

Report to the Community

JULY 1, 2014 – JUNE 30, 2015



arlington
freeclinic

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
- Oral Health

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 – cashiers, dish washers, security guards and housekeepers. 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 4, this is \$48,500). Most are parents with children who live at home.

There are two ways to become an AFC patient.

- 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 Resources and shelters are directly accepted. These include our sickest patients, such as those with cancer, uncontrolled diabetes and renal failure.

Many 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 150 AFC patients were transitioned out of our care and into health insurance plans through the Affordable Care Act's (ACA) Health Insurance Marketplace. This allowed us to take in extra brand new patients, who like thousands of Arlingtonians, continued to lack access to care.



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

Claudia: AFC's First Dental Patient

Not every job provides health insurance as a benefit. Thousands of Arlingtonians who prepare or serve food; perform back-breaking construction or landscape work; or who play the important role in many families of helping to care for children or elderly parents, are uninsured.

About 9% of Arlington Free Clinic's patients, including Claudia, work as housekeepers. In 25 years of cleaning homes in Arlington, Claudia has never been insured. But since 2000, she's received free, high-quality, comprehensive medical care at AFC.

AFC has been providing comprehensive medical care to uninsured Arlingtonians since 1994, but up until now we've been unable to offer them oral health care. When Claudia had a life-threatening dental crisis 10 years ago (an infection in her mouth began travelling to her brain) she had to seek emergency oral health care outside of Arlington. Her teeth had gotten so bad because there simply weren't enough options for free or affordable oral health care in the community – she hadn't seen a dentist in over 15 years.

When Arlington Free Clinic's new Oral Health Program was launched this past spring, Claudia was the first patient to be given an appointment.

AFC's new staff dentist, Monica Yavrom, DDS determined that Claudia needed extensive dental care, including partial dentures. Right now, Dr. Yavrom is able to provide extractions, fillings, cleanings and x-rays, but does not have the equipment necessary to give Claudia a partial. Dr. Yavrom referred Claudia to Danine Fresch-Gray, DDS, a dentist in the community who joined AFC's Dental Referral Partner Network. Now, Claudia is receiving pro bono care and completing her oral health treatment plan with Dr. Fresch-Gray.



For Claudia, a breast cancer survivor who was treated by AFC volunteer oncologists and surgeons in 2011, dental care through the AFC dentist and dental partners completes her health care needs. She is incredibly grateful that she is no longer in pain and not at risk for other medical complications due to lack of dental care.

Claudia with Marietha Mayen, AFC Appointment Scheduler and Matt Kennedy, AFC Case Manager



Whole-Patient Care at AFC

Arlington Free Clinic is committed to caring for the whole person, and nowhere is this more apparent than in our nurses' care for patients who have cancer. The AFC nursing staff developed a Cancer Patient Checklist that they institute whenever a patient is diagnosed. The use of this tool ensures that we address the complicated needs of these patients in a holistic, coordinated manner.

Every patient who has cancer is assigned to a nurse who coordinates primary care follow-up and evaluates the patient's social support system. The team at AFC assesses the patient's transportation needs to make sure that the patient is able to attend all medical appointments. Cancer patients are also offered behavioral health counseling and support groups. And those who are undergoing chemotherapy receive both special nutritional counseling and assistance with obtaining a wig. Throughout the course of treatment, our staff helps coordinate lab work, radiologic studies, chemotherapy, surgery and medications. Once the active phase of treatment is completed, AFC continues to ensure that patients receive necessary follow up care. We are fortunate to have many community partners in this process: Virginia Hospital Center, Virginia Cancer Specialists, Food and Friends and Arlington Food Assistance Center (AFAC) all play important roles in the lives of AFC patients undergoing treatment for cancer.

Our goal is to look for practical ways to promote the health of all our patients. Thanks to board member Stephen Hugh who also volunteers at AFAC, we strengthened our relationship with this organization and have begun offering onsite cooking demonstrations in English,

Spanish and Amharic. And as we move into flu season, AFC will turn its focus to disease prevention through immunizations. We have set an ambitious goal of surpassing last year's flu vaccination rate. AFC also provides vaccinations for pneumonia (both PPSV23 and PCV13), shingles, hepatitis B and tetanus.

The terrific work AFC's nursing and administrative staff does to support our patients through case management and a whole-patient approach is not always readily apparent, but it is critical to the effectiveness of medical care. **If you haven't had an opportunity to visit AFC in person, I'd encourage you to come to one of our Monthly Community Tours and learn more about what happens behind the scenes. Contact Alicia Nieves at anieves@arlingtonfreeclinic.org to learn more.**

— Joan Bowes Ritter, MD
Medical Director



BOARD OF DIRECTORS

EXECUTIVE COMMITTEE

Kevin R. Sullivan, JD – Chair
Partner, King and Spalding, LLP
(retired)

Kit Gordon – Vice-Chair
Community Volunteer, 2004 AFC
Gala Chair

Kurt Hyde, CPA – Treasurer
Inspector General, Library of
Congress

Donna L. Alpi – Secretary
Community Volunteer; 2011 AFC
Gala Chair; Partner, Hogan &
Hartson, LLP (retired)

***Joan Bowes Ritter, MD –
Medical Director***
Internist, Walter Reed National
Military Medical Center

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Graduate Student in Psychology,
Harvard University's Extension
School

Mark A. Buchholz, PMP
Partner, Federal Acquisition
Strategies, LLC

Eleanore Christiansen, MHSA
Community Volunteer

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Interfinancial Network, LLC

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Senior Vice President & Chief
Medical Officer, Virginia Hospital
Center

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Principal, JBG Rosenfeld Retail;
2012 & 2013 AFC Gala Special
Gifts Chair

Kathy Freshley
Senior Program Officer, Eugene
and Agnes B. Meyer Foundation
(retired)

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Physical Therapist, Founder &
President, Body Dynamics, Inc.

