

# 2019



# Report to the Community

July 1, 2018 to June 30, 2019



## OUR MISSION

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

## Our Patients

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

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

1. Each month, we accept approximately 25 new patients through a lottery process.
2. Eligible individuals referred by Virginia Hospital Center, Arlington County Department of Human Services, and other safety-net organizations are directly accepted. These include our sickest patients, such as those with cancer, uncontrolled diabetes, and renal failure.

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

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

## Our Services

### COMPREHENSIVE HEALTHCARE

Primary, Preventive, and Specialty Care for Adults

Gynecology

Care For Chronic Diseases Including Diabetes, Hypertension, Cancer, and Obesity

Optometry

Pharmacy

Cancer Screenings

Diagnostic & Laboratory Services

Physical Therapy

Dental Services

### EDUCATION & OUTREACH

Nutrition

Osteoporosis

Diabetes

Breast Health

Physical Activity

### MENTAL & BEHAVIORAL HEALTH

Psychiatric Assessment & Medication Management

Individual Therapy

Support Groups

Social Services  
Case Management



Arlington Free Clinic  
2921 11th Street South  
Arlington, VA 22204  
703-979-1425  
[arlingtonfreeclinic.org](http://arlingtonfreeclinic.org)

Susana

## Susana: From 12 Medications to Healthy & Strong

In 2005, Susana was 24 years old and busy balancing life as a single mom with a retail job and a professional softball career—she played catcher and pitcher for a regional team in El Salvador. Life was moving along well enough, but she constantly worried about her daughter’s future. That’s when her best friend—who moved with her family to the US when she and Susana were 12 years old—offered to sponsor Susana’s immigration.

Susana and her daughter were settling in as the first snow of the season fell on Arlington. She quickly found work caring for children and cleaning homes, but then out of nowhere, just three months after arriving, Susana became very sick. She ended up in the Emergency Department at Virginia Hospital Center (VHC) where she learned she had lupus and associated kidney failure.

Dr. Thomas Rakowski, a nephrologist who practices at VHC, cared for Susana while she was in the hospital. A longtime Arlington Free Clinic volunteer, Dr. Rakowski continued seeing her when she was discharged into our care.

Susana has had medical ups and downs over the years. When she was first diagnosed, she was prescribed 12 different types of medication and was too weak to work. Her friend helped her buy food and pay rent. Two years later, she developed a pulmonary embolism, a life-threatening complication of lupus.

Today, Susana is only on one medication! She comes to AFC every month so we can monitor and manage her pulmonary embolism, and sees Dr. Rakowski annually so he can keep an eye on her lupus. Susana is feeling strong and healthy—so much so that in addition to her fulltime construction job, she picked up part-time work washing dishes at a restaurant in Arlington to help her daughter pay for classes at Northern Virginia Community College.





Joan Bowes Ritter, MD

## Moving with Patients Toward Better Health

**MANY ARLINGTON FREE CLINIC PATIENTS** struggle with obesity, heart disease, diabetes, and high blood pressure—chronic conditions often connected to lifestyle. For the past several years, AFC has been working to develop an exercise and nutrition program that's suitable for our patients and sensitive to their unique barriers to health.

It's challenging to change habits even when you have sufficient resources, but our patients must overcome a number of hurdles to institute lifestyle changes. They often struggle to buy groceries, let alone healthy ones, and work multiple, physically demanding jobs that leave them with little energy or motivation to exercise. Last year, we partnered with about 70 patients through our Move to Health (MtH) program to help them incorporate healthy habits into their lives. Conscious of the barriers they face, the program includes tailored guidance on nutrition, exercise, stress management, and sleep as foundational elements of healthier living. We're even exploring ways to use technology so that patients can continue the program at home.

While the focus of MtH is on behavior change, not weight loss, we did find that patients who participated were three times more likely to lose weight than those who enrolled but weren't able to participate.

MtH also ties in well with a new Fatty Liver Disease (FLD) care management program at AFC. FLD is a chronic condition caused by too much fat stored in the liver cells and is increasingly common among our patients as well as the broader US population. If left untreated, FLD can be quite serious, occasionally leading to cirrhosis and liver failure (an effect similar to that caused by heavy alcohol consumption). Improved liver tests, lower triglycerides, better sleep, and increased stamina are some of the benefits that our MtH participants have experienced. It's easy to see how these individual changes will positively impact the wider community when our patients provide healthier meals for their families and encourage friends and family to join in on exercise classes.

Our conference room is consistently packed on Move to Health nights with people who show up to improve their health despite the significant personal, work, and transportation barriers—it's incredibly inspiring.

