

# Report to the Community

JULY 1, 2015 – JUNE 30, 2016



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, preventive 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
- Dental Services

## EDUCATION AND OUTREACH

- Nutrition
- Osteoporosis
- Diabetes
- Breast health
- Physical activity

## MENTAL HEALTH

- Psychiatric assessment and medication management
- Individual therapy
- Support groups

Arlington Free Clinic  
2921 11th Street South  
Arlington, VA 22204  
703-979-1425  
[arlingtonfreeclinic.org](http://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 four, 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 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 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 more new patients who, like thousands of Arlingtonians, continued to lack access to care.

*Jorge Tellez and Salomé Loera, RN*



**More than half**  
of our patients live in the neighborhood  
where the Clinic is located – but they come  
from all zip codes in Arlington.



# Yesenia: Strong Partnerships Mean that Patient Needs Come First

Yesenia had lost so much weight – she was exhausted and didn't look well. Her friend, an Arlington Free Clinic patient and a diabetic herself, recognized the signs and knew that something wasn't right. She brought Yesenia to AFC's New Patient Lottery two years ago, and thanks to a proper diagnosis, access to ongoing medical care, and help moving toward a healthier lifestyle, Yesenia got her diabetes under control and was feeling great.

Nine months ago, Yesenia and her husband, Heber, were excited to learn that their two daughters would soon have a new brother or sister. AFC doesn't duplicate services that are available elsewhere in the community, so, typically, Yesenia's medical care would have been transferred to the Prenatal Clinic at Arlington County Department of Human Services (DHS) where our Nurse Managers work with the DHS team to ensure a smooth transition. However, diabetes makes pregnancy very risky so Yesenia was instead transitioned to Virginia Hospital Center's Outpatient Clinic to receive specialized OB care.

VHC's Outpatient Clinic offers low-cost internal medicine, OB, gynecological, surgical, and orthopedic care to many Arlingtonians. Thanks to the great relationship that exists between AFC and the Outpatient Clinic, when Yesenia's psoriasis flared up six months into her pregnancy and painful red patches covered over half of her body, VHC quickly alerted us. She'd had the skin condition since she was a toddler, but the stress of her latest pregnancy and diabetes exacerbated the disease causing tremendous pain.

Since AFC partners with a large network of medical providers, we were able to assume the management of Yesenia's dermatological needs: Dr. Surag Venna saw her right away and knew that she needed immediate intervention. For her final trimester, Dr. Nina Fisher provided Yesenia much needed relief through UVB light treatment sessions multiple times a week at Mclean Dermatology Associates since this was the only safe

treatment option available to her during pregnancy. Dr. Fisher worked closely with Dr. Michael Moxley, Yesenia's obstetrician at VHC, to coordinate the management of her psoriasis with her prenatal care until delivery.

Transitioning our patients to the County and VHC clinics during pregnancy not only gives them access to well-established, high-quality prenatal care, it prevents duplication of services and fosters collaboration. But with Yesenia's complicated pregnancy, we continued to work with her to provide the essential specialty care she needed from our partners. Our strong relationships and broad support within the community grant us the flexibility to always put our patients' needs first.

Yesenia delivered a healthy baby boy, named Heber after his dad, on a bright day in mid-August. Three days later, all bundled up for his very first adventure, newborn Heber charmed the staff at Arlington Free Clinic when he came in with Mom to pick up her medication. He was also the youngest recipient of one of the handmade baby blankets a volunteer makes for all the AFC babies!

*Yesenia, Heber, and family*



# Addressing Basic Needs to Help Patients Lead Healthier Lives

Every year in our annual report I have the opportunity to update our friends and supporters on new initiatives at the Clinic. Through a partnership with Northern Virginia Family Service (NVFS), we have been able to add case management – a critical component in addressing the social determinants of health.

Case management is essentially a service that helps our patients make the most of available community resources within the health and human services field. Case managers support and coordinate this interaction, with the overall goal of helping patients reach their optimal level of wellness, autonomy and functional capability.

AFC is grateful for our longstanding partnership with NVFS, a well-respected local non-profit that provides a wide range of social services for vulnerable individuals and families. As of April, NVFS has placed a case manager at AFC one afternoon a week to assess our patients' needs for community resources and to support them in the application process for needed services. The case manager has made a significant impact on our ability to educate patients on a range of social factors that impact overall health and wellbeing. Our patients have vast and varied needs including access to reliable and affordable transportation (especially for those who make frequent trips for medical treatment); emergency financial support when jobs are lost or illness interferes with the ability to work; safe, stable housing; employment training; healthy food; and English language classes. Our case manager follows up with phone calls to patients to be sure they understand instructions, keep appointments, and complete paperwork.

Between April and September, 71 patients have been scheduled for a 60 minute appointment with the case manager. When time permits, she also sees walk-in patients and provides services for immediate referrals from our Nurse Practitioner. As a result of this support, our Nurse Managers are better able to focus their efforts on our patients' medical issues. When basic needs are being met, patients lead healthier lives. Recognizing the many benefits the pilot program has provided in just five short months has prompted us to seek grant funding to expand the program in the year ahead.