Adam R. Hess, JD
Partner, Venable, LLP

Dianne Morse Houghton
Chief Operating Officer, New
Leaders (retired)

Stephen Hugh
Patient Representative

Ginger Loper
Lobbyist, Loper Consulting

James Meenan
Director of Case Management,
Virginia Hospital Center



Stephen F. Messinger
Managing Partner, ECG
Management Consultants, Inc.

Amy C. Otteni
Community Volunteer; 2012 & 2013
AFC Gala Chair

John W. Rhee, MD
Cardiac, Thoracic, Vascular
Surgeon, Virginia Hospital Center

Mark Silverwood
President, Silverwood Associates,
Inc.

Scott E. Sterling
Assistant to the President, IDI
Group Companies

Chabine Yamine, MD
Anesthesiologist, Dominion
Anesthesia, PLLC

David W. Briggs, JD
Holland & Knight, LLP
Counsel to the Board

Nancy White
Executive Director

Read a message from
our out-going Board
Chair on page 31.

COMMUNITY ADVISORS

Richard (Randy) B. Anderson, Jr.
Regional President, Metro DC,
United Bank

Joseph A. Backer, MD
Arlington Free Clinic Founder &
Past President; Physician Volunteer;
Radiologist, Northern Virginia
Radiology Consultants, PLLC
(retired)

Lawrence Cheng
Technology Consultant;
Environmental & Portrait
Photographer

James B. Cole
President & CEO, Virginia Hospital
Center

N. Thomas Connally, MD
Internist (retired) and Physician
Volunteer; AFC Medical Director
2005-2010

Judy Feder
Institute Fellow, The Urban Institute;
Professor, Georgetown Public
Policy Institute; Dean, Georgetown
Public Policy Institute 1999-2008

Steven Fedorchak
Restaurateur; Liberty Tavern,
Northside Social, Lyon Hall

Doreen Gentzler
Anchor, NBC News Channel 4

Brian Gray, DDS
Partner, Giannini Gray Dental
Partners

Raymond Hoare, MD
Cardiologist (retired); Physician
Volunteer

Hon. Edward M. Holland, JD
Attorney; Former Member, Virginia
Senate

Julisa Marengo
Assistant Bureau Chief, Federal
Communications Commission

Rev. Andrew T.P. Merrow
Rector, St. Mary's Episcopal Church

Talal Munasifi, MD
Cosmetic/Plastic Surgeon,
Advanced Plastic Surgery Center;
Chief of Plastic Surgery, Virginia
Hospital Center

John Murphy
President, Washington Workplace

Christopher J. Nassetta
President & CEO, Hilton Worldwide,
Inc.

Timothy J. Naughton
President & CEO; AvalonBay
Communities

Mary Ann Nirschl
AFC Board of Directors 1996-2008;
AFC Board Chair 2000-2001

Matthew D. Shank, PhD
President, Marymount University

Matthew Shay
President & CEO, National Retail
Federation

Grace Abi-Najm Shea
Vice President, Lebanese Taverna

Thomas Shooltz
Partner, Ironwood Realty Partners,
LLC

Kristian & Chuck Todd
Community Volunteers; Moderator,
Meet the Press

David N. Townshend
Senior Vice President, Global
Sales; Marriot International (retired)

Reuben Varghese, MD, MPH
Health Director, Arlington County
Public Health Division

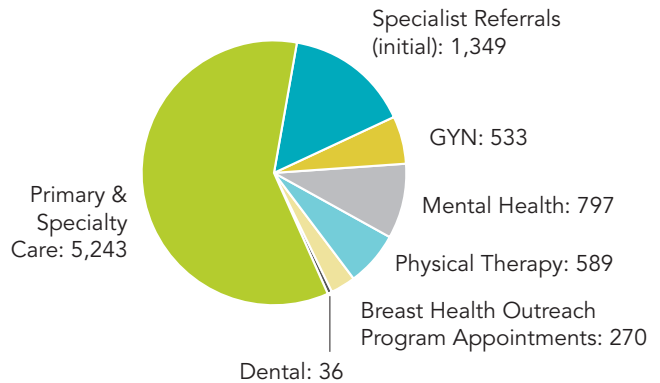
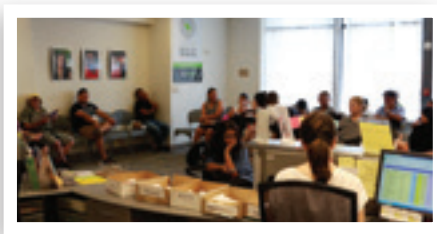
HIGHLIGHTS

JULY 1, 2014 – JUNE 30, 2015

Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers and donors. Working together, our major achievements of FY15 include:

Numbers that count

AFC provided **8,817 medical visits** for **1,611 individual patients**.



