arlington freeclinic

2026 Report to the Community

JULY 1, 2025 TO JUNE 30, 2026



What healthcare can be– and *should* be–for all of us

Behind the stories and data we share in this annual update are neighbors whose health and well-being you helped strengthen by supporting access to Arlington Free Clinic's compassionate, high-quality care.



Lesley Daigle
Chief Executive Officer

Tracy Donley
Chair, Board of Directors

In the last fiscal year, we:

...**Served 338 new patients**, helping meet the growing need for comprehensive medical, dental, and behavioral healthcare in our community.

...**Expanded and strengthened the care we provide** by launching new cancer screening programs, patient support groups, and our multidisciplinary AVANZA weight management program, while also enhancing protocols in diabetes management, dental care, and behavioral health.

...**Invested in new technology** for our dental clinic and pharmacy to increase efficiency and improve patient care.

...**Improved our data systems** so we can better measure patient outcomes and show donors and community partners the impact of their support.

We served 8 percent more patients while covering our portion of an equally significant rate of medical inflation, thanks to our investments in efficiency and increased financial support from partners like you. Your continued investment in AFC allows us to sustain the staff, medications, technology, and other resources to address about 17 percent of the current need for healthcare access in our community. With more support, we can move more families from our wait list to our waiting room, while continuing to maintain the high standard of care that allows patients the same chance at health and well-being as those with insurance.

We are proud of our shared accomplishments and are planning thoughtfully for the future. **AFC is the only option for those we serve**, and we are working to ensure the clinic remains well-positioned to meet our community's growing healthcare needs not only today, but for years to come.

This past year has again shown how your support makes everything we do possible. **The strength of Arlington Free Clinic has always been rooted in the dedication of our patients, staff, Board, volunteers, donors, and community partners**. We are confident that with your continued support we will continue to meet this moment and be a place of healing for those we serve. ■

afc

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

OUR PURPOSE: To build a healthy community.

OUR MISSION: To advance health equity by providing comprehensive, whole-person healthcare for our neighbors who would otherwise lack access.

In a challenging year, you helped us meet the need and find better ways to serve—providing quality healthcare to the Arlingtonians who need it most.

10,385	**Total Clinical Visits (medical, BH, dental)**
6,326	**Total Medical Visits**
3,460	Primary Care Appointments
1,608	Specialty Care Appointments
	Top 5 Specialties by appointments completed at AFC:
240	Gynecology
223	Physical Therapy
146	Gastroenterology
138	Optometry
122	Diet Education
1,258	RN Triage Encounters
1,160	**Behavioral Health Visits**
2,899	**Dental Appointments**
25,825	**Total Prescriptions Dispensed** (30-Day Equivalents)
600	**Total Community Resource Navigator Meetings**
1,763	**Total individual patients who had access to one or more of AFC's health services**
338	**New Patients**









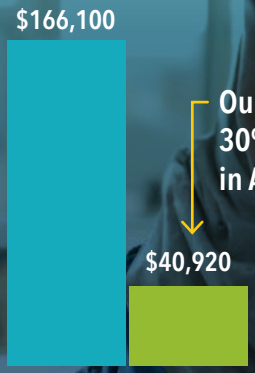


Your support makes this possible.
bit.ly/afcwaystogive

our patients

1,763 individual patients

had access to one or more of AFC's health services in FY26.
338 were new patients.



Our patients make, on average, 30% of the median income in Arlington.

That's 124% of the federal poverty level.



About 65% are female, 35% are male.
Their average age is 47.



Our patients speak 21 different languages.

These are the neighbors you helped.
This is the difference we make together.

A Patient's Journey

Each AFC patient has a unique healthcare journey. Some come to us for primary care. Others need to fill a prescription, manage a chronic condition, access specialty care, or address a behavioral health concern. Most often, they need a combination of our integrated services.

Here we illustrate how a patient may experience this journey. It is based on our patient population, services, and workflows– but does not represent any single patient.

Meeting with Our Eligibility Team

Our eligibility team determines if patients qualify for care and connects them to the services they need.

Getting Connected to Care

Eligible patients meet with an AFC nurse practitioner or volunteer clinician to discuss health concerns and develop a care plan.