Please join us in thanking NVFS for ensuring that AFC patients receive valuable case management services that will help them move toward physical, emotional, social and financial wellness – and allow AFC to meet its goal of providing the highest quality of care for the whole person. From the very beginning, AFC has been committed to creating a healthier Arlington, and we continue to put programs in place to ensure we never lose sight of this goal and what it takes to meet it.

— *Joan Bowes Ritter, MD*  
*Medical Director*



*Vanessa Serrano, Northern Virginia  
Family Service Case Manager*

*Eugene Soh, MD &  
Joan Bowes Ritter, MD*



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Medical Center  
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Counsel to the Board

**Nancy White**  
Executive Director

Read a message from  
our Board Chair on  
page 30.

## COMMUNITY ADVISORS

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Volunteer; AFC Medical Director  
2005-2010

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Professor, Georgetown Public Policy  
Institute; Dean, Georgetown Public  
Policy Institute 1999-2008

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Northside Social, Lyon Hall

**Doreen Gentzler**  
Anchor, NBC News Channel 4

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Community Volunteers; Moderator,  
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Executive Vice President - Lodging  
Sector Practice Lead, Partnership  
Travel Consulting

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



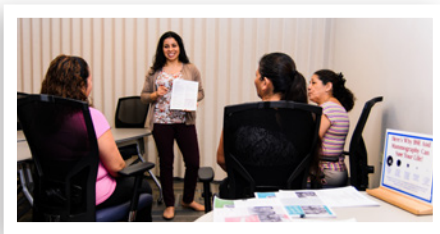
# HIGHLIGHTS

JULY 1, 2015 – JUNE 30, 2016

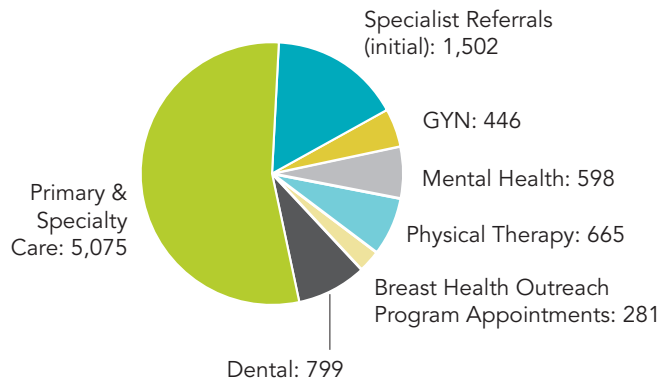
Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers and donors. Working together, our major achievements of FY16 include:

## Numbers that Count

AFC provided **9,085 medical visits** for **1,612 individual patients**.



Luisa Aburto



## New Patients

We brought in **627 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.



Nicole Swistak, OD

## Volunteers

Volunteers are integrated into all aspects of patient care and clinic operations at AFC. Last year, **423 volunteers** provided over **15,993 hours of service**. The value of their volunteer hours is estimated to be **\$1,029,932**. Additionally, 175 Gala and Special Gifts Committee volunteers donated countless hours to planning and raising funds through the Annual Benefit Gala.



Physical Activity Counselor training



## Awards

AFC earned honors from two highly respected organizations dedicated to providing information to donors about the management and effectiveness of nonprofits:

- **Catalogue for Philanthropy – Greater Washington** has once again spotlighted AFC as “one of the best small charities in the region.”
- **Charity Navigator**, the nation’s largest charity evaluator, awarded AFC its top rating of 4 stars for financial health, responsibility and transparency.

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## All-Star Volunteers

Nine years ago, **Diane Naughton** began volunteering at AFC doing appointments and referrals – since then she’s volunteered in just about every other role that doesn’t require a medical license, from scribe to board member to gala Special Gifts Committee Chair. In 2015, she served as interim Executive Director during a period of leadership transition, without accepting compensation. For her extraordinary gifts to AFC as a volunteer and donor, she was honored as a 2016 Virginia Health Care Foundation Unsung Hero.



*Diane Naughton*

**Virginia Cancer Specialists** received the 2016 Governor’s Volunteerism and Community Service Award after being nominated by AFC. When our patients find out they have cancer, they are overwhelmed by the health and financial implications of such a devastating diagnosis. VCS never puts a cap on the number of AFC patients they will see, the number of visits each patient can make, or the cost of treatment for any patient. They are quite literally life savers.

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## Oral Health Program One Year Anniversary

AFC recently celebrated the one year anniversary of our highly successful oral health program. We have provided 800 appointments to our very appreciative patients. We are grateful to Arlington County DHS for allowing us to use their facility without charge. Currently, we are exploring ways to expand services to maximize the impact of this program.



*Tri Tran, DDS*

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## Affordable Care Act (ACA)

Open enrollment will begin on November 1, 2016 for coverage in 2017. As in previous years we will help those patients who are eligible to purchase insurance through the ACA connect with the necessary services to become enrolled. To date, approximately 250 AFC patients have gained insurance through the ACA, allowing us to take in others who continue to lack access to health care.



