



Report to the Community

JULY 1, 2013 – JUNE 30, 2014

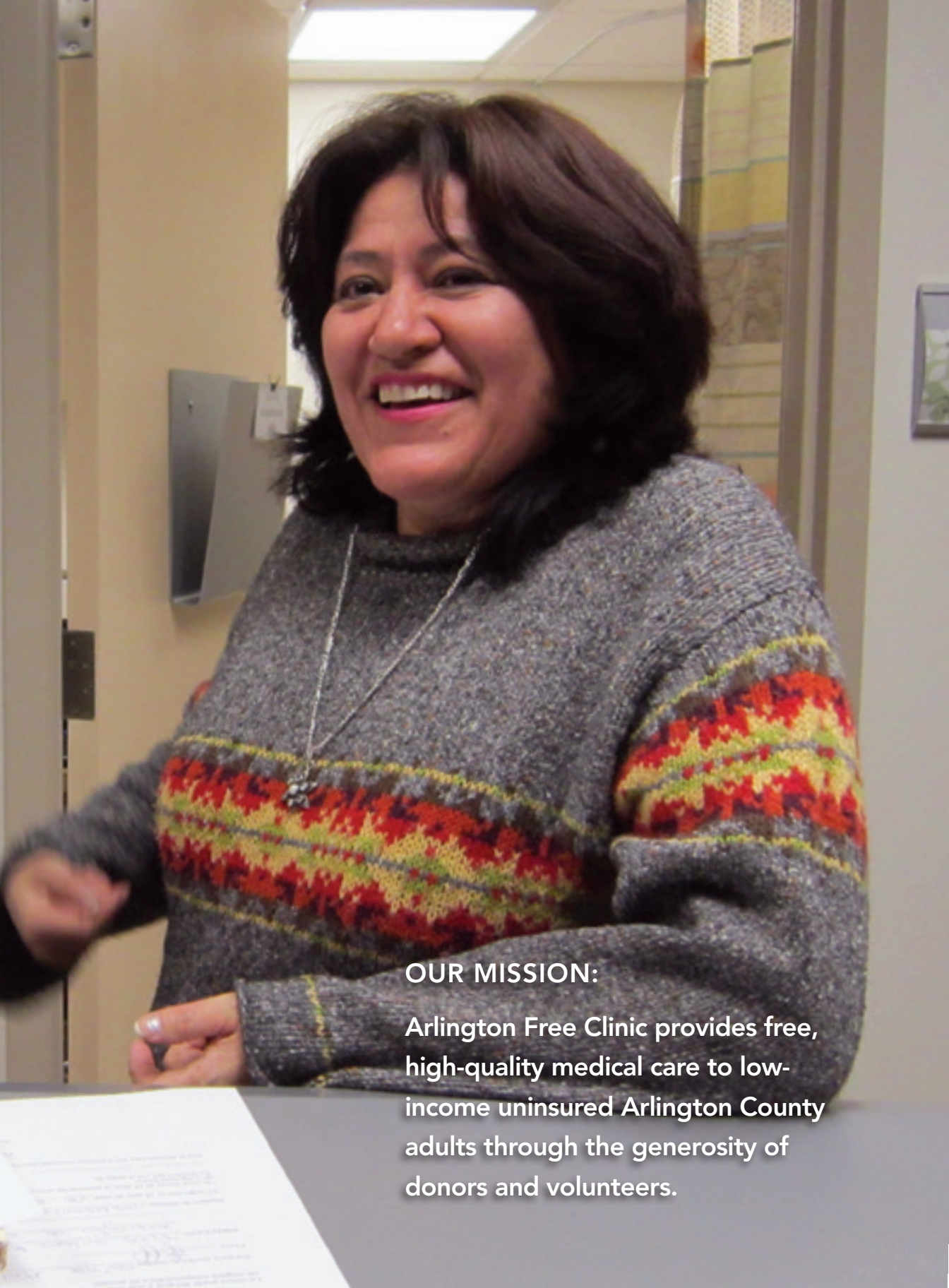


arlington
freeclinic

CELEBRATING 20 YEARS



Vivian Liang, MD



OUR MISSION:

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

OUR SERVICES

COMPREHENSIVE MEDICAL CARE

- Primary, preventative and specialty care for adults
- Gynecology
- Care for chronic diseases including diabetes, hypertension, cancer and obesity
- Optometry
- Pharmacy
- Cancer screenings
- Diagnostic and laboratory services
- Physical Therapy
- Wellness classes including nutrition, yoga and parenting

EDUCATION AND OUTREACH

- Nutrition
- Osteoporosis
- Diabetes
- Breast health

MENTAL HEALTH

- Psychiatric assessment and medication management
- Short-term therapy
- Support groups

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

OUR PATIENTS

Our patients are people you see every day in our community – the young cashier handing you your order at a busy doughnut shop, and the older gentleman counting your shirts at your neighborhood dry cleaners. Others work behind the scenes – the dishwasher in a popular Clarendon restaurant and the evening security guard at a Rosslyn office building. Still others have faithfully served for years taking care of children or cleaning homes. They work hard, focused on doing a good job so they can provide for their own families. Many never thought they would ever need free health care.

All live in Arlington County and have incomes at or below 200% of the Federal Poverty Level (for a family of 4, this is \$47,700). Most are parents with children who live at home.

Although most of our patients work, their jobs do not include access to health insurance. In recent years, an increasing number of new patients came to Arlington Free Clinic (AFC) after losing their jobs and their insurance.

There are two ways to become an AFC patient.

- 1) Each month, we accept approximately 25 new patients through a lottery process.
- 2) Individuals referred by Virginia Hospital Center, the Arlington County Department of Human Resources and shelters that meet eligibility requirements are directly accepted. These include our sickest patients, such as those with cancer, uncontrolled diabetes and renal failure.

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



More than half
of our patients live in the neighborhood
where the Clinic is located.

Facing the Future Together

As she waited quietly in the exam room, Mung's heart was racing. She'd known for months that she was sick. But taking time off from her minimum wage job was a financial burden she'd hoped to avoid. During the 10 years that Mung had lived in the US, she'd never seen a doctor. But over time, her throat had become increasingly swollen and sore – finally reaching the point that it was difficult to speak and swallowing brought on excruciating pain. She didn't know what was going on. But two things she did know: she didn't have health insurance and there was no way she could pay for a medical crisis.

While Mung waited, the physician who had examined her was placing a call to Arlington Free Clinic (AFC). The doctor knew that Mung's symptoms suggested cancer and that she was uninsured. When returning to explain next steps for Mung, his first suggestion was to go to AFC.

Once at AFC, the waiting turned to action. Volunteer ENT Scott Spagnoli saw Mung right away. He ordered diagnostic testing that confirmed Stage III cancer. With no time wasted, Mung began a grueling regimen of simultaneous radiation and chemotherapy – 49 rounds of radiation and 10 of chemo. Through it all, Mung proved to be tough, resilient and grateful to be receiving top quality care.

After completing treatment, she regained strength and was back at work. But when she started to feel sick again, this time she knew what to do. She called Jyl, the AFC staff nurse who manages her care, and heeded Jyl's directions to come right to the Clinic for an exam.

Ten days of antibiotics for a chest infection didn't clear up her symptoms, so Mung was referred for a chest CT and follow up with Pulmonary & Medical Associates of Northern Virginia, whose physicians generously provide pro bono care for AFC patients. Now, as Mung awaits the results of the latest series of tests, she's clearly apprehensive. But Mung knows that this time, Jyl will be with her, along with AFC's wide network of medical support. Mung knows that this time, she's not alone.



Beginning a New Chapter in Leadership

In early 1993, Nancy came to a meeting of the Steering Committee that was working to establish a free clinic in Arlington. During the months that followed, Stephen Sheehy, MD volunteered to be the Medical Director, Arlington Hospital committed to provide pro bono lab and x-ray services, and Thomas Jefferson Middle School was secured as the first clinic site. But Nancy knew that opening a clinic, recruiting volunteers and raising money would be a full-time job. So she suggested that we hire her to take it on. This required a huge leap of faith since, as she well knew, the Clinic had no funds. Any salary would have to be paid at a later date, if and when funds became available. Nancy was of course hired. From this modest beginning, Nancy has shepherded the Clinic to where it is today.

