

develop a pre-existing condition. If you are a woman, insurers cannot charge you more than men for the same coverage.

Q: What can be done about rising premiums?

A: Key provisions in the Affordable Care Act that have been in effect for two years that limit rate increases. Increases of more than 10% must be approved by a state agency. Individuals who have been subjected to significant premium increases are encouraged to file a complaint with the Virginia Insurance commission (<http://www.scc.virginia.gov/boi/complaint.aspx#A7>)

Q: I am a senior enrolled in Medicare; how does the health care law affect me?

A: If you fall into the Rx drug ‘donut hole’ coverage gap, you are receiving more than a 50% discount on your brand-name Rx drugs. Already, more than 6.3 million seniors who have fallen into the ‘donut hole’ have saved over \$6.1 billion on their Rx drugs. You are now receiving free coverage of key preventive services, such as mammograms and colonoscopies. You are already receiving a free physical each year.

Q: I am a veteran. I served my country and I was promised VA health care for the rest of my life. Will the health care law take away the VA health care I have earned?

A: You stay in the VA health care system. Nothing changes for you under the Affordable Care Act.

Q: I am serving my country and I don't want to see my family kicked out of TRICARE and I don't want to lose my military health benefits either now or when I retire. I am concerned that the Affordable Care Act can change or take away my benefits.

A: Your family stays in TRICARE. While you serve, all of your military health benefits continue. And when you retire, you receive all of your military retirement health benefits. Nothing changes for you under the Affordable Care Act.

ONE-STOP HOLIDAY SHOPPING ON DECEMBER 14

The Columbia Pike Revitalization Organization is once again making it easy to get a lot of your holiday shopping done in one convenient location with the 2nd Annual Columbia Pike Holiday Bazaar. Artisans and crafters will be selling their wares from 10 a.m. to 4 p.m. on Saturday, Dec. 14th in the new spacious main “town hall” of the brand-new Wakefield High School, at S. George Mason Drive and South Dinwiddie Street.

The event will feature a festive atmosphere, music and holiday decorations, as well as free admission and free parking. Local food trucks will be serving lunch on site from 11 a.m. until 2 p.m.

Interested vendors can contact the CPRO at 703-892-2776 or arldolidaybazaar@columbiapike.org.

Standard booths (8' x 8') run \$125 and double booths (16' x 8') are \$200, with an extra \$20 for electricity. Applications are due by Nov. 1.

OVER THE FENCE

News for Neighbors from the Arlington Heights Civic Association

Fall 2013



AHCA COMMUNITY PARTNERS AWARD

The success of a community is dependent upon many things and I believe part of that success is the partnership between residents, local businesses and local government. When all of these groups work together we can build and sustain a strong, vibrant community which benefits everyone.

Last year the AHCA Executive Committee created an award to honor outstanding community partners to our Arlington Heights neighborhood. This award provides us an opportunity to thank individuals, businesses or other organizations we have worked closely with during the year who have demonstrated an unparalleled commitment to our community.

Five years ago our AHCA Executive Committee was struggling with the eternal question faced by most civic associations – how do we increase our meeting attendance. We had plenty of thoughts about how to

address the issue and the first idea we settled upon was – we need to feed our attendees. We knew it could be difficult to rush home on a week night to make it to our AHCA meetings- let alone to eat dinner before arriving at 7 pm.

In stepped our wonderful locally owned and operated Papa John's Pizza. After one brief phone call to the General Manager we were forwarded on to franchise owner Andy Freitas who immediately agreed to donate plenty of Papa John's pizza for all of our quarterly AHCA meetings. Five years later Papa John's is still our partner and when we thanked them for their continuing support this year, the response of their District Manager was “what more can we do to help and support the neighborhood?” So in addition to their ex-

continued on page 2

LOOK INSIDE...

ABSENTEE VOTING INFORMATION

FAQS ABOUT THE AFFORDABLE CARE ACT

ARLINGTON FREE CLINIC/LA CLÍNICA GRATUITA DE ARLINGTON (EN ESPAÑOL)

FLU SHOTS

HALLOWEEN PARADE AND CHRISTMAS CAROLING COMING SOON!

AHCA TO ELECT OFFICERS

NCAC UPDATE AND PROJECT VOTE

CPRO HOLIDAY BAZAAR

WHAT WOULD YOU LIKE TO IMPROVE ON YOUR BLOCK?

We live in a wonderful neighborhood here in Arlington Heights but that doesn't mean we can't make it even better. If you could choose something to do to improve the appearance of or safety on your block what would it be?