Looking Beyond the Exam Room

We also ask new patients about everyday challenges that can affect their health–like access to food, transportation, and housing. When needed, we connect them with community resources and services.

Beyond Primary Care

Depending on their needs, patients can access specialty care, dental services, behavioral health, or pharmacy services. AFC also partners with community organizations to connect patients with services the clinic cannot provide onsite.

Staying Connected

Our patients return as needed for services including follow-up care, medication management, and screenings. We also connect them with community resources and information to help them navigate their care and make informed decisions about their health.

How do our patients come to us?

Patients access our comprehensive health services in two ways:

- We accept self-referrals from individuals who meet our eligibility criteria who have either called or walked in seeking care.
- Eligible individuals referred by VHC Health, 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.

The clinic is not for emergency or urgent care– and patients are not limited to basic services.

Many patients have challenging health conditions that require more than basic primary care. Thanks to pro bono medical professionals in the community, we provide access to a wide network of specialties to address complex needs.

COMPREHENSIVE CARE: primary, preventive, and specialty care for adults • gynecology optometry • care for chronic diseases (diabetes, hypertension, cancer, and obesity) • pharmacy cancer screenings • diagnostic and laboratory services • physical therapy • dentistry • audiology

MENTAL/BEHAVIORAL HEALTH: psychiatric assessment and medication management individual therapy • support groups • social services case management

EDUCATION AND OUTREACH: nutrition • osteoporosis • breast health • diabetes

our volunteers



Experience, innovation, commitment, empathy:

430+ volunteers working together to deliver the best care.

Physicians, counselors, pharmacists, dentists, and physical therapists work side-by-side in an integrated system of care emphasizing prevention and early detection. This collaborative practice is core to the care we provide.

- **230** medical
- **158** non-medical
- **91** admin/fundraising

In this fiscal year, our volunteers delivered 13,863 hours of on-site service with an estimated value of $1,663,626.

We supported 3,856 hours of student rotations, strengthening the real-world experience of future healthcare professionals.

Learn more about volunteering with AFC at bit.ly/volunteeratafc

AFC volunteers helped design and implement AVANZA, a practical and patient-centric weight management program

For anyone living with a chronic condition, losing a modest amount of weight can make a real difference—lowering blood pressure, improving blood sugar control, and reducing strain on joints. For many AFC patients, though, making changes that support healthy weight loss is a challenge. Long workdays, childcare, and other responsibilities leave little time for exercising and preparing healthy meals. And while many weight-loss programs produce short-term results, they are often difficult to sustain, introducing unfamiliar routines and foods into an already busy life.

In April, we launched our volunteer-developed AVANZA program to better support these patients. In Spanish, *avanza* is "advance," "move forward," or "let's get moving." Dr. Ramallo defines the program elements in the acronym: "Advancing vitality through action, nutrition, and zero-barrier access."

The team designed a practical and culturally responsive approach that promotes sustainable lifestyle changes and gives patients tools they need for long-term success. The results for our first group of seven very motivated patients are promising—each has lost an average of five pounds since beginning the program. A new group began the program in October, and the team is planning to introduce an exercise component.

The volunteer clinicians and staff who designed and now administer AVANZA have in common an exceptional breadth and depth of knowledge, experience, and passion for patient care:

Jorge Ramallo, MD is the medical director of the Inova Pride Clinic in Falls Church, Virginia, where he provides comprehensive primary care with interests in preventive medicine and metabolic health. He began volunteering as an interpreter with AFC in 2002, during his junior year of high school. After completing medical school and postgraduate training, he returned as a volunteer clinician. He is the advising physician for the program, conducting patient visits, prescribing medications, and supporting patients throughout their care journey.

Ben Kamrad, PharmD is a clinical pharmacist and diabetes educator at Kamrad Health Inc. He provides education, medication review and evaluation, counseling, and support for patients who are prescribed GLP-1s and other medications. He started volunteering with AFC in 2004.

Lizenia Pazmin, RDN is a dietician. She provides program participants with nutrition counseling and lifestyle education. Originally from Colombia, she promotes the benefits of integrating new healthy habits with the common foods, traditions, and dietary considerations of our patients' countries of origin. Her guidance helps sustain our patients' initial enthusiasm over a longer term. She joined AFC as a volunteer this year.