It has been truly amazing to see the almost unimaginable transformation of Arlington Free Clinic under Nancy's guiding hand. Because of her dedication to our mission and her remarkable organizational and leadership skills, thousands of low-income Arlingtonians have had the opportunity to live healthier lives.

At end of this year she will be retiring. Nancy will, quite simply, be missed greatly. We wish her only the best. At the same time, we remain mindful of our mission to provide top quality health care for low-income Arlingtonians.

Last year, when the Board of Directors learned of Nancy's plans, we established a comprehensive succession process. We reviewed AFC's sustainability plan and reexamined the organization's mission statement, essential job descriptions and best practice policies. Then, we engaged a consultant in our search for the organization's future leader. Currently, the consultant is compiling her recommendations from among an exciting pool of candidates. We expect to appoint an Executive Director before the year's end, and we are confident that Nancy's replacement will lead AFC to continued clinical and organizational excellence in the years to come.

— Joe Backer, MD
Founder, Arlington Free Clinic

— Kevin R. Sullivan, JD
Chairman, Board of Directors



Left to right: Joe Backer, MD; Nancy Sanger Pallesen; Kevin R. Sullivan,

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Executive Director

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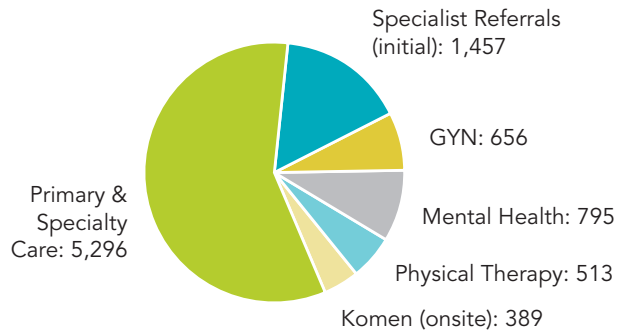
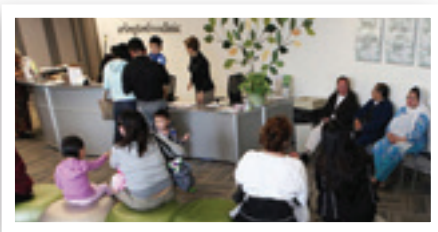
HIGHLIGHTS

JULY 1, 2013 – JUNE 30, 2014

Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers and donors. Working together, our major achievements of FY14 include:

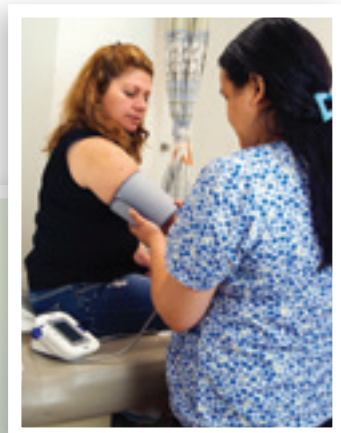
Numbers that count

AFC provided **9,106 medical visits** for **1,756 individual patients**.



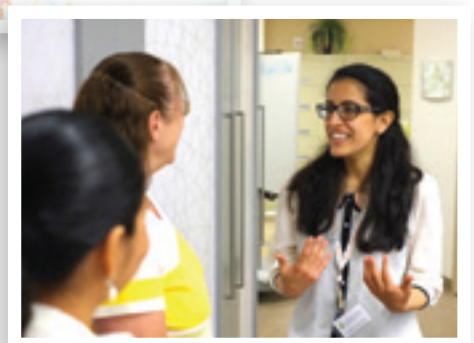
New Patients

We brought in **430 Arlington residents** who previously did not have regular access to medical care. Of these, 38% came to us by referral from Virginia Hospital Center and community shelters.



Volunteers

Volunteers are integrated into all aspects of patient care and clinic operations. Last year, **640 volunteers** provided over **18,180 hours of service**. The value of their volunteer hours is estimated to be **\$1,116,936**. Additionally, 175 Gala and Special Gifts Committee volunteers donated countless hours to raising essential funds through the Annual Benefit Gala.