In advance of our November 12 quarterly AHCA meeting we are asking all of our residents to take a walk around the neighborhood, bring a pen and paper or a smart phone and write down anything you see that you believe would benefit from repairs, a good cleaning, some plantings, refreshed markings, etc.

Once your list is complete we ask you to attend our November 12 meeting so you can represent your street and we can discuss your observations and create a neighborhood project list.

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AHCA Community Partners, from page 1

isting commitment, this year Papa John's is a proud sponsor of our Annual AHCA Halloween Parade and Party. They are also supporting our annual charitable effort at our Halloween event by making a donation to AFAC – the Arlington Food Assistance Center.

We cannot thank Papa John's enough for their ongoing generosity and their caring commitment to our community. Therefore I am pleased to inform you that our own neighborhood Papa John's has been chosen by the Arlington Heights Civic Association Executive Committee as this year's recipients of the AHCA Community Partners Award.

We hope you will join the members of the Arlington Heights Civic Association for the award presentation ceremony at our quarterly meeting on Tuesday, November 12, 2013 at 7 pm at the Patrick Henry Elementary School Library.

Stacey Whyte, President, AHCA



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IMPORTANT DATES AND FAQs FOR THE AFFORDABLE CARE ACT

On October 1, 2013, marketplace open enrollment started for health insurance under the Affordable Care Act. Health coverage can start as of Jan. 1, 2014, and open enrollment ends on March 31.

You can apply for Medicaid and the Children's Health Insurance Program (CHIP) any time. The Marketplace will tell you whether you qualify for Medicaid or CHIP. If you qualify, your coverage can begin immediately. You can also apply for either of these programs right now, before open enrollment begins.

Small employers can start Small Business Health Options (SHOP) coverage any time. Small employers generally may start offering health insurance coverage to their employees through the SHOP Marketplace at any time during the year.

Q: What are the new online Marketplaces and who are they designed for?

A: The new Marketplaces (also referred to as the Exchange) are designed for Americans who buy their own coverage or currently have no coverage at all. Every health insurance plan in the Marketplace will offer comprehensive coverage, from doctors to medications to hospital visits. A significant majority of people in the new Marketplaces will pay the same or less than they do for their coverage right now. One reason is that more than 80% of those buying coverage in the Marketplaces will qualify for premium tax credits, which will dramatically cut what an individual actually pays in premiums in many cases. In addition, the advantage of being in a larger risk pool—unlike an individual or small group policy—will spread the risk and therefore lower the premiums.

Q: If I need insurance, how will I be able to enroll in a health plan in the new Marketplace?

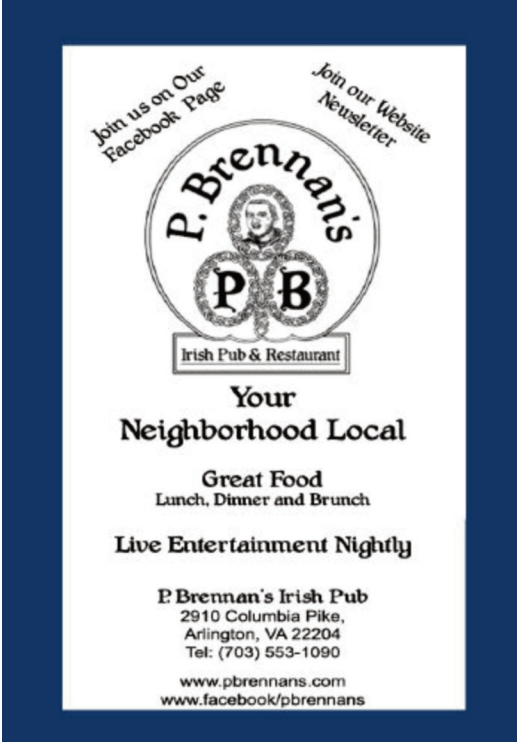
A: Individuals and families will be able to enroll in a health plan in the Marketplace online (www.healthcare.gov), over the phone (1-800-318-2596 or (703)-647-4748), by mail, or in person. Navigators will be available to assist individuals and families choose the best private health plan for them.

Q: Starting in 2014, will it be easier for me to get coverage even if I have health problems?

A: Currently, millions of Americans who have health problems and do not have access to affordable insurance through their employer are locked out of access to affordable insurance. Insurers systematically exclude people with pre-existing health conditions altogether or only offer them unaffordable premiums. In the new Marketplaces starting in January, Americans can no longer be denied coverage or charged higher rates for having a pre-existing health condition. Nor will they be dropped by their carrier if they develop a serious illness.