Leigh-Ann Carter Sinclair, BSN, RN is a staff nurse manager and has been working at AFC since 2023. She oversees program coordination, patient enrollment, and outcome tracking.

Kimberly Nunez Barrios is a staff pre-licensed counselor and has been working at AFC since 2025. She helps patients understand their behavioral triggers and shares strategies for motivation and sustainable lifestyle change.

Avanza's registered dietician created a reference guide that can be used by those administering the program. With a richer understanding of our patients' cultures and food traditions, clinicians can guide them to better and more sustainable dietary choices, provide in-context nutrition education, and recommend healthy complements to favorite foods. These are samples from the guide.

In Colombia, meals frequently include a combination of starches such as rice and potatoes, along with meat and vegetables.

In Honduras, breakfast is often considered the most important meal of the day and may include beans, eggs, tortillas, and cheese.



our programs

FROM THE MEDICAL DIRECTOR

Advancing Cancer Screening and Early Detection

Detecting disease early often means easier treatment. Yet uninsured adults are far less likely to receive preventive cancer screenings, making accessible screening an essential part of the care AFC provides. Our approach integrates these screenings into routine care. AFC staff and volunteer clinicians provide and coordinate mammograms, cervical cancer screenings, colonoscopies, and a wide range of other preventive services.

In March, we expanded our colorectal cancer screening program to include an annual fecal immunochemical test. FIT is designed for adults at average risk for colorectal cancer, and we believe its use will allow us to screen more patients than the use of colonoscopy alone. We identify eligible patients during their routine primary care visits and through health-maintenance reviews in our electronic medical record. Our partnership with **Hitting Cancer Below the Belt** provides patients with the at-home tests, educational materials, and a grocery gift card when they return their completed test. Volunteer gastroenterologist and AFC board member **Dr. Stanley Drake** helped implement the new program and designed guidance for our volunteer clinicians to ensure its consistent and appropriate application. All patients with a positive result are referred for a diagnostic colonoscopy with Dr. Drake or through the VHC Gastroenterology group.

As of July 31, we have distributed 79 kits, with 45 returned and processed. Of the 6 patients with positive results, 3 have completed or scheduled diagnostic colonoscopies—all within our goal of three to six months. The rest are pending scheduling. o colorectal cancers have been diagnosed to date.

AFC is continually exploring new ways to expand our services and bring together volunteer clinicians, community partners, and supporters to turn innovative thinking into meaningful access for our patients and new pathways to care. ■



Joan B. Ritter, MD, *has volunteered with Arlington Free Clinic since 2000.*



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David & Kathy Townshend

Behavioral Health at AFC: Caring for the Whole Person

Good health depends on more than what happens in the exam room.

Depression, anxiety, and trauma make it harder for us to manage a chronic illness, follow a treatment plan, or simply find the energy to care for ourselves and our families. More than half of AFC patients screen positive for an unaddressed behavioral health need—a reminder of how closely mental and physical health are connected.

AFC launched its behavioral health program in 2001 with an emphasis on psychiatric, medical-based services. We continued to see the effects these conditions were having on our affected patients' ability to manage their physical health, and in 2006 we expanded the program to include counseling. Today, we offer other flexible ways for patients to access support and explore behavioral health care beyond traditional one-on-one counseling—including groups, workshops, and meditation videos.

At every appointment, AFC clinicians take time to understand what may make it harder for a patient to stay healthy—from difficulty affording food or maintaining stable housing to transportation challenges, financial stress, safety concerns, or lack of social support. They also ask about depression, anxiety, substance use, and other behavioral health concerns. When they identify a need, they can connect patients with community resources, behavioral health care, or additional follow-up.

By looking at the whole picture, AFC helps patients address problems that can stand in the way of their good health and gives them the support they need to care for themselves over the long term.

These are the whole-health services you make possible.

Addressing the growing need for behavioral health services remains a challenge, particularly for patients managing mental health concerns alongside chronic illness, financial hardship, and other challenges that can make it harder to get care. Over the last several years, generous support from grant funders and individual donors has allowed us to expand our behavioral health program, adding staff and maintaining the capacity to increase access and provide more consistent care.