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



# Board of Directors

## Executive Committee

### Adam R. Hess, JD Chair

Partner, Venable, LLP

### Carly Kelly, JD Vice-Chair

Associate Senior Counsel, Cigna-Healthspring

### John Rhee, MD, FACS Secretary

Cardiovascular & Thoracic Surgeon, VHC

### John Couric, CPA Treasurer

CFO, Promontory Interfinancial Network, LLC

### Dianne Morse Houghton Chair, Governance Committee

Director, Library of Congress

### Jennifer Sosin Chair, Outreach Committee

Advisor, Weber Shandwick

### Diane H. Naughton Chair, Development Committee

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

### Meredith E. Anderson

Principal, Firekeeper Coaching

### Edgar Aranda-Yanoc, LLM

Executive Director, VACOLAO; Senior Lead Organizer, Legal Aid Justice Center

### Katy Banks

Clinic Volunteer; 2017 & 18 Gala Chair

### Kathleen Buto

Principal, Kathleen Buto Consultants, LLC

### David Duhamel, MD

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

### Grant M. Ehat

Partner, Willard Retail Partners

### Danine Fresch Gray, DDS

Dentist/Owner, Clarendon Dental Arts

### Ginger Loper

Lobbyist, Loper Consulting

### Joseph Lynch, JD

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

### David Ogilvie

Assistant Director, Case Management, VHC

### Douglas H. Root

Managing Partner, Blackfin Real Estate Investors

### Keegan Stroup, CPA

Office Managing Director, Washington DC, Andersen Tax

### Joan Bowes Ritter, MD

Medical Director

Internist, Walter Reed National Military Medical Center

### Christine M. Shiker, JD

Counsel to the Board

Holland & Knight

### Nancy White

President



## Community Council

### Joseph A. Backer, MD

AFC Founder & Past Board Chair; Physician Volunteer; Radiologist, Northern Virginia Radiology Consultants, PLLC (retired)

### John F. Benton

Deputy Undersecretary for Finance & Administration, Smithsonian (retired); Past Board Chair

### David W. Briggs

Attorney, Holland & Knight LLP (retired)

### Lawrence Cheng

Lawrence Cheng Photography, LLC

### James B. Cole

President & CEO, Virginia Hospital Center

### N. Thomas Connally, MD

Internist (retired) & Physician Volunteer; AFC Medical Director 2005-10

### Stephen Fedorchak

Restaurateur; Liberty Tavern, Northside Social, Lyon Hall

### Loren Friedman, MD

Palliative Care Specialist, Virginia Cancer Specialists

### Raymond Hoare, MD

Cardiologist (retired); Physician Volunteer

### Julissa Marenco Otero

Assistant Secretary, Smithsonian Institution

### Rev. Andrew T.P. Merrow

Rector, St. Mary's Episcopal Church

### John Murphy

President, Washington Workplace

### Christopher J. Nassetta

President & CEO, Hilton

### Timothy J. Naughton

President & CEO; AvalonBay Communities

### Mary Ann Nirschl

AFC Board of Directors 1996-08; AFC Board Chair 2000-01

### Patricia Rodriguez, MD

Oncologist, Virginia Cancer Specialists

### Matthew D. Shank, PhD

President Emeritus, Marymount University

### Allison Shay

20th Anniversary Gala Chair

### Matthew Shay

President & CEO, National Retail Federation; 20th Anniversary Gala Chair

### Thomas Shooltz

Partner, Ironwood Realty Partners, LLC

### Mark Silverwood

Silverwood Investments, LLC

### Andres Tobar

Executive Director, Shirlington Employment & Education Center

### Chuck & Kristian Todd

Community Volunteers; Moderator, *Meet the Press*

### David Townshend

Senior Vice President, Global Sales, Marriott International (retired)

### Kathy Townshend

20th Anniversary Gala Chair

### Reuben Varghese, MD, MPH

Health Director, Arlington County Public Health Division



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

ASSETS	July 1, 2019	July 1, 2018
Cash & Equivalents	\$280,041	\$595,449
Contributions Receivable	\$613,401	\$820,659
Inventory	\$7,483	\$11,397
Prepaid Expenses	\$81,453	\$84,760
Investments	\$3,498,197	\$3,140,817
Operating Lease	\$227,978	\$237,118
Fixed Assets	\$4,256,377	\$3,612,769
<b>Total Assets</b>	<b>\$8,989,930</b>	<b>\$8,664,300</b>

LIABILITIES AND NET ASSETS	July 1, 2019	July 1, 2018
<b>Current Liabilities</b>		
Accounts Payable & Accrued Expenses	\$240,672	\$200,006
Finance Lease	\$14,831	\$19,965
Operating Lease	\$228,758	\$234,661
<b>Total Liabilities</b>	<b>\$484,261</b>	<b>\$454,632</b>

NET ASSETS	July 1, 2019	July 1, 2018
Without Donor Restrictions	\$6,972,625	\$6,155,273
With Donor Restrictions	\$1,533,044	\$2,054,395
<b>Total Net Assets</b>	<b>\$8,505,669</b>	<b>\$8,209,668</b>

<b>TOTAL ASSETS AND LIABILITIES*</b>	<b>\$8,989,930</b>	<b>\$8,664,300</b>
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\*Includes value of AFC facility