Q: I already have employer-provided coverage; how does the health care law affect me?

A: If you have employer-provided coverage, you have already received numerous new protections and benefits under the health care law: your insurer can't drop you when you get sick, your insurer can no longer impose a lifetime limit on your coverage, adult children can stay on or join your employer-provided plan until they turn 26, insurers cannot discriminate against children with pre-existing conditions, your insurer must spend at least 80% of your premium dollar on health care, any double digit premium increase must be justified, and you have free coverage of key preventive services. Beginning in January 2014, your insurer cannot discriminate against you if you have or



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one over 6 months old get vaccinated by October. Each vaccine does have certain exclusionary criteria so it is best to check with your physician prior to administration if you possess one of them. Some of the common categories that effect who should or shouldn't receive the vaccine are age, history of egg allergy, wheezing or history of asthma, history of previous allergic reaction to influenza vaccine, or previous history of Guillan Barré Syndrome (if you have had it you will know!)

So should you really get the vaccine? Yes, you really should. Even though you may consider it a hassle, you might ache the next day or your insurance might not cover it – yes, you still should get the vaccine. Mostly, because getting the flu really stinks.

The flu patients I take care of are miserable for up to a week. Every person that comes into my office who has the flu wishes they had got the vaccine, every one of them. Your kids should also get vaccinated. As a father of four, my son who hates shots, even though both of his parents are doctors, starts dreading the flu vaccine around Labor Day.

What are your options? If you start early, you can call around to find out if your pediatrician has the in-

transnasal flu vaccine, which is designed for kids above 2 years of age. The intradermal injection is still a needle but much smaller than the intramuscular injection. Unfortunately, it is approved for people 18 years and older. I usually try some version of bribery to distract my children.

Influenza vaccines are administered by a multitude of providers whether it is your doctor's office, your pediatrician's office, the local urgent care center, or the pharmacy. The medications that are used are all similar and the technique for injection is very standard so one place isn't necessarily better than the other. The important point is that you receive the vaccination. It doesn't matter where you get the vaccine, just be sure you get it!

A good resource to check on up-to-date information is the CDC website (www.cdc.gov) and an interesting resource that tracks flu activity based on Google searches is Google Flu trends (www.google.org/flu Trends).

***John R Jones MD, Medical Director
Simplicity Urgent Care***

AHCA CELEBRATES HALLOWEEN & CHRISTMAS!

Please join friends and neighbors for the 7th Annual Arlington Heights Halloween Parade and Party on Saturday, Oct. 26, (rain date Oct. 27) 3 PM to 4:30 PM at the Patrick Henry Elementary School. As always, we will be collecting non-perishable food donations for the Arlington Food Assistance Center to help our Arlington neighbors in need.

The parade will begin and end at the blacktop/playground at Patrick Henry Elementary School. We will have a moon bounce, Halloween treats and pizza donated by our wonderful neighborhood Papa John's. We look forward to seeing you there!

Then on Friday, Dec. 20 we'll ring in the Christmas season with caroling. We will begin 7 pm at the TJ Park Kiosk at the corner of South 2nd and South Irving Streets. Please bring a flashlight and dress warmly – song lyric sheets will be provided. We'll end at the home of the Sobolas, 3241 S 6th St., with hot chocolate, wine, cookies and other assorted holiday treats. Please RSVP to kandswhyte@gmail.com.

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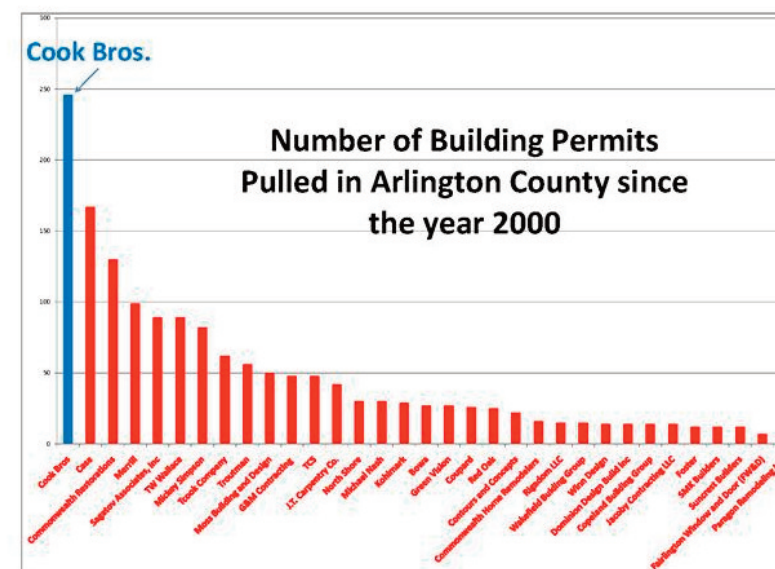
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ABSENTEE VOTING IN ARLINGTON FOR NOVEMBER 5 GENERAL ELECTION