A significant five-year commitment from **Diane and Tim Naughton** is providing vital support for the program's continued growth. Their generosity will sustain expanded access to psychiatric care and counseling, strengthen our capacity to provide consistent, integrated support, and build a strong foundation for the program's future.

Last year we provided 1,160 behavioral health appointments, ensuring that 196 patients had consistent, timely access to care.

821	**Counseling Appointments and Triage**
745	Counseling
76	Triage Encounters*
339	**Psychiatry Appointments**

** In our behavioral health triage encounters a counselor meets with a patient to assess their needs and recommend appropriate services and follow-up. Options include external referrals and connections to a counselor and/or psychiatry services at AFC.*

The AFC
BEHAVIORAL HEALTH TEAM:

(left to right) Our behavior health program manager **Yessenia Arias, LPC**; pre-licensed counselor **Kimberly Nunez Barrios**; and clinical assistant **Hilonka Morales**. Not pictured is our psychiatric nurse practitioner, **Ronni Griffin**.



our partners

Healthcare Practices Vital to AFC

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

Arlington ENT & Arlington Audiology Associates
Arlington Radiation Oncology, PLLC
Body Dynamics, Inc.
Cary Poropatich, MD, LLC
Dermatology Associates of McLean, LTD
Dominion Anesthesia, PLLC
Clare Gallagher, AuD & University of Maryland Dept. of Hearing & Speech Sciences
Gastroenterology Center of Northern Virginia
Michael Goldberg, MD
Wendy Gottlieb, MD
Michael Hughes, BCO
The Johns Hopkins Wilmer Eye Institute
Earl Johnson, MD
Babur B. Lateef, MD
Lions Eye Clinic
Rachel Marcus, MD
National Institutes of Health
Nirschl Orthopaedic Center for Sports Medicine & Joint Reconstruction
Northern Virginia Dental Clinic
Northern Virginia Eye Surgery Center
Northern Virginia Neurologic Associates, LTD
Northern Virginia Physicians to Women
Northern Virginia Radiology Consultants, PLLC
NOVA Optique + Eyecare
Orthopaedic Foot & Ankle Center
OrthoVirginia
PMA Health
Progressive Feet, LLC
Christopher Renner, OD
Skin Cancer Surgery Center
Tysons Corner Diagnostic Imaging/UVA Health
University of Virginia Health System
Virginia Cancer Specialists, PC
Virginia Heart

VHC Health:
- Emergency Medicine at VHC Health
- Physical Therapy
- Occupational Therapy
- Outpatient Clinic
- Speech Therapy
- US Acute Care Solutions

VHC Physician Groups:
- Cardiac, Vascular & Thoracic Surgery
- Cardiology
- Colorectal Surgery
- Gastroenterology
- Hospitalists
- Infectious Diseases
- Neurology
- Neurosurgery
- OB/GYN
- OB Hospitalists
- Physical Medicine & Rehabilitation
- Plastic & Reconstructive Surgery
- Podiatry
- Reinsch Pierce Family Center for Breast Health
- Surgical Specialists
- Urology
- Wound Care & Hyperbaric Medicine

Virginia Nephrology Group
Virginia Neurosurgeons, PC
Virginia Retina Specialists
Washington Radiology Associates
Joseph Watson, MD
Gayle Masri-Fridling, MD Ltd
George Younan, MD