Adapting to the Affordable Care Act (ACA)

A small percentage of AFC patients are now able to purchase affordable health coverage. Throughout 2014, AFC partnered with local organizations to provide Health Insurance Marketplace counseling for patients. Over 100 patients enrolled in insurance plans and are making the transition to their new medical providers, fully equipped with their medical histories and medication lists. All have the opportunity to return to AFC for additional counseling if they have difficulty navigating their new insurance plans. As those who are eligible for insurance leave AFC, we are able to bring in more low-income Arlingtonians who continue to lack options for affordable health care.

Achievements in Breast Health Quality

Arlington Free Clinic is one of 13 clinics in the Washington Metro region that have been participating in the Breast Health Quality Consortium, a program initiated and supported by Susan G. Komen for the Cure and administered by the Primary Care Coalition of Montgomery County. The Consortium was created... "to reduce disparities in breast cancer mortality and quality of care for low-income and uninsured women in the region."

The Consortium studied three years of 1) Screening Rates by Clinic, 2) Referrals Rates by Clinic and 3) Follow-up after Abnormal Screening By Clinic – plus the national benchmarks. Arlington Free Clinic ranked #1 for all three measurements.



Patient Giving Tree

Join us in thanking all of the patients who have donated to Arlington Free Clinic over the past two decades. While medical care is free at AFC, grateful patients have always chosen to make donations as they are able. During our 20th Anniversary year, we wanted to display the contributions our patients make toward their care in a special way, so we created a Patient Giving Tree in our lobby. Each leaf on the wall behind the reception desk represents a patient who has given back to the Clinic. Over half of our patients have donated so far!

FINANCIAL REPORT

JULY 1, 2013 – JUNE 30, 2014

ASSETS

	JULY 1, 2014	JUNE 30, 2013
Cash & Equivalents	\$321,982	\$179,759
Contributions Receivable	\$430,955	\$462,818
Inventory	\$5,093	\$6,101
Prepaid Expenses	\$85,024	\$63,248
Investments	\$2,458,113	\$2,230,898
Fixed Assets	\$3,896,857	\$3,987,254
Total Assets	\$7,198,024	\$6,930,078

LIABILITIES AND NET ASSETS

	JULY 1, 2014	JUNE 30, 2013
Current Liabilities		
Accounts Payable & Accrued Expenses	\$154,678	\$154,445
Capital Lease Payable Current Portion	\$5,216	\$6,472
Total Current Liabilities	\$159,894	\$160,917
Long Term Liabilities		
Capital Lease Payable Net of Current Portion	\$17,711	\$1,146
Total Liabilities	\$177,605	\$162,063

NET ASSETS

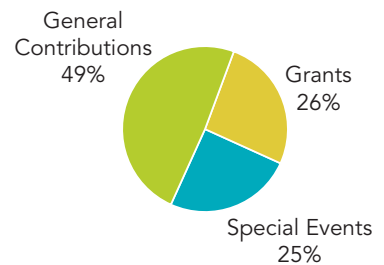
	JULY 1, 2014	JUNE 30, 2013
Unrestricted	\$5,768,008	\$5,587,096
Temp Restricted	\$884,137	\$812,645
Permanently Restricted	\$368,274	\$368,274
Total Net Assets	\$7,020,419	\$6,768,015

TOTAL ASSETS AND LIABILITIES*	\$7,198,024	\$6,930,078
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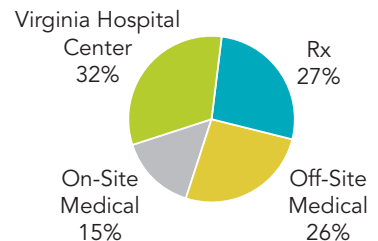
*Includes value of AFC office

TOTAL FINANCIAL SUPPORT:
\$7,645,213

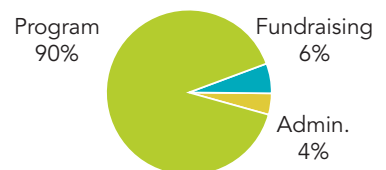
Cash Contributions:
\$2,760,095



In-Kind Contributions:
\$4,885,118



Expenses:
\$7,392,809



Our Vision for Increasing Access to Dental Services

I am happy to be able to share some exciting news about an initiative to provide dental care to our patients at Arlington Free Clinic. Thanks to Nancy Pallesen's vision, there is a plan underway which will address this important gap in the services we provide.