*New Patient Lottery Day*

# FINANCIAL REPORT

JULY 1, 2015 – JUNE 30, 2016

## ASSETS

	JULY 1, 2016	JULY 1, 2015
Cash & Equivalents	\$267,974	\$268,358
Contributions Receivable	\$437,587	\$595,708
Inventory	\$7,814	\$8,885
Prepaid Expenses	\$46,043	\$39,902
Investments	\$2,669,541	\$2,690,832
Fixed Assets	\$3,672,381	\$3,786,031
<b>Total Assets</b>	<b>\$7,101,340</b>	<b>\$7,389,716</b>

## LIABILITIES AND NET ASSETS

	JULY 1, 2016	JULY 1, 2015
<b>Current Liabilities</b>		
Accounts Payable & Accrued Expenses	\$214,994	\$148,629
Capital Lease Payable	\$6,284	\$5,725
<b>Total Current Liabilities</b>	<b>\$221,278</b>	<b>\$154,354</b>
<b>Long Term Liabilities</b>		
Capital Lease Payable Net of Current Portion	\$5,702	\$11,986
<b>Total Liabilities</b>	<b>\$226,980</b>	<b>\$166,340</b>

## NET ASSETS

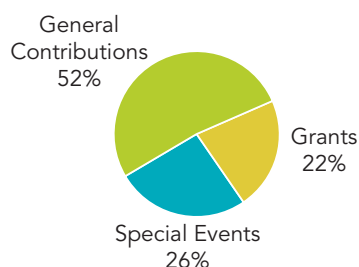
	JULY 1, 2016	JULY 1, 2015
Unrestricted	\$5,635,326	\$5,968,940
Temp Restricted	\$870,760	\$886,162
Permanently Restricted	\$368,274	\$368,274
<b>Total Net Assets</b>	<b>\$6,874,360</b>	<b>\$7,223,376</b>

<b>TOTAL ASSETS AND LIABILITIES*</b>	<b>\$7,101,340</b>	<b>\$7,389,716</b>
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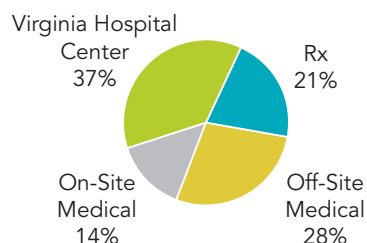
\*Includes value of AFC office

## TOTAL FINANCIAL SUPPORT: \$6,785,087

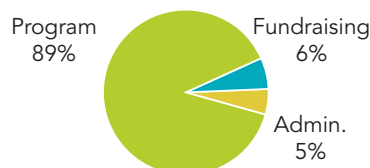
### Cash Contributions: \$2,445,523



### In-Kind Contributions: \$4,339,564



### Expenses: \$7,134,103





# Planning for the Future of AFC

How does an organization like Arlington Free Clinic plan for the future? As we work to develop a new strategic plan to guide us in the coming years, I would love a crystal ball. Healthcare reform, immigration policy, housing costs, Medicaid expansion, trends in volunteerism and the outcome of the November election will each have an unknown impact on our work. However, as we conduct research into these and many other topics during our planning, three things are already very clear.

## **The Need for Our Services Remains Great:**

Arlington Free Clinic's tag line reads Until Everyone Has Healthcare. Many people predicted that with the passage of the Affordable Care Act (ACA), there would no longer be a need for clinics such as ours. Well, nothing could be further from the truth.

Fewer than 20 percent of our patients were transitioned out of AFC due to income levels high enough to qualify for insurance coverage under the ACA; they were quickly replaced by new patients who were ineligible. Despite the high cost of housing in Arlington, there are at least 11,000 low-income, uninsured Arlingtonians. The number of individuals who come to our doors seeking care continues to exceed our capacity.

**The Needs of Our Patients Are Complex:** Through our research, we know that our patients' needs extend far beyond healthcare. Lack of access to food, safe and affordable housing, transportation, language skills, and employment not only keep individuals in poverty, they are major barriers to good health. Imagine trying to manage insulin while worrying about a safe place to sleep or lack of food. This year, we have strengthened our relationships and formed new partnerships with safety-net organizations who

provide these essential services. We've had great success with a pilot program using social workers to connect our patients with services to help remove the barriers to good health—and hopefully give them a bridge out of poverty.

**It Takes a Village:** Early in our strategic planning process, we made a strong commitment to continue our volunteer model of healthcare delivery. Our team of over 500 volunteers are the heart of this organization. The highlight of my day is observing the special teamwork that occurs between AFC staff and volunteers as they collaborate to provide care to those in such great need. Additionally, we could not exist without the support of Virginia Hospital Center, Arlington County Department of Human Services, and our many other community partners.

Finally, it is only through the generosity of our donors that we can help others. As I complete my first year as executive director, I am touched every day by the support that we receive from individuals like you. One day, perhaps, everyone will have access to healthcare. Until then, I ask for your support again this year as we provide care to those with no other options.

With thanks,

*Nancy White*  
Executive Director



# MEDICAL PRACTICES VITAL TO AFC

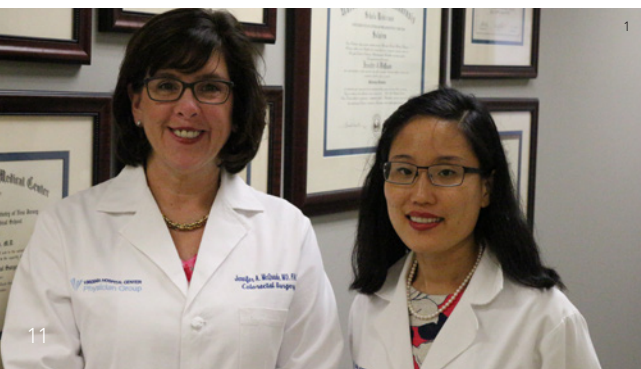
Arlington Free Clinic is indebted to the following medical practices that so generously provided a wide variety of specialty medical services in their offices for hundreds of AFC patients.