## Total Financial Support: \$10,120,203



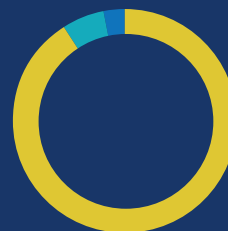
## Cash Contributions: \$3,314,720

General Contributions	46%
Grants	27%
Special Events	27%



## In-Kind Contributions: \$6,805,483

Virginia Hospital Center	52%
Rx	20%
Off-Site Medical	16%
On-Site Medical	12%



## Expenses: \$9,824,202

Program	91%
Fundraising	6%
Administrative	3%

Nancy White

## An Epic Transition to a New Electronic Health Record System

**ELECTRONIC HEALTH RECORDS (EHR)** are digital versions of patient charts. They give real-time information on everything from medical history and diagnoses, to allergies, medications, and lab results. Research shows that enabling quick access to complete, up-to-date patient information supports more coordinated, efficient care that improves health outcomes. However, AFC's EHR was implemented 10 years ago and no longer provides the level of support needed to deliver quality, coordinated care.

After taking a year to carefully weigh our options, AFC is pleased to announce plans to convert to a new EHR called Epic, which our closest partner, Virginial Hospital Center (VHC), adopted in 2018. I'd like to extend an enormous thank you to VHC for offering to bring us onto its Epic account at no cost to AFC, and to provide both training and tech support to ensure our successful conversion!

Since we partner so closely with VHC, being on the same EHR will prove invaluable. Sharing of healthcare information between medical providers is an essential component of good care. However, a transition of this magnitude will come with challenges. Some, such as preparing and mapping our data, are to be expected as with any EHR conversion. Others are unique to Epic, including the considerable training requirements placed on all system users—a condition that will be a unique challenge with AFC's volunteer model. We are working closely with our VHC colleagues to develop creative strategies—involving technology and the training of scribes to assist our volunteer physicians in using the new system.

We expect to go "live" with Epic in the first half of 2020. Stay tuned for updates on how the new EHR will positively impact patient care and our ability to analyze data—something critical to program evaluation and improvement. And to all our volunteers, thank you for your patience and commitment throughout the coming transition.

**Nancy White**  
*President*



## Numbers That Count

Arlington Free Clinic is grateful for the extraordinary support of community partners, volunteers & donors. Working together, our major achievements of FY19 include:

**533**  
New Patients

We brought in **533 Arlington residents** who previously did not have regular access to medical care. Of these, 18% came to us by referral from Virginia Hospital Center, community shelters, and other safety-net organizations.

**442**  
Volunteers  
**15,044**  
Hours of Service

Volunteers are integrated into all aspects of patient care and clinic operations at AFC. Last year, 442 volunteers provided over 15,044 hours of service. The value of their volunteer hours is estimated to be \$1,110,379.

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

**AFC Provided 9,028 medical visits for 1,618 individual patients.**

**Primary & Specialty Care**  
**3,913**

**Specialist Referrals**  
**1,336**

**Dental**  
**1,563**

**Mental Health**  
**864**

**Physical Therapy**  
**783**

**Gynecology**  
**344**

**Breast Health Outreach Program Appointments**  
**225**

We also provided **1,072 Social Service Case Manager visits** for needs assessment/referrals for resources including supplemental groceries, legal aid, language classes, domestic violence support, and more.



*AFC's Dental Team, Martina Donayre; Aida Villalta Hernandez; Daniel Dinegde, RDH; Tri Tran, DDS*

## New Dental Clinic - Open for Business!

We're delighted to report that AFC welcomed the new year by opening the doors on a 3-chair dental clinic within our facility. This opening marks the culmination of a successful 18-month capital campaign inspired by a long-time volunteer whose father died from dental complications he could not afford to treat. Her extraordinary gift—and the gifts of our generous campaign donors—are now hard at work ensuring AFC patients have access to the vital dental care they need.

## Awards

Charity Navigator, the nation's largest charity evaluator, once again awarded AFC its top rating of 4 stars for financial health, responsibility, and transparency. Only 12% of the organizations evaluated by Charity Navigator have received at least five consecutive 4-star evaluations.



*Surekha Cohen, RN; Sheila Ryan, RN; Jyl Pomeroy, RN; Eva Sweeney, RN; Kenya Alvarado, RN*

## Collaborative Grants

### Social Determinants of Health Grant

AFC was awarded a grant from Northern Virginia Health Foundation to collaborate with the three other clinics serving Arlington's most vulnerable: Virginia Hospital Center's Outpatient Clinic, Arlington Pediatric Center, and Arlington Department of Human Services' Maternity Clinic. The partners are being funded to look at socioeconomic factors negatively impacting our community's sickest residents in its most disadvantaged neighborhoods (in certain parts of Arlington, 45% of children live in poverty and life expectancies are as much as 10 years less than for those residing in more affluent, adjacent neighborhoods). We built and are now implementing a tool to track housing conditions, vulnerability to utility shut-offs, food insecurity, transportation, physical/emotional abuse, and companionship.

The better we understand how patients' living, working, and playing conditions are impacting their health, the better we'll be able to work together to propose systems-level interventions that hold the greatest potential for improving health and lives.