New Patients

We brought in **509 Arlington residents** who previously did not have regular access to medical care. Of these, 31% came to us by referral from Virginia Hospital Center and community shelters.



Caesar Junker, MD

Volunteers

Volunteers are integrated into all aspects of patient care and clinic operations. Last year, **679 volunteers** provided over **18,180 hours of service**. The value of their volunteer hours is estimated to be **\$1,042,244**.



Adapting to the Affordable Care Act (ACA)

Even though the ACA (“Obamacare”) has increased access to health care in our community, the need for a free clinic in Arlington remains. Since Virginia hasn’t expanded Medicaid, many of our patients do not qualify for the ACA. But about 150 eligible patients were transitioned out of our care and onto affordable insurance plans in the last two years.

Because these patients became insured, we were able to take in additional low-income Arlingtonians who continued to lack access to care. The need remains great as there are still more uninsured Arlingtonians than we have the capacity for whom to care.



New Programs & Initiatives

Oral Health: Thanks to the generosity of the community during our 20th Anniversary Year, AFC raised the start-up funds necessary to launch its new Oral Health Program. This vital and previously inaccessible service completes the picture of comprehensive care we can provide for patients.

Wellness: From regular fitness and nutrition class offerings and a new “wellness buddy” volunteer position – to valuable partnerships with organizations like Arlington Food Assistance Center (AFAC) and businesses like Body Dynamics, Inc. our patients have gained access to a variety of resources that support wellness and prevention.



All-Star Volunteers

Two months before AFC opened, **Sharon Golden** approached the Executive Director and asked “how can I help?” Twenty-two years later, her total number of volunteer hours are no longer calculated in days, but in weeks; over 1,000 of them! Sharon was honored as one of seven Unsung Heroes at Virginia Health Care Foundation’s Heroes in Health Care ceremony this year.

Thirteen years ago, **Joan Bowes Ritter, MD** contacted AFC about volunteering. It wasn’t long before she was asked to join the Clinical Services Committee, a team that sets our medical protocols and standards for care. In 2009 she joined the Board of Directors, and since 2011 has served as volunteer Medical Director. She devotes 8-10 hours a week to this role, in addition to evenings seeing patients and participating in meetings. This year, she was honored as March of Dimes Heroine of Washington in the category of Health Care.

FINANCIAL REPORT

JULY 1, 2014 – JUNE 30, 2015

ASSETS

	JULY 1, 2015	JULY 1, 2014
Cash & Equivalents	\$268,358	\$321,982
Contributions Receivable	\$595,708	\$430,955
Inventory	\$8,885	\$5,093
Prepaid Expenses	\$39,902	\$85,024
Investments	\$2,690,832	\$2,458,113
Fixed Assets	\$3,786,031	\$3,896,857
Total Assets	\$7,389,716	\$7,198,024

LIABILITIES AND NET ASSETS

	JULY 1, 2015	JULY 1, 2014
Current Liabilities		
Accounts Payable & Accrued Expenses	\$148,629	\$154,678
Capital Lease Payable Current Portion	\$5,725	\$5,216
Total Current Liabilities	\$154,354	\$159,894
Long Term Liabilities		
Capital Lease Payable Net of Current Portion	\$11,986	\$17,711
Total Liabilities	\$166,340	\$177,605

NET ASSETS

	JULY 1, 2015	JULY 1, 2014
Unrestricted	\$5,968,940	\$5,768,008
Temp Restricted	\$886,162	\$884,137
Permanently Restricted	\$368,274	\$368,274
Total Net Assets	\$7,223,376	\$7,020,419

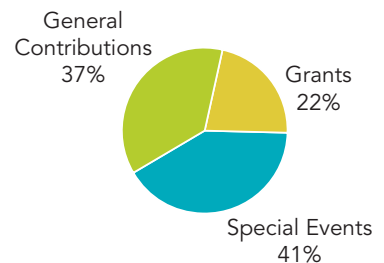
TOTAL ASSETS AND LIABILITIES*

\$7,389,716 **\$7,198,024**

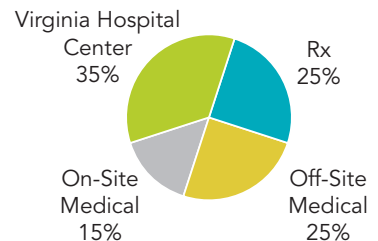
*Includes value of AFC office

TOTAL FINANCIAL SUPPORT: \$7,567,575

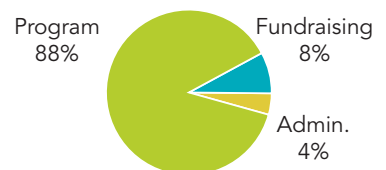
Cash Contributions: \$2,809,028



In-Kind Contributions: \$4,758,547



Expenses: \$7,364,618



New Leader, New Initiatives, Enduring Mission

This has been a year of exciting changes for Arlington Free Clinic, as we honored the many contributions of the Clinic's founder and long-time Executive Director, Nancy Sanger Pallesen, and celebrated the impact that the Clinic has had on the lives of so many. As I've transitioned from clinic volunteer and supporter to Executive Director, I am thankful for Nancy and her vision and for the commitment of the wonderful staff and community of supporters who have helped change lives over the past 22 years. It is an honor for me to serve this organization.