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 Ascunce, MD  
Body Dynamics, Inc.  
Melanie Buttross, MD  
Capital Eye Consultants, PC  
Cardiovascular & Thoracic Surgery  
Partners at VHC  
Clarendon Dental Arts  
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 Jespersen, MD  
Joseph J. Buchino, MD &  
Associates  
Leah Fuchs, MD  
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  
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Center  
Northern Virginia Gastrointestinal  
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Associates, LTD  
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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 Physician Groups:  
• Cardiology  
• Colorectal Surgery  
• Gynecologic Oncology  
• Hospitalists  
• Infectious Diseases  
• OB/GYN Hospitalists  
• Podiatry  
• Reinsch Pierce Family Center for  
Breast Health  
• Surgical Specialists  
• Urogynecology & Pelvic Surgery  
• Urology  
• Wound Care & Hyperbaric  
Medicine  
Virginia Nephrology Group  
Virginia Neurosurgeons, PC  
Washington Eye Physicians &  
Surgeons  
Washington Radiology Associates

1- Jennifer McQuade, MD and Rebekah Kim, MD of VHC Physician Group Colorectal Surgery  
2- John Rhee, MD and John Garrett, MD of Cardiovascular & Thoracic Surgery Partners at Virginia Hospital Center





# OUR VOLUNTEERS

JULY 1, 2015 – JUNE 30, 2016

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Toby Albright  
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Meredith E. Anderson  
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Katy Banks  
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Grant Ehat  
Joanna Ehat  
Judy Feder  
Stephen Fedorchak  
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Loren Friedman, MD  
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Doreen Gentzler  
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Kathy Townshend  
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Sarah Trimmer  
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Rob Walters  
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Liesl Wright  
Aida Yamine  
Chahine Yamine, MD  
Michelle Zook

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*Arlington County Proclamation  
honoring David W. Briggs, Esq.  
for service to AFC*



*Madison Greer and Olivia Orlando*



## Three Generations of AFC Nurses

Nursing is a tradition in our family – as are big career shifts – and now we can add volunteering at Arlington Free Clinic to the list, too! It started with my mom, Kathleen Mulvihill, who earned her BSN degree at the College of Mount St. Joseph. Mom's 50-year nursing career began in Med-Surgery and eventually led her to Maternal & Child Health and postpartum care. She loved working with new moms and their babies. Mid-career, Mom had a calling to pursue a Masters of Divinity at Princeton Theological Seminary and became an ordained minister. Pastoral care and nursing proved complementary and she was able to integrate both careers. My mother and father, Michael, relocated to Northern Virginia in 2012, and Mom became a parish associate at Fairfax Presbyterian Church. She didn't want to give up nursing entirely, so she obtained her Virginia license hoping to find somewhere to volunteer.

I am an RN as well, however my career path has been very different. I graduated with an International Business/Finance degree from American University and have spent almost 30 years working for Travelers. I always had an interest in nursing so I obtained an associate degree in nursing from Northern Virginia Community College in 2006 and am currently pursuing my BSN at George Mason University. I worked in an Ortho-Trauma unit at INOVA Fairfax and in internal medicine at Kaiser Permanente. Unfortunately, the timing of my career change was not ideal with three children entering college, so I returned full time to the insurance industry.

We learned about Arlington Free Clinic through the Sharon McGowan Breast Health Fund (SMBHF) which supports AFC's free mammogram and breast biopsy programs. The SMBHF was created in honor of Sharon McGowan who died of breast cancer. Sharon was the wife of my mother's brother and my uncle, Gerald McGowan. Volunteering at AFC is a wonderful opportunity for my mom and me to continue to provide nursing care and to do it together.

We volunteer at AFC women's clinics and deeply value the opportunity to be part of a medical team again. Mom, a life-long hospital nurse who had only a brief public health rotation back in school, feels right at home in community health. She admires AFC's patients, who amidst the challenges of demanding work and home life, take ownership of their health by returning for necessary follow-up visits and participating in the preventive protocols – exercise and nutrition classes, dental care, vaccinations – offered at AFC.

The nursing tradition continues as my daughter, Kaelin, works toward her BSN at James Madison University. She joined the volunteer team at AFC this summer and expects to continue her volunteer work for years to come! We have thoroughly enjoyed our time at AFC and feel that we receive much more than we give. We all believe that health care is a right, not a privilege, and helping provide healthcare to those in need at Arlington Free Clinic is very gratifying.