*Marlene Alvarez and Andy Lindsay*

### Hepatitis B Grant

AFC is partnering with Hepatitis B Initiative of Washington DC and George Washington University on a new grant funded by the US Department of Health & Human Services Office of Minority Health. The grant will support the development of programs to prevent new viral hepatitis infections and reduce morbidity and mortality attributable to hepatitis B.

AFC will screen patients at high risk of infection and provide vaccinations/referrals for treatment as needed. We will work to decrease health disparities by increasing access to care and delivering culturally competent and linguistically appropriate hepatitis prevention/treatment.

# Healthcare Practices Vital to AFC

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

Arlington ENT & Arlington Audiology Associates	National Institutes of Health	Virginia Heart
Arlington Podiatry Center	Nirschl Orthopaedic Center for Sports Medicine & Joint Reconstruction	Virginia Hospital Center
Arlington Radiation Oncology, PLLC	Northern Virginia Dental Clinic	Virginia Nephrology Group
Arlington Women's Center	Northern Virginia Eye Surgery Center	Virginia Neurosurgeons, PC
Body Dynamics, Inc.	Northern Virginia Gastrointestinal Associates, LTD	Washington Radiology Associates
Melanie Buttross, MD	Northern Virginia Neurologic Associates, LTD	William Sawchuk MD & Gayle Masri-Fridling MD Ltd
Cardiovascular & Thoracic Surgery Partners at VHC	Northern Virginia Physicians to Women	
Cary Poropatich, MD, LLC	Northern Virginia Radiology Consultants, PLLC	
Dermatology Associates of McLean, LTD	Novant Health Imaging	
Dominion Anesthesia, PLLC	Orthopaedic Foot & Ankle Center	
Fairfax Radiological Consultants	OrthoVirginia	
Leah Fuchs, MD	PMA Health	
Gastroenterology Center of Northern Virginia	Christopher Renner, OD	
Wendy Gottlieb, MD	The Retina Group of Washington	
Heart Care of Virginia	Skin Cancer Surgery Center	
Heart & Vascular Care	TLC Neurology	
Courtney Herbert, MD	University of Virginia Health System	
Earl Johnson, MD	Vienna Dermatology	
Lions Eye Clinic	Virginia Cancer Specialists, PC	
Rachel Marcus, MD		

### Virginia Hospital Center (VHC)

- Physical Therapy
- Occupational Therapy
- Speech Therapy

### VHC Physician Groups

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





# Our Volunteers

July 1, 2018-June 30, 2019

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

Ashley Adkins  
Jeff Allen  
Jo Ann Allen  
Laura Allen  
Donna Alpi  
Meredith E. Anderson  
Edgar Aranda-Yanoc, LLM  
Joseph A. Backer, MD  
Katy Banks  
Kathy Basile  
John F. Benton  
Pepper Binner  
Randy Binner  
Carly Poppalardo Booze  
Jen Brandely  
Deb Brennan  
David W. Briggs  
Mark Buchholz, PMP  
Jill Burke  
Danielle Burr  
Geoff Burr  
Kathleen Buto  
Wendy Carter  
Jennifer Casolaro  
M. Anthony Casolaro, MD  
Biffy Cathcart  
Lisa Cedrone  
Meaghan Cejudo  
Lawrence Cheng  
Jackie Chipman  
Cristina Chou  
Brian Christiansen  
Eleanore Christiansen  
Allison Cleveland  
Whitney Cobey  
James B. Cole  
Bridget Collins  
N. Thomas Connally, MD  
Alexander Couric  
J. Martin Couric, III  
John M. Couric, Jr.  
Brian Crivella  
Cait Crivella  
Jen Danaceau  
Sandra Daniels, DDS  
Lisa Davis

Bob Deason  
Neelima Denduluri, MD  
Julie P. DiCerbo, NP  
Anne Doll  
Max Donley  
Tracy Donley  
Doug Dowling  
David Duhamel, MD  
Karen Duhamel  
Collins Ege  
Grant M. Ehat  
Joanna Ehat  
Nicole Ehrhardt, MD  
Jane Evans  
Cindy Eyl  
Stephen Fedorchak  
Gerri Ferguson  
Glenn Ferguson  
LaRissa Ferrell  
Cristin Finkel  
Alice Fitzgerald  
Melissa Florkowski  
Maura Fredericks  
Loren Friedman, MD  
Nicole Gebhardt  
Elizabeth Gill  
Kit Gordon  
Ron Gordon  
Danine Fresch Gray, DDS  
Parker Harrington  
Shannon Haynes  
Adam R. Hess, JD  
Bev Hess  
Raymond Hoare, MD  
Dianne Morse Houghton  
Stacey Hughes  
Kurt Hyde  
Bobbie Kalafant  
Stuart Katz, MD  
Carly Kelly, JD  
Andrea Kirshner  
Mary Klapmust  
Jen Knutson  
Ali Kouhestani  
Bit Krill  
David D. Lee, MD  
Diane Lewis  
Brett Loper  
Ginger Loper  
Joseph Lynch, JD  
Lisa MacArthur  
Diane McClure  
Jeff McClure  
Mindi McClure