We are excited to share the news of the Clinic's new Oral Health Program. Dental problems impact health, nutrition, and even employment options for patients and are known to be a key factor in many diseases. Unfortunately, dental care is often even more difficult to access than traditional health care. We thank our supporters for the opportunity to provide this important service and invite you to read more about the impact of this program in Claudia's story at the beginning of this report.

The Clinic is exploring new ways to improve the health of our community through prevention programs and wellness initiatives. We reached more patients than ever with our vaccination program this year and are introducing lifestyle modification programs for patients at risk of diabetes. Efforts such as these support our commitment to making health a shared value between the Clinic and our patients.

What a critical difference access to health care makes in the lives of individuals and families – peace of mind, economic security and obtaining the preventive care necessary to stay healthy. We continue to see the devastating fallout that occurs when a person cannot pay for health care, and we are as committed as ever to our mission.

Helping and healing are what excite our terrific staff, our committed volunteers, and our generous donors and funding partners. If what you want to do is help, Arlington Free Clinic is where you belong. I invite you to join us as we continue to make a difference in our community and in the lives of those we serve.

— Nancy White
Executive Director



MEDICAL PRACTICES VITAL TO AFC

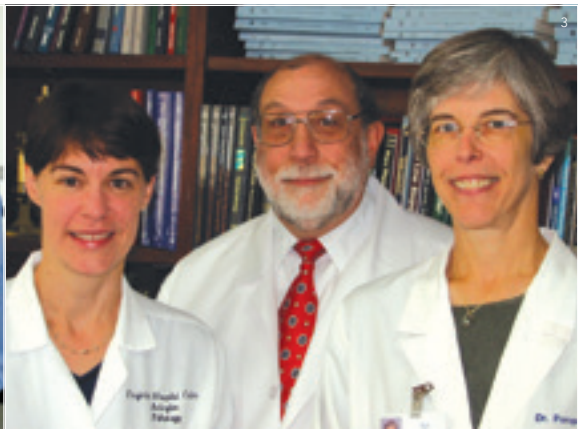
Arlington Free Clinic is indebted to the following medical practices that so generously provided a wide variety of specialty medical services in their offices for hundreds of AFC patients.

Advanced Plastic Surgery Center
 Aesthetic Center for Plastic Surgery
 Arlington Dentistry by Design
 Arlington ENT & Arlington
 Audiology Associates
 Arlington Musculoskeletal Center
 Arlington Podiatry Center
 Arlington Radiology Associates
 Arlington Radiation Oncology, PLLC
 Arlington Women's Center
 Gil Asuncue, MD
 Body Dynamics, Inc.
 Melanie Buttross, MD
 Capital Eye Consultants, PC
 Cardiovascular & Thoracic Surgery
 Associates
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 Damaneon Smith & Associates, PC
 Dermatology Associates
 of McLean, LTD
 Dominion Anesthesia, PLLC
 Fairfax Radiological Consultants
 Fuchs Dermatology
 Gastroenterology Center
 of Northern Virginia
 General Internal Medicine Group
 Wendy Gottlieb, MD
 Hand-N-Hand Therapy, LLC

Heart Care of Virginia
 Heart & Vascular Care
 Insight Imaging Center of Arlington
 Marsha Jesperson, MD
 Joseph J. Buchino, MD &
 Associates
 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 and 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
 Kathleen Price, MD
 Pulmonary & Medical Associates of
 Northern Virginia, LTD

Orthopaedic Foot & Ankle Center
 OrthoVirginia – Arlington Office
 Christopher Renner, OD
 The Retina Group of Washington
 Ian Shenk, MD
 Skin Cancer Surgery Center
 TLC Neurology
 University of Virginia Health System
 Virginia Cancer Specialists, PC
 Virginia Heart
 Virginia Hospital Center (VHC)
 Virginia Nephrology Group
 Virginia Neurosurgeons, PC
 VHC Physician Groups:
 • Colorectal Surgery
 • Gynecologic Oncology
 • Infectious Diseases
 • Pathology
 • Reinsch Pierce Family Center for
 Breast Health
 • Surgical Specialists
 • Urogynecology & Pelvic Surgery
 • Urology
 • Wound Care & Hyperbaric
 Medicine
 Washington Eye Physicians &
 Surgeons
 Washington Radiology Associates

1- Dr. Edward S. Pozarny, DPM, Arlington Podiatry Center 2- David D. Lee, MD, Dominion Anesthesia 3- Joseph J. Buchino, MD & Associates