*Bridget Jennison, Kathleen Mulvihill, and Kaelin Jennison:  
three generations of nurses volunteering at AFC*



## VOLUNTEERS

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Mark Doherty, MD  
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Jodie Horton, MD  
M. Zafar Iqbal, MD  
Adrienne A. James, MD  
Michael Jay, MD



1- Sharon Golden and Mariam Abuagla  
2- Rachel Barish, NP and Jessica Hirschhorn, MD  
3- Seetaramayya Nagula, MD  
4- Kathleen Judge, RN  
5- Laura Lazarte, Urban Alliance Intern



M. Renee Jespersen, MD  
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Mary Ann Young, RN  
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# Why I Give

George Stewart approaches giving the same way he leads his commercial real estate business – vision-minded, goal-oriented, and passion-driven – so it's really no surprise that he and his team at Stewart Commercial Realty raised over \$100,000 last spring at their Bites & Blues Party to benefit Arlington Free Clinic's new Oral Health Program. At Stewart Commercial, community involvement and outreach is a priority. George challenges his team to dive in: "Do more than write a check! Donate your time and invite your friends to join you – you'll have fun!"

George was introduced to AFC and its mission after attending the Clinic's Annual Benefit Gala as a guest of a close friend. He was inspired to learn more about the organization and the patients it serves, partly because George and his team have extensive experience brokering and developing medical offices and clinics. However, George has a heart for people, and he'd probably say that his call to action was actually inspired by a smile – a patient's smile.

While touring the Clinic, an AFC patient smiled at him, flashing a big toothless grin. This led to a conversation with AFC staff about their desire to bring much-needed dental services to their patients – dental care not only affects one's self confidence but can greatly impact overall health. The Clinic had long wanted to launch a dental program, and walking away from the tour and thinking of the patient's grin, George was determined to partner with AFC. He set a few goals and put a plan into action, gathering his colleagues to help brainstorm ways to collaborate with the Clinic. His McLean-based company resolved that they simply needed to "introduce" AFC's need to their families, friends, neighbors, investors, colleagues and clients. But, in a town chock-full-of fundraisers, what would make this one special? A night of casual fun including great blues music and plenty of light-up party flair – and the opportunity to sponsor a patient, making each person's donation very personal.

The result: a spectacularly fun evening that had people talking for weeks, in which George and his team at Stewart Commercial generated \$100,000 toward healthier mouths at AFC. A fact that we're all still smiling about!

George Stewart with Stewart Commercial team members Charisse McElroy and Julie Stewart Yang



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All former AFC board members, all former AFC gala chairs, and all former AFC gala special gifts chairs are welcome to join!

Members will be recognized in future donor listings, and will have the opportunity to reconnect with other former leaders and hear about the AFC of today at an annual event open to members and their spouses.

Learn more at:

[www.arlingtonfreeclinic.org/directorscircle](http://www.arlingtonfreeclinic.org/directorscircle)

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**VHC Physican Volunteers at AFC**  
Anonymous

**Ms. Nancy White**  
Ms. Jennifer Weber & Mr. Justin Moore

**Women in need**  
Ms. Ayanna Jacobs  
Ms. Ellen Kurcis & Mr. Wayne Kelly

**Donald C. Wright, MD**  
Ms. Anne Coons & Mr. James Russell

**Mr. Earle F. Young & Ms. Sylvia Smith**  
Timothy & Myra Bell

## Jill Beam Kough – Power of Pink Fund

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 \$350,000 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](http://www.power-of-pink.org).





# IN MEMORY

JULY 1, 2015 – JUNE 30, 2016

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

**Geneva Andreu**

Ms. Marguerite J. Andreu

**Hunt Blair**

Mr. Lammot du Pont

**Ms. Gisela Hager Blatnik**

Anonymous

The Family of Gisela Hager Blatnik

Ms. Ann H. Choiniere

Mr. & Mrs. Lanning Gabatino

Ms. Nell B. Murphy

Ms. Kirsti Frenzen Noring

Mrs. Gretchen A. Redmond

Mr. & Mrs. George Varoutsos

**Ms. Doris Y. Boehly**

Ms. Lucille S. Carter

Ms. Suzanne Goodson

Rev. & Mrs. William Hoffman

Ms. Mary Lee Maples

Mrs. Sara McDonnell

Marjorie R. McRae

Moore & Van Allen, PLLC Labor &

Employment Group

Ms. Cabell Clay

Mr. Ben Fryer

Ms. Deven Gray

Mr. Alton Gwaltney

Mr. Anthony Lathrop

Ms. Karin McGinnis

Mr. Chris Ogiba

Mr. Paul Peralta

Mr. Randy Phillips

Mr. John Zaloom

Mr. Morgan O'Connor

Ms. Jo Anne Sizemore

Mr. Russell F. Sizamore

Warner & Debra Watson

**Mr. Jim Bowley**

Ms. Carol R. Bowley

**Ms. Christine Buckelew**

Diane & Tim Naughton

**Ms. Rachel Tingley Burgess**

Mr. & Mrs. Frederick W. Tingley

**Dr. Alexander M. Burnett**

Sallie & Steve Callanen

Mr. & Mrs. Fred S. Dunning, Jr.