Northern Virginia Radiology Consultants, PLLC

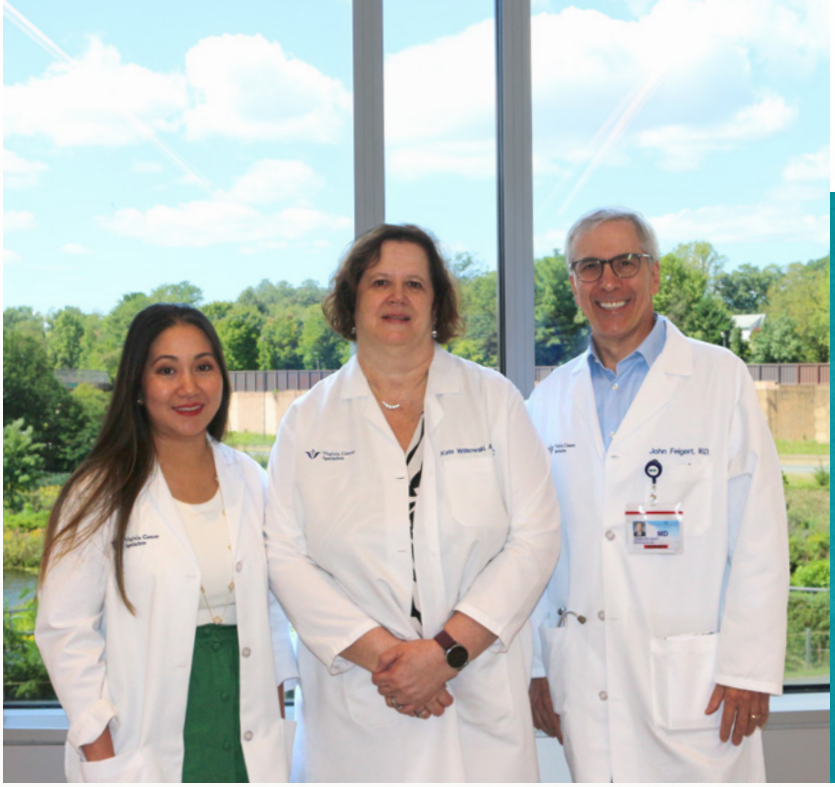
Safety Net and Community Partners

AFC is a member of the Arlington County safety net, a group of nonprofits that provides social services and assistance to individuals and families in need. We work closely with these organizations and other community partners to ensure our patients have access to needs "beyond the exam room," including food assistance, housing, transportation, and more.

Arlington County Department of Human Services
Arlington Food Assistance Center
Arlington Thrive
Arlington Transit
Aspire Afterschool Learning
Barcroft Apartments
Bridges to Independence
Catholic Charities
Doorways
Endependence Center of Northern Virginia
First Shift Justice Project
Food & Friends
Just Neighbors
Mission: NOVA
PathForward
Salvation Army
Shirlington Employment and Education Center



Arlington Transit



Our partnership with Virginia Cancer Specialists delivered essential cancer care valued at $51,978 to 41 uninsured patients.

Left: Members of Virginia Cancer Specialists team, including Isabelle Le, MD; Kate Witkowski, RN, ANP-BC, OCN; and John Feigert, MD. Not pictured: Keeran R. Sampat, MD; Danijela Jelovac, MD; Tina Roy, MD; Raminta Makaraite, NP; Laresa Meadows, MSN, FNP-C, OCN; and Monica K. Thompson, AGNP-C.

A Lifesaving Partnership: Virginia Cancer Specialists

The moments after a cancer diagnosis can be filled with anxiety and grief. For uninsured, low-income patients, that uncertainty often comes with a difficult question: *How will I afford the care I need?* Thanks to our longstanding partnership with Virginia Cancer Specialists, Arlington Free Clinic patients facing cancer can get specialized treatment without worrying about how they will pay for it.

Founded in 1972, VCS is the largest private, physician-owned cancer practice in Northern Virginia and an award-winning provider of care. Through their partnerships with several free clinics, VCS extends high-quality cancer care to patients who would otherwise go without. Their Arlington office has been an invaluable partner to AFC, providing hundreds of AFC patients with comprehensive care at no cost, from biopsies and imaging to chemotherapy, radiation, surgery, clinical trials, and palliative care.

Robert Christie, MD, was a steadfast champion of AFC's patients for years, helping make this partnership possible. He retired this year after a distinguished career, leaving behind a legacy of generosity and an unwavering belief that every patient deserves care.

Today, John Feigert, MD, and the Arlington VCS team carry that legacy forward.

"The Arlington Free Clinic has long been a trusted resource for members of our community, and it is an honor for Virginia Cancer Specialists to support its mission. Our physicians and staff are committed to ensuring that patients facing cancer receive the same level of excellence, compassion, and expertise we would want for our own families. Together, we are helping ensure that access to lifesaving care is never determined by a patient's ability to pay."

—JOHN FEIGERT, MD

For some patients, VCS's treatment changes the course of their illness. For others, when a cure is not possible, their care helps patients live with greater comfort and dignity. In every case, VCS meets our patients with compassion and a commitment to providing quality care, regardless of their ability to pay.