OUR VOLUNTEERS

JULY 1, 2014 – JUNE 30, 2015

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 Lawrence Cheng
 Eleanore Christiansen, MHSA
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 N. Thomas Connally, MD
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 Jeffrey DiLisi, MD
 Douglas A. Dowling, CPA
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 Judy Feder
 Stephen Fedorchak
 Kathy Freshley
 Jennifer M. Gamboa, DPT
 Doreen Gentzler
 Kit Gordon
 Brian Gray, DDS
 Adam R. Hess, JD
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 Amy C. Otteni
 Damanti Passa
 John W. Rhee, MD
 Joan Bowes Ritter, MD
 Mary "Didi" Salmon, CPA
 Matthew D. Shank, PhD
 Matthew Shay
 Grace Abi-Najm Shea
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 Scott E. Sterling
 Kevin R. Sullivan, JD
 Kristian & Chuck Todd
 David N. Townshend
 Reuben K. Varghese, MD, MPH
 George Wyatt, Esq.
 Chahine Yamine, MD

Committees: Benefit Gala, Clinical Services, Finance, Nominating, Personnel, Search, Special Gifts and Strategic Planning

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 Megan Alperstein
 Donna L. Alpi
 Blaire Austin
 Sommer Austin
 Suzanne Avery
 Katy Banks
 Sharon Bartholomew
 Rachel Bedell
 Julia Blizzard
 Stephen M. Bouchard
 Dawn Broksas
 Mark A. Buchholz, PMP
 Christine Burgeson
 Jill Burke
 Danielle Burr
 Mary Beth Carroll
 Jennifer Casolaro
 M. Anthony Casolaro, MD
 Rohini Chopra
 Eleanore Christiansen
 Brian Christiansen
 Caroline Coakley
 Elizabeth Cobbs
 Jim Cochran
 N. Thomas Connally, MD
 N. Thomas Connally, III
 John M. Couric
 Alexander Couric
 J. Martin Couric, III
 Bob Deason
 Jenny DeFalco
 Faith DeVecchio
 Neelima Denduluri, MD
 Tracy Donley
 Mary Beth Doughty
 Douglas A. Dowling, CPA
 Janna Dressel
 Pat Dunn
 Derek Dye
 Collins Ege
 Grant Ehat
 Joanna Ehat
 Nicole Ehrhardt, MD
 Pamela Feigin
 Malcolm Foo
 Mary Ann Forrester
 Tita Freeman
 Kathy Freshley
 Loren Friedman, MD
 Jennifer M. Gamboa, DPT, OCS
 Monica Gerlach
 Kit Gordon
 Ron Gordon
 Gina Grantham
 Brian Gray, DDS

Danine Fresch Gray, DDS
 Phil Green
 Michelle Hallerdin
 Shannon Haynes
 Susan Heffren
 Bryna Helfer
 Ray Hoare, MD
 Dianne Morse Houghton
 Toni Howell
 Kurt Hyde, CPA
 Ben Kamrad, RPH
 Lari Anne Kunding
 David D. Lee, MD
 Ginger Loper
 Katherine Lugar
 Mark Lunn
 Maxine Lunn
 Diane McClure
 Mindi McClure
 Maura McCool
 Gerry McGowan
 Paige McKenzie
 Robert E. McLaughlin
 James Meenan
 Stephen F. Messinger
 Claire Messinger
 Rebecca Messman
 Caitlin Miller
 Whitney Montgomery
 Timothy Muir, MD
 Eve Murty
 Manesh Nachnani, MD
 Christopher J. Nassetta
 Paige Nassetta
 Daine H. Naughton
 Timothy J. Naughton
 Angela Neeb
 Deborah Nichols
 Mary Ann Nirschl
 Amy C. Otteni
 Peter Otteni
 Annie Pacious
 Nancy Sanger Pallesen
 Carly Poppalardo
 Kathy Prominski
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 Nikki Reeves
 Joan Bowes Ritter, MD
 R. Scott Ritter

Patricia Rodriguez, MD
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 Adrienne Scribner
 Stacey Settle
 Sejal Shah
 Allison Shay
 Matthew Shay
 Stephanie H. Shea-O'Connor
 Ian Shenk, MD
 Ellen Sher
 Thomas C. Shooltz
 Mark Silverwood
 Cindy Simmons
 Jennifer Sosin
 Kevin R. Sullivan, JD
 Jessica Tierney
 Diane Tomb
 David N. Townshend
 Kathy Townshend
 Laura Tramonte
 Greg Trimmer
 Sarah Trimmer
 Lee Walters
 Stephanie Whitaker
 Liesl Wright
 George W. Wyatt, Esq.
 Aida Yamine
 Chahine Yamine, MD
 Michelle Zook

Sharon Golden at Heroes in Health Care with Bill Mims, Jeff Ricketts, Nancy Sanger Pallesen and Carter Melton



2015 Gala Committee

Why We Volunteer

In 1993, Bob and I learned about the soon-to-be-open Arlington Free Clinic, and it sounded like a perfect fit. I had a nursing background and Bob had experience in the Peace Corps and International Development. We were both involved with an organization dedicated to international service before we were married, and our family had always maintained a passion for supporting the needs and sharing in the stories of people from other countries.

We could have chosen to work with any number of organizations that were filling a need that aligned with our passions and skills, but here's why we've continued to serve our community through Arlington Free Clinic for over two decades:

In the early years, Bob remembers stuffing newsletters into envelopes to be mailed out to constituents in the community. While stamping what seemed like the millionth envelope, he overheard a conversation between a patient and a volunteer. He was struck by the level of kindness and respect the volunteer showed the patient in this conversation. He came back early the next week to finish his job, and there was a different patient and a different provider, but the same respect and kindness. He has never forgotten that.