Ms. Kelly Faul

Dr. & Mrs. John A. Fox

Mr. Ronald L. Gainer

Mr. & Mrs. Henry K. Goetzman

Ms. Virginia M. Groom

Mr. & Mrs. Louis Gubinsky

Susanne Guyer & Thad Carpen

The Hendershot Family

Mr. & Mrs. James MacGowan

Ms. Marion E. MacGowan

Mrs. Charles R. McCarthy

Kay & Paul Nassetta

Ms. Michele Newman

Ms. Annabel S. Perlik

Jay Richardson Family

Mr. & Mrs. Carl Schwarz

Mr. & Mrs. Richardson Shoemaker III

Ms. Anne D. Stewart

Ms. Margaret M. Stolley

Ms. Linda Wheeler

**Marcel D. Carmi, DDS**

Ms. Helen Azzam

Chahine & Aida Yamine

**Mr. Michael Cascarano**

Anonymous

**Mr. Ernesto V. Castro**

Anonymous

**Dr. John R. Daniels**

Mrs. John R. Daniels

**Gaby DeThomas**

Ms. Karen DeThomas

**Timothy & Mary Donovan**

Mr. & Mrs. Michael H. Bratt

**Ms. Barbara Ehrlich**

Mr. & Mrs. Thomas S. Scarano

**Ms. Marian Patricia Francois**

James Patrick & Frances Francois

**Dr. Edward E. Gahres**

Catherine Gahres & James Woolford

**Dr. Clifton Gruver**

Dr. & Mrs. Peter Zullo

**Ms. Elsie C. Gruver**

Dr. & Mrs. Peter Zullo

**Dr. Robert Gruver**

Dr. & Mrs. Wilson L. Coudon

Dr. & Mrs. Peter Zullo

**Mr. George Heatley**

Mrs. Cecile Heatley

**Ms. Joan Hill**

Mr. & Mrs. Barry L. Reichenbaugh

**Ms. Roslyn Latto**

Mr. & Mrs. Arthur D. Kallen

**Mr. Timothy MacCarthy**

Mrs. Timothy MacCarthy

**Ms. Anita Whims Malone**

Ms. Adele Crump

**Dr. Francis J. McGrath**

Ms. Kathleen McKay

**My Parents**

Drs. Devanhalli & Isabel Ramaswamy

**Ms. Chau Nguyen**

Mr. Ed Gerwin

**Ms. Miriam Nguyen**

Mr. Ed Gerwin

**Ms. Jennie Peacock**

Ms. Mary P. Pully

**Ms. J. Karen Pyrah**

Mr. & Mrs. Mike Feinsilber

Mr. & Mrs. Mark Pankin

**Ms. Jewell Shadburn Rich**

Ms. Adele Crump

**Dr. Philip T. Rodillosso**

Dr. & Mrs. Alfred M. Beck

Dr. & Mrs. Wilson L. Coudon

Ms. Barbara A. Fay

Mr. & Mrs. Joseph F. Lipari

Dr. & Mrs. Lawrence M. Stein

**Ms. Josephine Salmon**

Ms. Didi Salmon

**Mr. Ray Schunter**

Ms. Patricia K. Stehly

**Ms. Sandra Schurman**

Ms. Valerie Schurman

**Dr. Stephen Sheehy**

Margaret M. Holland Charitable Fund

**Ms. Myra Shulman**

Drs. Christina & Christopher Annunziata

**Dr. Joseph E. Shuman**

Mrs. Pearl Rapaport Shuman

**Ms. Elizabeth Stanford**

Mr. Brad Stanford

**Ms. Ruth "Chickie" Steiner**

The Steiner Family

**Ms. Annette Triveri**

Ms. Adele Crump

**Mr. Herbert Weinstein**

Mr. & Mrs. Walter H. Cheatham

# IN-KIND DONATIONS

Donors are listed below if the in-kind value of services donated to the Clinic was received by June 30, 2016.

These donations include off-site medical services, donors of gifts to the Gala's silent auction and donors of other in-kind services to the Clinic.

## \$1,596,393



Virginia Hospital Center provided x-rays and laboratory diagnostic services for our patients.

### Over \$100,000

AstraZeneca, LP  
Dominion Anesthesia, PLLC  
Fairfax Radiological Consultants, PC  
Joseph Buchino, MD & Associates  
Northern Virginia Radiology Consultants  
Rx Partnership  
VHC Physician Group: Surgical Specialists

### \$50,000 to \$99,999

Arlington County Public Health Division  
Arlington ENT & Arlington Audiology Associates  
Arlington Podiatry Center  
Body Dynamics, Inc.  
Wendy Gottlieb, MD  
Lions Eye Clinic  
Dick & Ginny Michaux  
Nirschl Orthopaedic Center for Sports Medicine and Joint Reconstruction  
Northern VA Neurologic Associates  
Novant Health Imaging  
OrthoVirginia  
Ostendio Inc.  
Ian M. Shenk, MD  
VHC Physician Group: Urology  
Virginia Cancer Specialists  
Washington Radiology Associates

### \$10,000 to \$49,999

Arlington Dentistry by Design  
Bistro 360  
William Deegan, MD  
Monica & Christopher Gerlach  
Maggie & Max Grant  
Molly Sebastian, MD  
Stewart Commercial Realty Services  
VHC Physician Group: Colorectal Surgery  
Virginia Neurosurgeons  
Winking Fish

### \$5,000 to \$9,999

Arlington Radiology Associates  
Dermatology Associates of McLean, Ltd.  
Direct Relief International  
Gastroenterology Center of Northern Virginia  
Holland & Knight, LLP  
Renee Jespersen, MD  
Providence Lawn & Landscape  
Patricia Rodriguez, MD & Loren Friedman, MD  
VHC Physician Group: Urogynecology & Pelvic Surgery  
Virginia Heart

### \$2,500 to \$4,999

Drs. Robert Hong & Nadim Nasr, Arlington Radiation Oncology  
Elite Island Resorts Caribbean  
General Internal Medicine Group  
Insight Imaging Center of Arlington  
Bayani Manalo, MD  
McKesson Medical-Surgical  
Metropolitan Surgical Associates, PC  
Skin Cancer Surgery Center  
Southwest Airlines, Inc.