We are profoundly grateful to the physicians and staff at Virginia Cancer Specialists for standing with our patients through some of the hardest moments of their lives and ensuring they always have the care they need.

community in action







Hundreds of volunteers, sponsors, auction donors, and attendees made our **October 2025 benefit gala "Kaleidoscope: Reflect, Renew, Radiate"** an incredible success, raising nearly 20% of AFC's annual operating budget. We are especially grateful to chairs Chris & Vera Cardinale and Dawn Broksas, along with our special gifts and event experience teams, whose leadership and dedication helped make the evening possible.

Our second annual **Holiday Gift Shop** brought holiday cheer to our patient community. Patients and their families received toys, books, winter essentials, grocery gift cards, and a special gift-wrapping experience. We are grateful for the generosity of local families, churches, civic groups, and everyone who helped make the holidays brighter.

Northside Social and Counter Culture Coffee partnered with us to create the exclusive "AFC Blend," and will donate a portion of every purchase to support AFC's mission. Thanks to their generosity, the partnership has raised $13,000. Our signature coffee will be available at Northside Social's Clarendon and Falls Church locations through December 2026.

In April, our **Founders' Luncheon** brought together many of the remarkable people who helped establish AFC over 30 years ago. They shared memories of early days—from hosting the first Tuesday evening clinic in the Thomas Jefferson Middle School nurse's office to finding innovative ways to meet patients' needs when funds were scarce to serving as AFC's first ambassadors in the community. Their stories reflected the passion and purpose that have helped shaped the Clinic and continue to drive its vital mission today.



Nearly 150 runners came together at the **Westover 5K and 10K** to support AFC. Thank you to everyone who ran and supported, especially Amol Purohit for spearheading the event. Congratulations to AFC staff member Aurora Bissiri and volunteer behavioral health clinician Susan Branco, who each won their age group!

The **Yorktown HS softball team** raised nearly $10,000 to support AFC's Women's Health Program. Through a silent auction, raffle, and generous donations at their Pink Out game, the team raised critical funds that will help AFC patients access screenings, referrals, and treatment they might otherwise go without. We are grateful to the team and to Lisa Riordan for spearheading this successful effort!



Interested in hosting a community event supporting AFC?

Contact Naimah Jamal at 571-569-3685 or njamal@arlingtonfreeclinic.org.

Photo Captions (clockwise from top left): October 2025 benefit gala leaders (left to right) Dawn Broksas, Chris & Vera Cardinale, Lesley Daigle, and Lori Reale; Founders' Luncheon attendees (left to right) Mary Ann Nirschl, Tom Shooltz, Lucia and Dr. Joe Backer, John and Jane Bartlett, Sharon Golden, Alice Hogan, Kate Wilson, and Carol Schweitzer; Aurora Bissiri at the Westover 5K and 10K race; Yorktown Softball check presentation with several team members and Lisa Riordan (far right); Mike Balderrama of Counter Culture Coffee and Stephen Fedorchak of Liberty Restaurant Group at last October's AFC Blend launch at Northside Social

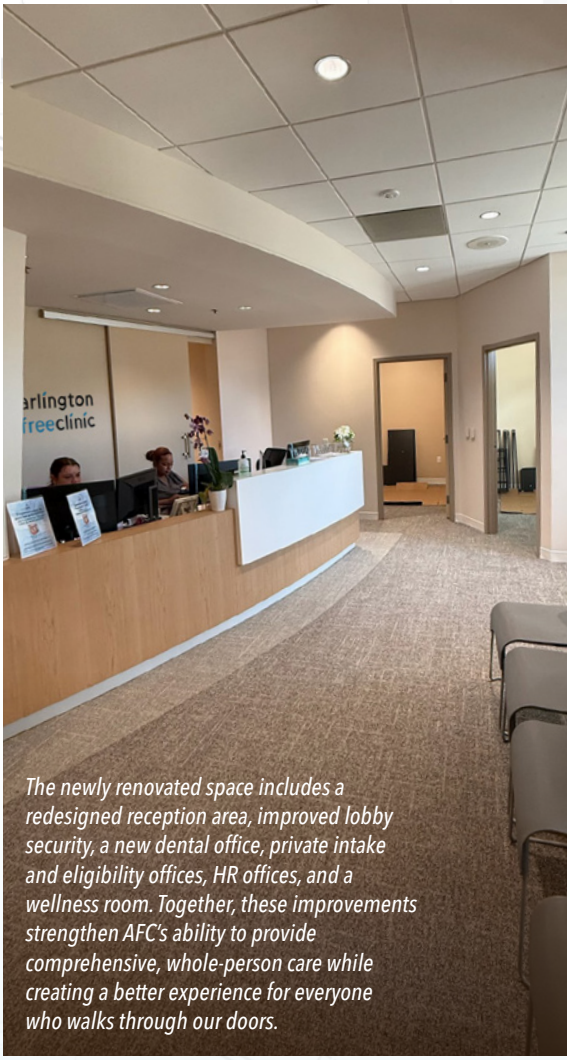
An Enduring Commitment Builds a More Welcoming Space for Care