My volunteer work has come full circle – I started as a volunteer and am currently a volunteer, but I was a staff member for 17 years in between! These days I provide foot exams to patients who have diabetes. Patients are often embarrassed by the idea of removing their shoes and socks so I can examine their feet. I try to put them at ease with a smile and a certain matter-of-factness, but in reality, I sense a deep sacredness in each encounter. It is a privilege to be of service to the patients of AFC.

Over the past 21 years, the work of the Clinic has inspired our whole family – in fact, all three of our children have volunteered or worked here at some point. And through AFC, we have all experienced what it means to truly care for people.

—Kate & Bob Wilson



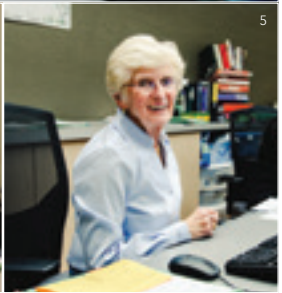
VOLUNTEERS

(CONTINUED)

Physicians

M. Melody Abraham, MD
Natalia Alexandrova-Kayloe, MD
William Alms, MD
Sejal Amin, MD
Gil Ascunce, MD
Gordon Avery, MD
Joseph Backer, MD
Achana Ball, MD
Michael Ball, MD
Christina Baselga, MD
Andrew Becker, MD
Mazen Beri, MD
Paula Bergamini, MD
Gregory Bernstein, MD
Brian Boland, MD
Colleen Borelli, MD
Lillibeth Boruchow, MD
Deborah Bowers, MD
Joseph Buchino, MD
Thomas Butler, MD
Melanie Buttross, MD
M. Anthony Casolaro, MD
Stephanie Chang, MD
Kenneth Cho, MD
Robert Christie, MD
Carol Ciofalo, MD
Andrea Clark, MD
N. Thomas Connally, MD
Mary Crowther, MD
Ritu Cuttica, DO
Eric Czander, MD
Henry Danaceau, MD
Steven Danaceau, MD
C. Steeve David, MD
William Deegan, MD
Neelima Denduluri, MD
Neal Desai, MD
Karen Dixon, MD
Mark Doherty, MD
Gloria Duda, MD
David Duhamel, MD
Reza Eftekhari, DCM
Nicole Ehrhardt, MD
J. Jeffrey Elliott, MD
C. Francisco Espinel, MD
Aysha Farooqi, MD
John Feigert, MD
Nina Fisher, MD
Daniel Foster, MD
William Franklin, MD
Loren Friedman, MD
Glenn Fuchs, MD
Ann Fulenwider, MD
Lynne Gaby, MD
Charles Gandy, MD
John Garrett, MD
Stafford Goldstein, MD
Herbert Golomb, MD
Gordon Gondos, MD
Todd Goodglick, MD
Wendy Gottlieb, MD
Bernard Grand, MD
Eric Guidi, MD
Pradeep Gupta, MD
Jeff Hales, MD

1- Sara Melendez
 2- Corrine Lahti, MD & Jill Kathman
 3- Pre-Diabetes Screening Team: Andrea Grunberger, DPT; Jennifer Gamboa, DPT; Surekha Cohen, RN; Hilonka Morales
 4- Nursing Student & Robert White, MD
 5- Kay Nassetta



Jeff Hirschhorn, MD
 Jessica Hirschhorn, MD
 Raymond Hoare, MD
 Robert Hong, MD
 Mohammad Hoque, MD
 M. Zafar Iqbal, MD
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Nine years ago, when I was almost 4 years old, my dad died of a heart attack. He was 43. He was tall and slender, and seemed healthy on the outside in every way. It happened fast - there were no warning signs apart from just "not feeling right" one evening. On the inside, as it turns out, one of the major arteries to his heart was badly blocked. My dad had a family history of heart disease, but we never thought this could happen to him.

I know there are a lot of people out there living with chronic, undiagnosed diseases like my dad's. With simple screening tests and access to information about how to live healthier lives, more people could be saved. This year, I resolved to make a donation to an organization serving a good cause. I chose AFC after reading a wonderful article about the Clinic in the newspaper. Its mission, volunteers, staff and patients inspired me.

I also know there are many people who don't have health insurance and therefore rarely go to the doctor. It's hard to imagine being one of those people because I've always had health insurance coverage and the care of good doctors. AFC helps people lead healthier, happier lives. It's a great organization - a safety net, and much more, for hundreds of people without health insurance. I'm proud to contribute in a small way to the incredible work of Arlington Free Clinic.