### \$1,000 to \$2,499

Arrowine Inc.  
Gil Ascunce, MD  
Boone & Sons Jewelers  
Kathy Buto & Tom Korn  
Melanie Buttross, MD  
Iverson Orthodontics  
Jeff Lubin Fine Portrait Photography  
Lyon Hall  
Marriott International, Inc.  
Pulmonary & Medical Associates of Northern Virginia  
Christopher Renner, OD

### \$500 to \$999

BodyBySilvia, LLC - Personal Training and Nutrition Coaching  
Chariots for Hire  
Damaneon Smith & Associates, PC  
Mr. & Mrs. Kenneth Daniel  
Fuchs Dermatology  
Krekeler Brower Wealth Advisors  
Moss Building & Design  
Nemacolin Woodlands Resort  
Old Ebbitt Grill  
Sara Linda Poly  
Protea Diamonds  
Ritz-Carlton Georgetown  
Taryn Laughlin Coaching LLC

### \$100 to \$499

Anonymous  
Arena Stage  
Barrel Oak Winery  
Bluejacket  
Briar Patch Bed & Breakfast Inn  
Chef Geoff's  
Chrysalis Vineyards  
Clyde's of Tysons Corner  
Farmers Restaurant Group  
Dr. Maria Garcia & Mr. Vince Mastroianni  
The Hamilton  
Herbert Golomb, MD  
Heart Care of Virginia  
Bud Hensgen  
Belliza Knight Jewelry, Brinker Higgins  
Ivy Inn  
Jumping Joeys  
Kathryn Kovacs  
Mr. & Mrs. William L. Kovacs



1- Virginia Cancer Specialists (Patricia Rodriguez, MD, Mirta Gomez, Kate Witowski, NP & Thomas Butler, MD) at 2016 Governor's Volunteerism and Community Service Awards 2- VHC Physician Group – Cardiology: Hassan Tabandeh, MD, Jeremy Bock, MD, Eric Thorn, MD & R. Preston Perrin, MD

The LaserTag Group  
 LavaBarre  
 Lebanese Taverna  
 Liberty Mountain Resort  
 Main Street Landscape, Inc.  
 Mangan Jewelers  
 Mr. & Mrs. Edward Marcott  
 Chris Markus  
 John Martin, MD  
 Cindy McMahon  
 The MHG Group  
 Name Droppers of McLean  
 Ms. Mireille Nasr  
 Cella Neapolitan  
 Northern Virginia Gastrointestinal Associates, LTD

Northern Virginia Hearing Center  
 Northern Virginia Physicians to Women  
 Olde Towne Pet Resort  
 The Omni Homestead Resort  
 Orangetheory Fitness  
 Pacers Running Stores - Arlington  
 Parlour Salon  
 Pengu Studio  
 Philip Kent Master Photographer  
 Mr. & Mrs. Joe Pilch  
 Ms. Carly Poppalardo  
 Pure Barre Arlington  
 Rebecca Croft Studios  
 Red Top Cab Company  
 Rocklands Barbeque & Grilling Company  
 Salon Rovina  
 Mr. & Mrs. John Sieber  
 Scott D. Spagnoli, MD  
 Sun and Moon Yoga Studio  
 Syntetic Theater  
 tavola restaurant  
 TLC Neurology  
 TSNY DC  
 Ms. Martha G. Ware & Mr. Steven R. Cole  
 Washington Nationals  
 Mr. & Mrs. Douglas S. Wiley  
 Wintergreen Resort  
 Chahine & Aida Yamine

### Up to \$100

Adagio Ballet and Dance School  
 AlphaGraphics  
 The Artisans  
 As Kindred Spirits  
 Balducci's Food Lovers Market – McLean, VA  
 Bradshaw's Children's Shoes  
 Cava Mezze  
 The Cheesecake Factory  
 Company Flowers & Gifts Too!  
 Copperwood Tavern  
 Esquire Confections LLC  
 Great American Restaurants  
 Heidelberg Pastry Shop  
 Hon. Edward M. Holland & Mrs. Jo Ann Holland  
 International Spy Museum  
 iVision Solutions, Inc.  
 Ayanna Jacobs  
 Kinder Haus Toys  
 Let's Dish  
 The Little Theatre of Alexandria  
 Newseum  
 O'Sullivan's Irish Pub  
 Prospect Hill Plantation Inn & Restaurant  
 Reston Limousine  
 Ms. Nora M. Velasquez/Marietha's  
 Handcrafted Jewelry  
 Watergate Gallery & Frame Design



VHC Physician Group – Reinsch Pierce Family  
 Center for Breast Health: Molly Sebastian, MD

## Provider Spotlight: Janice Zima, NP & VHC Physician Group: Wound Care & Hyperbaric Medicine

Being able to provide care to Arlington Free Clinic patients is a gift for which I am grateful, and which is truly a reward in and of itself. My roots with the Clinic started back in 2005 when I graduated from Nurse Practitioner school and was able to see patients on a regular basis with Dr. Thomas Connally as my precepting physician. Following my move to Virginia Hospital Center (VHC), I worked in the ER and Infectious Disease Clinic before moving to the Wound Care Clinic. My colleagues and I are proud to see AFC patients as needed for their wound care needs. It's really a two way street: VHC often sees indigent Arlington residents, who, with no other place to turn are referred to AFC for ongoing care. AFC works miracles when the hospital refers someone to them, not only with medical follow-up but also in terms of case management, dietary counseling, and all over TLC.