Thanks to the generosity of the family of longtime Arlington Free Clinic supporters Lawrence and Soo Cheng, AFC has completed a major renovation of our lobby and surrounding spaces. The renovation honors Lawrence and Soo's longstanding dedication to the Clinic and our community while creating a more welcoming, functional environment for patients, volunteers, and staff.

A key goal of the renovation was to reconfigure the space to reflect how AFC delivers care today. Rather than holding large evening clinics and managing a crowded waiting room, we now schedule services throughout the day, allowing us to make better use of every part of the space. The new, more compact waiting area made room for 8 private rooms. Staff have greater flexibility to meet one-on-one with patients and discuss challenges beyond medical needs—such as access to food, housing, transportation, or financial stability—that can affect their health. We made more room for oral health consultations and our dental team's operations, which freed up another exam room. Finally, the renovation created more private and welcoming settings for AFC's expanding behavioral health services.

We are deeply grateful to the Cheng family for making this transformation possible and for honoring Lawrence and Soo's enduring commitment to the Clinic and the community they cared so deeply about.

> *"Lawrence and Soo believed deeply in Arlington Free Clinic and in the people it serves. It is especially meaningful to our family to see their legacy reflected in a space that helps AFC care for patients with greater dignity and compassion. We are grateful to be part of this next chapter and to support the Clinic's continued commitment to whole-person care."*
>
> –THE CHENG FAMILY



The newly renovated space includes a redesigned reception area, improved lobby security, a new dental office, private intake and eligibility offices, HR offices, and a wellness room. Together, these improvements strengthen AFC's ability to provide comprehensive, whole-person care while creating a better experience for everyone who walks through our doors.



Family and friends gathered at the lobby dedication honoring Lawrence and Soo Cheng in October.

why we give

Cynthia Grace Schneider (1947–2026)

A Lifetime Working for Equity Becomes a Legacy for Our Community

For Cyndy Schneider, championing justice and equity was both a career and a lifelong calling. She worked to provide equitable access to the services that make healthy, productive lives possible.

Throughout her adult life, Cyndy advocated for people who faced discrimination and unequal treatment. She received her JD from the University of Wisconsin Law School in 1972, then joined Freedom for Equality, a public interest legal organization in Milwaukee. She came to the DC area to work with the Food Research and Action Center, where she helped address issues of hunger and food insecurity. In 1986, she joined the Migrant Legal Action Program, protecting the rights of migrant farmworkers and other underserved communities. She ended her career at the Legal Services Corporation, helping provide high-quality legal assistance to low-income veterans, families and seniors.

Cyndy's own health challenges shaped her deep belief in the importance of access to quality healthcare. She felt privileged to be able to afford the care and treatment she needed and wanted that opportunity to be available to others. After decades of supporting AFC as an annual donor, Cyndy made an extraordinary commitment to the Clinic through a significant estate gift to be used wherever the need is greatest. By giving AFC the flexibility to direct her gift where it is needed most, it will allow the Clinic to respond to the evolving needs of our patients and community in the year ahead.

Beyond her professional accomplishments, Cyndy was a good friend, an avid competitive tennis player, enjoyed mountain trekking, and loved traveling the world.