—Nathan



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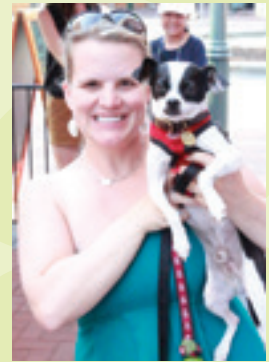
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Winking Fish
Monica Yavrom, DDS

\$5,000 - \$9,999

Arlington Radiology Associates
Arrowine
Mr. & Mrs. Brian Cullen
Dermatology Associates of McLean, Ltd.
Distilled Spirits Council of the United States
Exclusive Resorts
Gastroenterology Center of Northern Virginia
Renee Jespersen, MD
National Beer Wholesalers Association
Northern Virginia Neurologic Associates, LTD
Ridgewells
Molly Sebastian, MD
Skin Cancer Surgery Center

VHC Physician Group: Colorectal Surgery
VHC Physician Group: Urogynecology & Pelvic Surgery

\$2,500 - \$4,999

Arlington Dentistry by Design
General Internal Medicine Group
Insight Imaging Center of Arlington
Bayani Manalo, MD
Mr. & Mrs. Bart McKenzie
Metropolitan Surgical Associates, PC
Mr. Richard Michaux
Neiman Marcus
Norwegian Cruise Line
Mr. & Mrs. Robert A. O'Brien
Mr. & Mrs. Patrick Pacious
VHC Physician Group: Urology
Mr. & Mrs. Gary Wilcox

\$1,000 - \$2,599

Anonymous
Gil Asunce, MD
Melanie Buttross, MD
Copa Airlines
Carlos F. Espinel, MD
Fresh, Inc.
Guerlain
Heart Care of Virginia
Marriott International, Inc.
Sea Island
Virginia Association of Free & Charitable Clinics
Virginia Neurosurgeons PC

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CIRCA at Clarendon
Dominion Jewelers
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Fuchs Dermatology
Herbert Golomb, MD
Drs. Carol & Ray Hoare
Lebanese Taverna
Liljenquist & Beckstead Jewelers
John Martin, MD
Mr. & Mrs. Stephen F. Messinger
Northern Virginia Gastrointestinal Associates, LTD
Northern Virginia Physicians to Women

Christopher Renner, OD
Damaneon Smith & Associates, PC
Mr. & Mrs. Keith S. Smith
TLC Neurology
Westin Arlington Gateway

\$100 - \$499

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Ah Love Oil & Vinegar
Mr. & Mrs. Jeffrey S. Beall
Bloomingdales
B.M. Smith & Associates, Inc.
Boar's Head Inn
Briar Patch Bed & Breakfast
Calico Corners
Clyde's Restaurant Group
Colonial Parking, Inc.
Commonwealth Restaurant and Skybar
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Mrs. Jane M. Coonce
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District Taco
Ms. Brinker Higgins
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Mr. & Mrs. Joseph T. McMahon, Jr.
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Pet Call Home, LLC
Pie-tanza
Ms. Jean Prominski
Mr. & Mrs. Peter M. Prominski
Ritz-Carlton - Tyson's Corner
Robeks Fruit Smoothies
Saks Salon & Spa
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Signature Theatre
Ms. Mary Anne Taylor
Mr. & Mrs. Robert C. Tramonte
Washington Nationals
Mr. & Mrs. Douglas S. Wiley
Wintergreen Resort
Woolly Mammoth Theatre Company

Up to \$99

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As Kindred Spirits
Astor Mediterranean
Azure Dream Day Spa
Ms. Cathy Billings
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Ms. Jean Mo Carpenter
Cassiana Spa
Cheesecake Factory

Clarins
Continental Pool Lounge
Cowboy Cafe
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Ms. Francis Critzer
Ms. Karin Edgell
Elevation Burger
Ms. Susan Farbman
Stephen & Sheila Gell
Hard Times Cafe
Heavy Seas Alehouse
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Dr. Said M. Khalefa, DDS
Legal Sea Foods
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Mr. & Mrs. Timothy Naughton
Newseum
O'Sullivan's Irish Pub
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Passion Food Hospitality
Penn Social
Pete's New Haven Pizza
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Pitango Gelato - Penn Quarter
Potomac Riverboat Company
Terri & Michael Prell
Ronald Reagan Washington Dulles National Airport
RedRocks Neapolitan Bistro - Alexandria
RedRocks Neapolitan Bistro - Arlington
State Theatre
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Sun and Moon Yoga Studio
Ms. Denise Sughrue
Taqueria el Poblano
Taylor Gourmet
Turmeric Indian Dining
Twisted Vines Bottleshop & Bistro
Mr. Alan Remson
Mr. Johnson Ukken
Mr. & Ms. Ashish S. Vazirani
Washington Craft Show
Washington Golf and Country Club
Washington Kastles
Richard Whittington, MD

Provider Spotlight: Christopher Renner, OD

I always knew I wanted to work in health care, but after college I was ready for a break from school. A job in a lumberyard in rural Georgia quickly straightened me out and I found myself on the road to Optometry School. Now, after almost 30 years in practice – and four kids, one brand new grandbaby, and multiple dogs, cats, goats, horses and chickens later – I can hardly believe I'm one of Arlington Free Clinic's longest running volunteers.

I've been volunteering at Arlington Free Clinic once a month since 1999. Diabetes is a leading cause of blindness in people under 65, so it is critical that patients who are at risk receive eye exams. I'm evaluating them for bleeding in the eye that can cause vision loss. If it's caught, treatments are available – just last month, I referred two patients for a procedure that can save their sight.

Preventing unnecessary blindness is critical, but many patients have other needs, including eyeglasses and treatment of dry eye and glaucoma, that must be addressed to ensure they're seeing as well as possible. AFC's diabetic eye clinic has morphed into primary eye care thanks in part to Lloyd Bell, an ophthalmic photographer who started volunteering as my assistant several years ago. Lloyd works with the Lions Club Eye Health Program to access hundreds of donated glasses. After I write a prescription, Lloyd helps select a pair of glasses that the patient is able to walk out with that night.