Everyone encounters bumps in the road, some more than others. I have been fortunate in my life and appreciate the opportunity to share and give back to our community. I firmly believe that volunteers can have an enormous impact on the health and wellbeing of individuals and communities, and we can all make a difference. Who gets more out of the experience? Probably we do!

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.



Janice Zima, FNP and Rudolph C. Anderson, Jr., DPM



# OUR STAFF

**Nancy T. White**  
Executive Director

## Clinical Services

**Sheila Ryan, RN**  
Director of Clinical Services

**Luisa Aburto**  
Clinical Assistant

**Surekha Cohen, RN**  
Nurse Manager

**Kensie Huezo**  
Medical Assistant

**Matthew Kennedy**  
Case Manager

**Terry McManus, NP**  
Nurse Practitioner

**Hilonka Morales**  
Clinical Administrative Assistant

**Jyl Pomeroy, RN**  
Program Manager, Mental Health

**Eleanor Richards, RN**  
Nurse Manager

**Liz Rosales**  
Medical Assistant

**Aida Salamanca**  
Medical Assistant

**Mary Anne Taylor, RN**  
Nurse Manager

**Tri Tran, DDS**  
Dentist

**Martha Ware, RN**  
Nurse Manager, Women's Health

## Pharmacy

**Judy Dietrick, RPh**  
Pharmacist-in-Charge

**Gaby Arispe**  
Pharmacy Technician

**Wendy Boning, RPh**  
Pharmacist

**Mary Anne Panich, RPh**  
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

**CB Wohl**  
Director of Foundation Relations

**Pia Clark**  
Donor Relations

**Megan Coyle**  
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

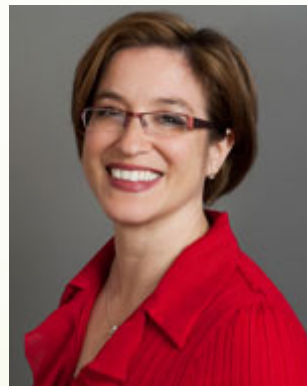
**Mario Vargas**  
Volunteer Coordinator



1- Jyl Pomeroy, RN 2- AFC Staff 3- AFC Nursing team: Surekha Cohen, Eleanor Richards, Mary Anne Taylor, Sheila Ryan 4- Susan G. Komen Promise Ride 5- Marlene Alvarez

Report design by Winking Fish  
Photography by Lawrence Cheng

# A Message from the Board Chair



In 2004, a physical therapy colleague, Nancy White, encouraged me to volunteer at Arlington Free Clinic. Twelve years later, my practice, Body Dynamics, Inc., Center for Sustainable Health (BDI), manages the PT program for AFC. Serving at AFC is an essential part of the culture of my business – and part of the physical therapists' job descriptions. Every Tuesday or Thursday morning since 2004, BDI physical therapists have been positioned at AFC seeing patients. The physical therapists value the opportunity to serve those who would otherwise be unable to benefit from PT. Even BDI's clients have gotten involved, routinely contributing dental supplies to the AFC Dental Clinic.

As Board Chair this year, I am once again enjoying the opportunity to work with Nancy White, who is now AFC's Executive Director. Thanks to my longstanding involvement as a volunteer provider, a board member and board chair, and as a business-to-business pro bono partner, I've gained a deep appreciation for the many important links that exist between AFC and the community, not least of which are the Clinic's connections with local businesses.

There are great examples of companies like Accenture, AvalonBay, CEB, Clark Construction and The JBG Companies that have formal Corporate Social Responsibility initiatives. Other companies – including Stewart Commercial Realty Services which you read about earlier in this publication, or Winking Fish, the graphic design firm who generously partners with AFC on all of its printed materials including this annual report – simply have strong philosophies of giving back ingrained in their core values and have gone to extraordinary lengths to partner with AFC for the good of its patients.

Businesses in the medical community, including private practices, diagnostic centers, and Virginia Hospital Center, have a long history of providing essential support to AFC. But medical know-how isn't a prerequisite: companies from every sector represented in Arlington have long been providing a mix of volunteer hours, expertise, and financial support to the benefit of everyone from CEOs, staff, and patrons to the patients of AFC. So, how can you help? We have a strong need for continued support from local businesses and would love to partner with you.

If you haven't been involved with AFC, please consider joining this incredible community of staff and volunteers who are dedicated to providing top-level medical care to the most vulnerable in our community. If you and your company have been involved, THANK YOU! Please continue to help us fulfill our mission, and share your experiences of AFC with others in the community. The larger our network, the more secure our future.

— Jennifer Gamboa, DPT, OCS  
2016–2017 Board Chair



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Your support  
of Arlington  
Free Clinic  
is greatly  
appreciated!



Rachel Barish, NP