Sarah McLaren  
Robert McLaughlin  
James Meenan  
Rev. Andrew T.P. Merrow  
Maryam Monfared, DDS  
John Murphy  
Eve Murty  
Manesh Nachnani, MD  
Christopher J. Nassetta  
Diane H. Naughton  
Timothy J. Naughton  
Debbie Nichols  
Mary Ann Nirschl  
Nicole Novak  
David Ogilvie  
Julissa Marengo Otero  
Keely Owendoff  
Anne Pariser, MD  
Amy Parks  
Catherine Peterson  
Pam Poth  
Paul Rapavi, DDS  
Michael Rapp, MD  
Blair Rasmussen  
Dan Rasmussen  
Michele Reddan  
Nikki Reeves  
John Rhee, MD, FACS  
Joan Bowes Ritter, MD  
Scott Ritter  
Patricia Rodriguez, MD  
Karen Romness  
Cassie Root, MD  
Douglas H. Root  
Konrad Schweitzer  
Stacey Settle  
Sejal Shah  
Matthew D. Shank, PhD  
Allison Shay  
Matthew Shay  
Grace Shea  
Ian Shenk, MD  
Christine Shiker, JD  
Thomas Shooltz  
Susan Shuckra  
Wayne Silverman, DDS  
Mark Silverwood  
Sarah Harper Smith, MD  
Landy Sorensen  
Jennifer Sosin  
Colleen Sport  
Keegan Stroup, CPA  
Michelle Stuntz  
Ashley Templer, DPT



Kenneth Quinto, MD

Helen Tiene  
Andres Tobar  
Chuck Todd  
Kristian Todd  
Diane Tomb  
David Townshend  
Kathy Townshend  
Greg Trimmer  
Sarah Trimmer  
Reuben Varghese, MD, MPH  
Aida Yamine  
Michelle Zook

## On-site Providers

Mark Aarons, MD  
Melody Abraham, MD  
Veronica Abraham, MD  
Samuel Anaya Cantu, MD  
Joseph Backer, MD  
Margie Badman, NP  
Achana Ball, MD  
Rachel Barish, NP  
Christina Baselga, MD  
Paula Bergamini, MD  
Brian J. Boland, MD  
Colleen Borelli, MD  
Thomas Butler, MD  
Anthony Casolaro, MD  
Stephanie Chang, MD  
Hong-Hanh Chau, MD  
N. Thomas Connally, MD  
Ritu Cuttica, DO  
Margaret Davis, MD  
Julie DiCerbo, NP  
Miriam Dinatale, DO  
Karen Dixon, MD

Josef Dvorak, MD  
Nicole Ehrhardt, MD  
Aysha Farooqi, MD  
Lynne Gaby, MD  
Danine Gray, DDS  
Sonia Haider, MD  
Michael Halle, MD  
Prarthana Hareesh, MD  
Elizabeth Healy, NP  
Jessica Hirschhorn, MD  
Raymond Hoare, MD  
Caroline Huang, MD  
Laura Jawidzik, MD  
Madhavi Kakarla, MD  
Stuart Katz, MD  
Marla Kelly, MD  
Colleen Kennedy, MD  
Kimbra Kenney, MD  
Curi Kim, MD  
Geneva King, DO  
Alex Kinnaird, MD  
Kaleen Kitay, MD  
Michael Koren, MD  
Corrine Lahti, MD  
Erika Latchis, MD  
Matthew M. Leonard, MD  
Vivia Liang, MD  
Enkhtuya Lkhajiv, MD  
Vinh Mai, DO  
John Maloney, MD  
Kenneth Marshall, MD  
Kathleen McCray, MD  
Mona Milberg, NP  
Anne Miranowski, MD  
Luis Morillo Cabrera, MD  
Timothy Muir, MD  
Manesh Nachnani, MD

Seetaramayya Nagula, MD  
Michelle Ng, MD  
Duong Nguyen, MD  
Michelle Nguyen, MD  
Dorothy Nicholson, MD  
Deborah Omori, MD  
Anne Pariser, MD  
Jane Piness, MD  
Christine Pintz, NP  
Caroline Poplin, MD  
Kenneth Quinto, MD  
Thomas Rakowski, MD  
Jorge Ramallo, MD  
Michael Rapp, MD  
Pratibha Raut, MD  
Russell Rayman, MD  
Jane Renfro, NP  
Christopher Renner, OD  
Joan Ritter, MD  
Romona Satchi, MD  
Ashley Scott, NP  
Laura Sessums, MD  
Ian Shenk, MD  
Wayne Silverman, DDS  
Sarah Smith, MD  
Anna Spector, MD  
Julie Spielmann, NP  
Larry Spoot, MD  
Jerome Stein, MD  
Brian Stephens, MD  
Laura Stone, MD  
Deborah Suchman, NP  
Marlliny Sullivan  
Neima Surur, MD  
Nicole Swistak, OD  
Rubinder Toor, MD  
Suraj Venna, MD