The connection between oral health and overall health is well-recognized. Moreover, oral disease has a profound impact on a person's quality of life and psychosocial well-being. Not surprisingly, the greatest burden of oral diseases is on disadvantaged and socially marginalized populations. The goal of this new initiative is to expand AFC's scope of medical care to include access to low cost, high quality oral health services. AFC is currently searching for an appropriate space in which to provide dental

services. This program will build on AFC's well established community partnerships and develop new relationships to provide and support dental services. These services will include comprehensive examinations, cleanings, fillings, extractions and preventive care. Our long-term vision is the establishment of a three-operator dental facility that will support and sustain ongoing oral health care that is integrated into AFC's patient centered medical model.

If you are interested in learning more about how you can help with this initiative, please contact Jody Steiner Kelly by email at jody@arlingtonfreeclinic.org.

— *Joan Bowes Ritter, MD*
Medical Director



MEDICAL PRACTICES VITAL TO AFC

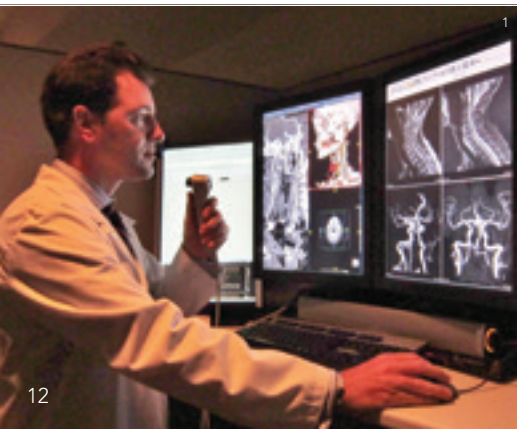
Arlington Free Clinic is indebted to the following medical practices that so generously provided a wide variety of specialty medical services in their offices for hundreds of AFC patients.

Advanced Plastic Surgery Center
Arlington ENT & Arlington
Audiology Associates
Arlington Musculoskeletal Center
Arlington Palliative Care, PLC
Arlington Podiatry Center
Arlington Radiology Associates
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VHC Physician Group: Colorectal
Surgery
VHC Physician Group: Infectious
Diseases
VHC Physician Group: Reinsch
Pierce Family Center for Breast
Health
VHC Physician Group: Surgical
Specialists
VHC Physician Group:
Urogynecology & Pelvic Surgery
VHC Physician Group: Urology
Washington Eye Physicians
& Surgeons
Washington Radiology Associates

1- Ivan Petrovitch, MD, Northern VA Radiology Consultants 2- Robert Christie, MD, Virginia Cancer Specialists 3- Northern Virginia Neurologic Associates



HONOR ROLL OF DONORS

This Honor Roll lists donors to Arlington Free Clinic between July 1, 2013 and June 30, 2014. Gifts of every size are appreciated and wisely used.

\$100,000 to \$199,999

CareFirst BlueCross BlueShield
Mr. & Mrs. Timothy Naughton

\$50,000 to \$99,999

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*The Christiansen Table,
2013 AFC Benefit Gala*



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\$1,000 to \$2,499

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That is an incredible blessing, and it breaks our hearts to know that far too many people go without proper care. Contributing to Arlington Free Clinic is an important way to give back. For us, this giving is nothing short of a necessary accompaniment to our health care blessings.

The Clinic is a lifeline for so many who have no other way to access health care, and the need continues to be great.