Being able to provide health care is both a gift and a responsibility. I am unbelievably fortunate in life, and volunteering at AFC is a way to give back to the community. No matter how tired I am at the end of my regular work day, AFC is a refreshing environment with challenging, appreciative patients. Volunteering at the Clinic is a joy.



OUR STAFF

Nancy T. White
Executive Director

Clinical Services

Sheila Ryan
Director of Clinical Services

Luisa Aburto
Clinical Assistant

Margie Badman
Nurse Manager

Surekha Cohen
Nurse Manager

Maura Constance
Nurse Practitioner

Kensie Huezo
Medical Assistant

Matthew Kennedy
Case Manager

Terry McManus
Nurse Practitioner

Hilonka Morales
Clinical Administrative Assistant

Jyl Pomeroy
Program Manager, Mental Health

Liz Rosales
Medical Assistant

Aida Salamanca
Medical Assistant

Mary Anne Taylor
Nurse Manager

Martha Ware
Nurse Manager, Women's Health

Pharmacy

Judy Dietrick
Pharmacist-in-Charge

Gaby Arispé
Pharmacy Technician

Wendy Boning
Pharmacist

Mary Anne Panich
Pharmacist

Clinical Administration

Jody Steiner Kelly
Director of Clinical Administration

Marlene Alvarez
Eligibility Specialist

Gloria Jimenez
Receptionist

Marietha Mayen
Appointment Scheduler

Rosa Scott
Physical Therapy Coordinator

Development

Alicia Nieves
Director of Development & Communications

Alexis Vanderhye
Director of Foundation Relations

Pia Clark
Donor Relations

Ayanna Jacobs
Development & Volunteer Relations
Assistant

Kathryn Kovacs
Events Manager

Finance, Human Resources, IT

Coralie Miller
Director of Finance & Human
Resources

Solomon Habte
IT & Facility Manager

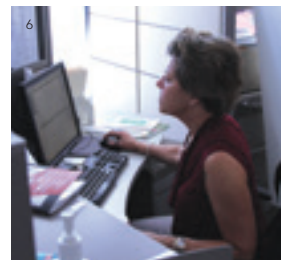
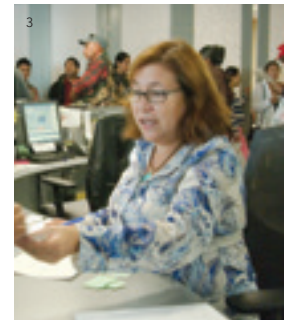
Volunteers

Lee Miller
Director of Volunteers

Mario Vargas
Volunteer Coordinator

Nancy Sanger Pallesen
Founding Executive Director
January 1993-January 2015

Diane H. Naughton
Acting Executive Director
January-August 2015



1- Martha Ware, RN, Luisa Aburto, Mary Anne Taylor, RN, Coralie Miller 2- Staff Halloween Party 3- Marlene Alvarez
4- Margie Badman, RN 5- Clare & Don's Fundraiser 6- Pia Clark

Report design by Winking Fish
Photography by Mike Bennett
and Lawrence Cheng

A Message from our Outgoing Board Chair



I became involved with Arlington Free Clinic because my wife, MaryBeth, volunteered here. I quickly realized that this organization is essential to the well-being of the Arlington community. At AFC, we serve primarily working adults who cannot access health care by any other means.

In 2007, my wife and I deepened our commitments to AFC when we joined the Benefit Gala's fundraising and planning committees. MaryBeth chaired the gala two years running, and after that I was hooked. I've been a member of the Arlington Free Clinic Board of Directors for the past six years, and part of the Executive Committee from 2012 until this December when I will rotate off.

It has been my honor to serve as Chairman of the Board these past two years, and to help lead the Clinic during one of the most important times in the lifecycle of any organization: the transition in day-to-day leadership and management following the retirement of a founder as dynamic and vibrant as Nancy Sanger Pallesen. She was the remarkable leader of the Clinic for more than 21 years, and continues her service in retirement as a member of the fundraising committee for the Gala.

When Nancy retired, Diane Naughton, a long-time clinic volunteer and Board member, agreed to serve as Acting Executive Director. In 2014, Diane and her husband, Tim, spearheaded the effort to raise a record-breaking \$1.4M at the 20th Anniversary Gala. Some of this extra money raised helped AFC get its new Oral Health Program off the ground – and how wonderful that Diane was leading the Clinic as AFC started seeing its first dental patients.

I want to welcome our new Executive Director, Nancy White. No stranger to the Clinic, Nancy has been a volunteer here for years, and she couldn't be more committed to upholding the tradition of excellent leadership at AFC.

Finally, I want to thank all of you: our staff, volunteers and contributors who provide the lifeblood of AFC. The activities of the Clinic continue to provide not only excellent medical care, but the dignity that comes with a healthy, productive life. Please join MaryBeth and me in supporting this unique organization in their delivery of essential health care to the underserved in Arlington.

—Kevin R. Sullivan, JD



Your support of Arlington Free Clinic
is greatly appreciated!