# Our Volunteers

Helen Walsh, MD  
Leigh Watlington, MD  
Daniela Wells, MD  
Susan Welsby, MD  
Margot Wheeler, MD  
Sean Whelton, MD  
Eleanor Wilson, DPM  
Melissa Wolin, MD  
Yousef Zarbalian, MD

## On-site Nurses

Mercy Amevor, RN  
Carol Baker, RN  
Jessica Blakely, RN  
Pat Brosnan, RN  
Natalie Bush, RN  
Casey Calloway, RN  
Ellen Croog, RN  
Dana Crowdus, RN  
Estefania Delgado, RN  
Honora Dent, RN  
Wendy Dominguez, RN  
Lynnette Downs, RN  
Cynthia Dunbar, RN  
Maria Escalante, RN  
Barbara Fay, RN  
Johana Florez, RN  
Elizabeth Freitas, RN  
Kathryn Harper, RN  
Mary Heekin, RN  
Juliana Hesketh, RN  
Deborah Imperato-Fieger, PA  
Bridget Jennison, RN

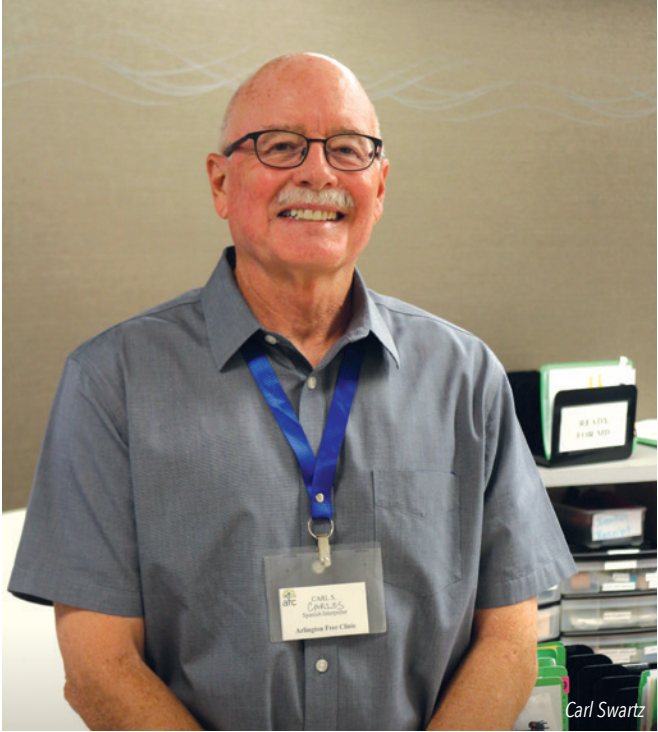
Bora Jin, PA  
Kathleen Judge, RN  
Brenda Keys, RN  
Natalia Kober, RN  
Maria Teresa Laguna, RN  
Brendan Lindsey, RN  
Mary Ludden, RN  
Michelle Mangrum, RN  
Carmen Marcus, RN  
Martha Mathis, RN  
Susan Miller, RN  
Mary Miossi, RN  
Nefisa Mufti, RN  
Kathleen Mulvihill, RN  
Sosthene Ndomo, RN  
Jennifer Nguyen, RN  
Darci Niestroy, RN  
Rosemary Padberg, RN  
Bethany Pepper, RN  
Anais Pizarro Delgado, RN  
Mary Porretta, RN  
Jessica Proctor, RN  
Mary Schlenker, RN  
Stephanie Semadeni, RN  
Anne Simmons, RN  
Sovy Sou, RN  
Christine Strasser, RN  
Vanessa Swanson, RN  
Mary Lou Thompson, RN  
Natassia Watson, RN  
Margaret Willis, RN  
Kate Wilson, RN  
Maria Witkowski, RN  
Iris Woodard, RN

## Pharmacists

Hanan Alkaysi, PharmD  
Marcela Colon, PharmD  
Christine Corser, PharmD  
Ira Faden, RPh  
Timothy Hirma, PharmD  
Ben Kamrad, PharmD  
Minji Kwon, PharmD  
Kayla McFeely, PharmD  
James Mizner, RPh  
Quynh Nguyen, PharmD  
Marissa Schlaifer, RPh  
Worknesh Terkik, PharmD

## Counselors, Educators, Physical Therapists, Technicians

Katie Aliberti, MSW, LCSW  
Shauna Alonge, LCSW  
Lloyd Bell  
Mara Bladergroen, PT  
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## VOLUNTEER PROFILE



Marvin Ortiz

### María Teresa

When María Teresa immigrated from Peru in 1998, it was with mixed emotions—she was excited to be reunited with her mom and sister who'd already been living in Arlington for several years, but sad to be leaving behind a beloved nursing career. Missing medicine and eager to get plugged into her new community, María Teresa turned to her mom, an active member of Our Lady Queen of Peace, who connected her with fellow parishioner, Kate Wilson, a nurse on staff at Arlington Free Clinic.