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Left: The Gordon and Silverwood Table,
 2013 AFC Benefit Gala



Right: The Grand Benefactor Table: The JBG Companies,
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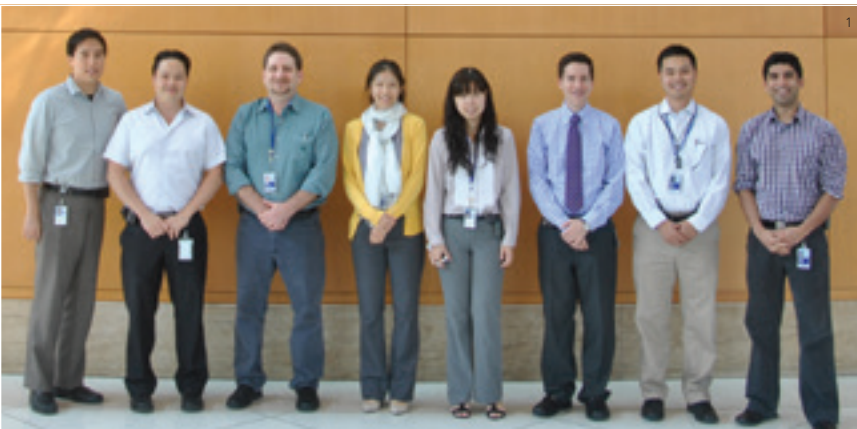
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Michelle Zook

Laura Stone, MD
and patient.



2014 Gala Committee, left to right: Stacey Settle, Michelle Zook, Kathy Townshend, Allison Shay, Laura Tramonte, Adrienne Scribner, Paige McKenzie, Kit Gordon

A Deeper Look Inside Arlington Free Clinic

I started volunteering at Arlington Free Clinic in January 1994. Over the next two decades, I watched as incoming patients arrived with more and more serious conditions. As AFC grew and expanded services to address complex illnesses, I sometimes wondered if volunteer clinicians could adequately provide care at the level required by our truly sick patient population.

After I left my volunteer shift I wondered... did my notes and messages get transferred? Did lab tests get ordered and reviewed? Were patients receiving referrals and going to their follow-up appointments?

This summer, my questions were answered when I had the opportunity to join the staff of Arlington Free Clinic full-time as a Medical Case Manager. During my 20 years with AFC as a volunteer, I'd only glimpsed a piece of what was happening – so much more goes on behind the scenes. It's been an amazing experience to witness firsthand how all the different pieces come together to yield coordinated, high-quality medical service. The AFC staff works closely with our network of volunteers and partners to treat the whole patient, thus ensuring a very high level of care. Providers in the community give generously of their time and talent so that patients can be referred offsite for anything not provided onsite at the Clinic. We take patient care a step further for those with complex or chronic conditions by assigning them to one of four staff nurses who closely monitor their progress and make sure they're making appropriate health gains. I am impressed and so proud to be part of Arlington Free Clinic.

—Eleanor Richards, RN

VOLUNTEERS

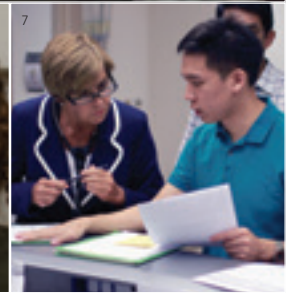
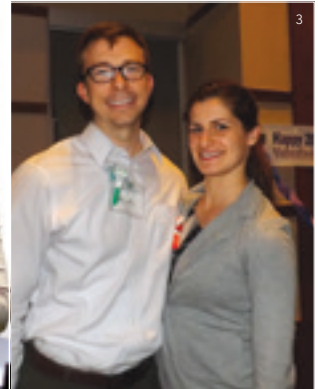
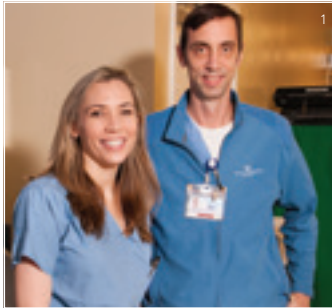
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Gil Ascunce, MD
Gordon Avery, MD
Joseph Backer, MD
Achana Ball, MD
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 Leventon Brown
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 Mary Winslow, RN
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 Loan Chin, PharmD
 Caroline Eimer, PharmD
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 Michael Girgis, PharmD
 Ben Kamrad, PharmD
 James Mizner, RPh
 Colman Mulckerrins, PharmD

