Senn
 Rabeea Shaheen
 Safwan Shahriar
 Warda Shamshad
 Sarah Sheldon
 Mathilda Shepard
 Gary Sherwood
 Satinder Singh
 Marilee Socia
 Amor Sola
 Lenora Sowa
 Larry Suiters
 Florence Summers
 Ledia Tabor
 Bill Tirado
 Ashley Torres
 Laura Torres
 Diana Tran
 Gladys Ureta
 Fernando Van Reigersberg
 Stephanie Van Reigersberg
 Justine VanWie
 Jorge Vargas
 Mike Vita
 Nicole Wanner
 Robert Wilson
 James Wong
 Cshantara Woolfolk
 Ahroom Youk
 Earle Young, Jr.
 Jennifer Zutz



Volunteers: Jean Luks, Lab Assistant; Monika Harrison, Receptionist; Jennie Gasch, Discharge Instructor

AFC Staff



Clinic Staff: Seated left to right: Marietha Mayen, Coralie Miller, Nancy Pallesen, Kate Wilson, Paula Potts. Middle left to right: Marlene Alvarez, Rosa Scott, Lee Miller, Carol Marsh, Wendy Boning, Pia Clark, Marlee-Jo Bonebrake, Jyl Pomeroy, Sheila Ryan. Rear left to right: Jody Steiner Kelly, Leslie Henry, Martha Ware, Solomon Habte, Matt Kennedy, Pat McDermott, Mary Claire Abbot, Carolyn Clark, Judy Dietrick. Missing from the photo: Maura Constance, Mary Anne Panich, Mary Ann Taylor, Jorge Vargas

Arlington Free Clinic Staff

Nancy S. Pallesen
Executive Director

Coralie Miller
Director of Finance & Human Resources

Development

Pat McDermott
Director of Development

Paula Potts
Director of Foundation Relations
Pia Clark
Development Officer

Nursing Services

Sheila Ryan
Director of Clinical Services

Marlee-Jo Bonebrake
Nurse Manager

Carolyn Clark
Critical Care Manager

Maura Constance
Nurse Practitioner

Leslie Henry
Nurse Practitioner

Carol Marsh
Nurse Manager

Jyl Pomeroy
Program Manager, Mental Health

Mary Anne Taylor
Nurse Manager

Martha Ware
Nurse Manager, Women's Health

Matt Kennedy
Case Manager

Clinical Administration

Jody Steiner Kelly
Director of Clinical Administration

Marlene Alvarez
Eligibility Associate

Mary Claire Abbot
Clinical Administrator

Solomon Habte
Data/IT Administrator

Marietha Mayen
Appointment Scheduler

Rosa Scott
Receptionist

Pharmacy Services

Judy Dietrick
Pharmacist-in-Charge

Wendy Boning
Pharmacist

Mary Anne Panich
Pharmacist

Volunteer Administration

Lee Miller
Volunteer Director



AFC participates in the Washington Metro area "Bike to Work Day,"
Staff left to right: Maura Constance, Mary Claire Abbot, Coralie Miller, Matt Kennedy, Paula Potts



Lottery Day at the Clinic

Your support of
Arlington Free Clinic
is greatly appreciated!