María Teresa dove into her new volunteer job at AFC. In the beginning, she spent three evenings a week checking-in patients and interpreting during their doctor visits. Understandably, that decreased to two nights a week a couple of years later when she got married, and one when her first baby was born—but she's held steady at one night a week ever since!

These days, María Teresa volunteers as a discharge instructor—the perfect fit for doctors and nurses who are medically licensed in other countries. A conversation with one of our discharge volunteers is the final step built into the appointment process at AFC. During discharge, patients have one more opportunity to ask questions about their medications, lab orders, or anything else. While María Teresa never worked as a nurse in the US, she has valuable medical knowledge—and a warm personality. That's often just what it takes for that reserved patient to surface a final nagging question or open up about struggles at home with a teenage child or difficulty paying rent. Thanks to María Teresa and the rest of our discharge team, we can make sure that lingering medical questions, and even important non-medical needs, get addressed before patients leave the building—and it all adds up greater overall health.



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### Why We Support Arlington Free Clinic: Dana & Ray Koch



Arlington is one of many places we've lived before, during, and after our careers in the Navy. But it was only after we had both rejoined civilian life that we realized Arlington was where we wanted to stay—and stay we have for more than 30 years!

During our military service, we primarily supported organizations helping other military families in times of need. Now, as long-time Arlington residents, we've come to appreciate the significant impact of the excellent safety-net organizations helping our most vulnerable neighbors achieve short- and long-term health and safety, emotional well-being, and financial security—all critical to the overall health of our community.

Initially, we found ourselves making many small gifts to a wide array of local and national nonprofits. But over time, we developed a strategy of making fewer, but larger gifts—concentrating on those organizations that most directly help our neighbors.

We use the extensive fiscal information available at Charity Navigator (an independent charity watchdog agency) to help us eliminate from our giving portfolio organizations that spend excessively on administrative/fundraising expenses, or that already have millions of dollars in net assets. We prefer to give to smaller, local organizations, such as Arlington Free Clinic, where we know our support will have an immediate and direct impact on our community.

In addition to our monthly support, we have made AFC a contingent beneficiary of each of our Roth IRAs. The administrative process involved completing a short, online form with our investment firm. In doing so, we have ensured that a percentage of these retirement assets will continue to support AFC's mission in the future.

*Arlington Free Clinic gratefully accepts gifts of appreciated securities, bequests, retirement plans, or life insurance policies. Please contact Alicia Nieves at (703) 979-1425, ext. 121, for more information.*

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

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

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of the National Capital Area



## In Honor July 1, 2018–June 30, 2019

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

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Mr. Moed Ahmad

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## The Power of Pink

Founded in 2011 by Karen Beam Leder, the Power of Pink Fund raises dollars for organizations (including 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 eight years, they have raised over \$750,000 for breast health care for the underserved community. Power of Pink hosts two flagship events, featuring a workout & luncheon in Bethesda and Northern Virginia, as well as several other events.

The Power of Pink Fund began to honor the founder's sister, Jill Beam Kougil, a two-time breast cancer survivor. Learn more at: [www.power-of-pink.org](http://www.power-of-pink.org)



# In Memory

July 1, 2018–June 30, 2019

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

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Mr. Russell F. Sizemore

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Mrs. Bertha McMahon  
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Ray & Judy Isaacs

## **Soo Cheng**

Mrs. Mildred Grant

## **Samuel Cottrell**

Mrs. Mary Cottrell

## **Gaby DeThomas**

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## **Betty Wendelin**

Jane Wendelin & James Callan

## **Celsa Zabaram & John Silvestre**

Anonymous

## Providing a Stable & Supportive Environment

Since 1994, Arlington Free Clinic has been filling the gap in access to healthcare for the community's most vulnerable residents. Through the years we've evolved to meet the needs of our patients, who have challenging health and social conditions that require more than basic primary care. Living well-beneath the poverty line and often on the margins, our patients struggle to overcome challenges to health, such as unsafe housing, lack of nutritious food, and language/literacy barriers. These conditions alone are difficult enough, but we are also noticing changes in patient anxiety and fear in response to the increasingly negative debate surrounding immigration. Individuals who were not fearful a year ago, are now sometimes scared to leave their homes and in some cases, will decline AFC referrals to fill critical social service needs.

Within this climate, AFC faces a significant challenge—perhaps one of our most difficult—as we strive to present a calm, supportive environment where all feel safe, welcome, and valued. We continue to remind ourselves that a portion of our patient community—who came here from other countries to live a better life—face challenges that threaten their ability to thrive. AFC truly appreciates the ongoing support from the community that helps us fulfill our mission.

# In-Kind Donations

July 1, 2018-June 30, 2019

**\$3,506,425**



**Over \$200,000**

AmeriCares  
Dominion Anesthesia,  
PLLC  
Northern Virginia  
Radiology Consultants  
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## Novant Health Imaging

Novant Health Imaging is a well-recognized imaging facility in Tysons Corner, VA with state-of-the-art 3T MRI, CT, ultrasound, and digital X-ray equipment. This generous facility has been providing pro bono imaging services for Arlington Free Clinic patients for many years. Our physicians are confident in the quality of the studies and their skillful interpretation by radiologist-in-charge, Nicholas Patronas, MD, who has extensive experience in all current imaging modalities.