Marissa Schlaifer, RPh
 Mary Vogel, PharmD

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 Nacer Amrani
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 Ryn Lister, PT
 Jenna Marchitello, PT
 Merry Macke, MSW
 Marie Markey, PT
 Emily Ann Miller, RD
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 Allaire Monticollo
 Panteha Nazari, PT

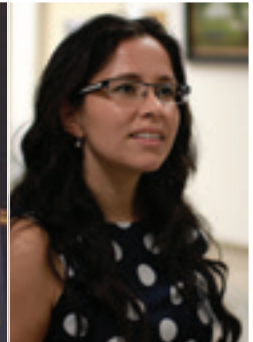
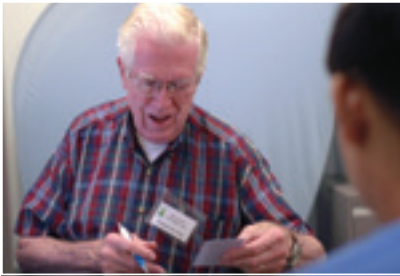
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 Sandra Alboom
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 Marguerite Andreu
 Jacqueline Aredo
 Dorothee Arnold
 Maria Christina Arnold
 Eleonore Aubry



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5- Bud Hensgen

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Surekha Cohen
Nurse Manager

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Nurse Practitioner

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Matthew Kennedy
Case Manager

Terry McManus
Nurse Practitioner

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Program Manager, Mental Health

Liz Rosales
Medical Assistant

Aida Salamanca
Medical Assistant

Mary Anne Taylor
Nurse Manager

Martha Ware
Nurse Manager, Women's Health

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Judy Dietrick
Pharmacist-in-Charge

Gaby Arispe
Pharmacy Technician

Wendy Boning
Pharmacist

Mary Anne Panich
Pharmacist

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Jody Steiner Kelly
Director of Clinical Administration

Marlene Alvarez
Eligibility Specialist

Gloria Jimenez
Receptionist

Marietha Mayen
Appointment Scheduler

Rosa Scott
Physical Therapy Coordinator

Mario Vargas
Clinical Administrator

Development

Kathryn Kovacs
Events Manager

Alicia Nieves
Communications Manager

Paula Potts
Director of Foundation Relations

Finance, Human Resources, IT

Coralie Miller
Director of Finance & Human Resources

Solomon Habte
IT & Facility Manager

Volunteers

Lee Miller
Director of Volunteers

Report design by Winking Fish
Photography by Joseph Allen,
Mike Bennett and Lawrence Cheng



Parting Words from Nancy Sanger Pallesen



Way back in 1995, I commented to Board Chair Joe Backer how truly nice everyone is who I come in contact with in the Clinic. Joe immediately responded with a fact that holds true today, “Everyone who comes to the Clinic wants to be there!” Patients come because their medical needs are tended to and they are very grateful; volunteers choose to come because they believe in the mission and know they have something to give; and the staff is here because we are able to use our skills in an environment that also enriches our own lives.

One of the reasons that I took this job in 1993 was the chance to work again with volunteers. Collectively and individually, volunteers increase the chances for success; they are not necessarily like-minded but that’s the gift. I just knew that with many good minds and hearts working together, the Clinic would succeed.

Donors definitely took a leap of faith when we sent out our first appeal letter. Our 1994 annual budget was \$70,000 and the community responded with an amazing \$100,000. Since then our incredible donors have supported our growth – from the hallways of TJ Middle School, through two transitional clinic sites, to our award winning current clinic space. I am so grateful to each and every person, business and foundation who has contributed – from donors who are able to give \$25 a year to those who give \$25,000 and more.

I will certainly miss living and breathing Arlington Free Clinic as I have enjoyed doing for all these years, and I will especially miss all the wonderful people I have met along the way. My parting thought that I would like to share is that opportunities always exist. The challenge is to recognize them and grasp them and to believe that we can reach beyond what we know is possible to what we dream is possible. Thank you for the opportunity to make the dream a reality. It has been an extraordinary gift to me.

—Nancy Sanger Pallesen



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