Through her legacy gift, Cyndy's values will live on—helping the Clinic to meet today's needs and to build a healthier, more equitable future.

If you are beginning to explore planned giving, we invite you to get in touch with Beth Gorman (571-569-3569 and bgorman@arlingtonfreeclinic.org) to learn more about how your gift can make a lasting difference.

In July we spoke to Cyndy's friend Robert Stanchik about her life and legacy and their more than 50-year friendship. *Robert was kind enough to find and share these photos (top to bottom): Cyndy with a friend in Norway, at the northernmost point in continental Europe, 2017; with her tennis team "Double Whammy and Icy Hot" in 2010 (Cyndy at far right); and hiking in Bhutan in 2002. We are very grateful to Robert for his time and efforts on Cyndy's behalf.*







Statement of Financial Position*

July 1, 2025 through June 30, 2026

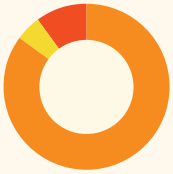
	July 1, 2026	July 1, 2025
ASSETS		
Investments	$ 4,719,053	$ 4,828,611
Fixed Assets	$ 3,423,115	$ 3,487,619
Cash and Cash Equivalents	$ 301,025	$ 581,343
Inventory	$ 595,627	$ 500,588
Contributions Receivable	$ 273,470	$ 327,154
Prepaid Expenses	$ 106,789	$ 112,819
Operating Lease	$ 69,645	$ 97,043
TOTAL ASSETS	**$ 9,488,724**	**$ 9,935,177**
LIABILITIES AND NET ASSETS		
Liabilities		
Accounts Payable and Accrued Expenses	$ 465,258	$ 328,525
Operating Lease	$ 78,478	$ 108,073
Deferred Revenue	$ 91,550	$ 90,172
Payroll Liabilities	$ 3,828	$ 7,280
Total Liabilities	**$ 639,114**	**$ 534,050**
Liabilities		
Without Donor Restrictions	$ 7,036,396	$ 7,301,103
With Donor Restrictions	$ 1,773,214	$ 2,100,024
Total Net Assets	**$ 8,809,610**	**$ 9,401,127**
TOTAL ASSETS AND LIABILITIES**	**$ 9,448,724**	**$ 9,935,177**

** AFC's FY26 financials are unaudited as of print edition of this report. Please visit bit.ly/afcpublications for available financials.*

*** Includes value of AFC facility*

**** Includes realized investment income and patient donations*

Operating Expenses: $17,559,599



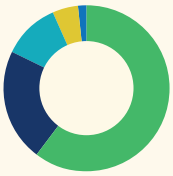
Program	85%
Fundraising	5%
Administrative	10%

Total Financial Support: $16,409,883



Cash Contributions: $4,804,518

General Contributions	39.6%
Special Events	29.7%
Grants	26.3%
Other Income***	4.5%



In-Kind Contributions: $11,605,365

VHC Health	60.5%
Prescriptions	21.8%
On-Site Medical	11.3%
Off-Site Medical	4.9%
Professional Fees	1.5%

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Our Volunteers

July 1, 2025–June 30, 2026

Dr. N. Thomas Connally, who volunteered at Arlington Free Clinic for over 19 years – serving as our dedicated Medical Director for six of them – was a compassionate physician, enthusiastic volunteer recruiter, and compelling ambassador within the community.

Reflecting the spirit of Dr. Connally, who was devoted to caring for and serving those in need, The Connally Volunteer Circle is an honorary society acknowledging current AFC volunteers who have given 10 years or more of service.

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Marvin the Therapy Dog

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"Even though I no longer live in Arlington, I know personally of the importance of the clinic on the Arlington community and see it as a role model for other health care clinics. I have always been proud to be associated with the clinic as both a volunteer and financial supporter."

Honora Dent
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VHC Table, Gala 2025

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Dominion Anesthesia Table, Gala 2025

emPOWER kids Joyful Movement Center
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Paul Ferrari/The Branch
Anne Forney
Framebridge
Andrea Franklin
Goldfish Swim School of Falls Church
The Golden Fox Boutique
Meg Griffin
Sally Hinnant
Jessica Hogle
Blair & Josh Holmes
Imagination Stage
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arlington freeclinic

2921 11th Street South
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