AFC's case manager schedules patient appointments, makes sure they have transportation to Novant, and helps each patient prepare for their studies. Most studies are reported electronically and received by AFC within 24 hours of the patient's scan. Urgent studies are accommodated even faster—the medical information is interpreted and the radiology report is delivered the same day.



*Novant Health Imaging:  
Getahun Garede, Adam Cihon,  
Emily Johnson & Covan Beryman*

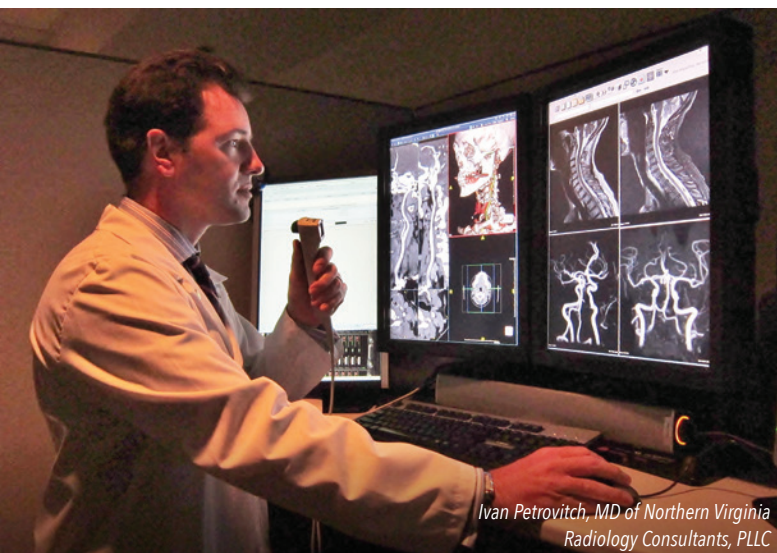
Last year, a patient came to AFC with a history of nausea and dizziness. He was a painter, and in recent weeks, had fallen from his ladder four times. One of our volunteer doctors evaluated him and ordered an MRI to be conducted as soon as possible. Novant provided an appointment the very same evening, and the next morning, Dr. Patronas called to alert AFC to the finding of a brain tumor. This patient was immediately referred to the hospital where he underwent brain surgery less than two weeks later.

Our generous medical community comes together every day through Arlington Free Clinic to change lives—in the case above, starting with the excellent care provided by Novant Health Imaging and culminating with AFC pathology and oncology partners thankfully concluding no malignancy!

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Arlington Free Clinic Staff



**WHEN I JOINED THE BOARD OF DIRECTORS,** Arlington Free Clinic had just celebrated its 20th Anniversary. It's hard to believe that five years have already passed!

A lot has changed during this time—big, visible transformations like our reconstructed space are apparent the moment you step inside. As a Board member, I've also had a front-row seat to some of the more inconspicuous changes driving organizational excellence and improving patient care at all junctures. Below are a handful of areas where I've seen great growth over the last five years:

- **Physical growth:** for three years, dental had been housed a mile away in borrowed County space. This gave us the opportunity to begin meeting dental needs, but part-time access to only one chair limited growth. Last year, we reconfigured our space to make room on site for a dental clinic with triple the capacity! The project also made it possible to renovate our pharmacy and move administrative staff into adjacent workspace with room for future growth.
- **Programmatic evolution:** the transformation of our dental clinic from start-up to three-fold expansion is one of many advancements I've witnessed while on the Board. Our wellness program has grown from Zumba and yoga a couple of times a month to the deliberate, weekly fixture described on page 2. Several years ago, our nursing team could talk anecdotally about how housing conditions, food insecurity, and other social factors were impacting their patients' health. Today, we're using a validated survey tool (see page 5) developed in conjunction with Arlington DHS,

Arlington Pediatric Center, Virginia Hospital Center, and George Mason University to screen all patients for needs beyond the waiting room—and refer them for appropriate resources.

- **Leadership development:** I joined the Board as the leadership team was beginning to explore ways to increase the effectiveness of this committed body of individuals. Since then, we've overhauled our Board commitment form; established three active new committees to complement the existing Clinical Services and Finance committees (each member now serves on at least one committee); and have begun holding an annual Board retreat. We also invested in our staff leadership team who participated in a two-year development program culminating in strategic projects to fortify our volunteer model—the foundation of our care—and effectively manage the change brought on by shifts in health policy and moving dental on site.

We've grown a lot over the past five years—not to mention, from our early days operating one night a week out of the hallways of Thomas Jefferson Middle School. With the pursuit of excellence at its core, I'm excited to see how Arlington Free Clinic will grow over the next five years and beyond!

**Adam R. Hess, JD**  
*Board Chair*





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Arlington, VA 22204

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