In 2013, Virginians will elect a new Governor, Lieutenant Governor, and Attorney General, as well as all members of the House of Delegates. Arlington voters will also elect one member to the County Board and one member to the School Board. The ballot will also include a referendum question.

The General Election date is Tuesday, November 5, 2013. Polling locations will be open that day from 6 AM to 7 PM. The deadline to register to vote or update your registration address was Tuesday, Oct. 15.

Who Can Vote Absentee?

Citizens who will be absent from Arlington on Election Day, or who are unable to go to the polls because of illness or disabilities, may apply to have an absentee ballot mailed to them or vote by absentee ballot in person at the Office of Voter Registration. Virginia law requires a reason to vote absentee.

Valid reasons for voting absentee are:

- Students at institutions of higher learning, and their spouses
- Absent for business purposes—includes persons who are employed outside of Arlington
- Absent for personal business or vacation
- Scheduled to work at one's workplace at least 11 of the 13 hours the polls are open (includes commuting)
- Firefighters and first responder personnel
- Unable to get to the polls because of disability, illness, or pregnancy
- Caretakers of confined family members
- Awaiting trial and under confinement
- Serving time for misdemeanor convictions
- Religious conflicts
- Active duty uniformed services or merchant marine personnel and dependents residing with them
- Regularly employed outside the U.S. and dependents residing with them
- Living abroad indefinitely (may be eligible to vote only for federal offices)
- Registrars, electoral board members, or officers of election scheduled to work the election
- Political party or candidate representative volunteers scheduled to work inside the polls or at different polling places

Absentee Ballot Deadlines

To submit application for ballot to be mailed:

Ballots must be received in order to be counted:

In-person absentee voting

5 pm, Tuesday, Oct. 29

7 pm on Election Day

Starts Sept. 20 and ends at 5 pm Nov. 2

Locations and Hours for in-person absentee voting

Courthouse Plaza, 2100 Clarendon Blvd., Suite 320

Tuesday, Oct 22: 8-7

Thursday, Oct 24: 8-7

Saturday, Oct 26: 8:30-5

Tuesday, Oct 29: 8-7

Thursday, Oct 31: 8-7

Saturday, Nov 2: 8:30-5

Note: Please do not complete an absentee ballot application in advance if you plan to vote in person. You will complete the form when you arrive to vote.

HEALTHY HABITS: *REALLY, DO I HAVE TO GET THE FLU VACCINE?*

Influenza season is just around the corner so it's a good idea to start the conversation about flu today. Here is a quick synopsis of the illness: The flu is a viral infection, which means that antibiotics won't help those suffering from it. It is most common in January and February but can start as early as October and last as late as May.

Flu symptoms include: cough, fever, diffuse body aches, and sore throat. On an outpatient basis there is a nasal swab that is good for diagnosis of the flu but not perfect. The treatment for flu is good only if it is initiated within 48 hours of the onset of symptoms and it will only decrease the length of symptoms by 24 hours. At this point, you may be thinking that doctors aren't great at diagnosing the flu and the treatment options available aren't totally effective. Thankfully, you have a simple solution - get vaccinated.

There are many different options available for influenza vaccines. So how do they differ? For that, we need to take a step back to understand actually what the influenza vaccine does. First, we have to review some quick immunology. Your body fights off infection by creating proteins called antibodies that recognize badness, attach to it and signal other cells to dispose of the combination of badness and the attached antibody. That's it!

Any vaccine introduces a version of badness into the body early to stimulate antibody production so that

when the real badness enters the body, the antibodies are already present and recognize it quickly. This expedites the removal of offending agents before you can get sick.

The trick is which antibodies we decide to introduce, how we create the antibody and then how we deliver the antibodies to the body. First, there are two versions of influenza which are cleverly designated A and B. Researchers try to predict what will be the most common viruses in the upcoming season and recommend these to the companies that produce the vaccine.

There are currently three ways to mass-produce the antibody: in chicken eggs; in animal cells in a lab; and in insect cells in a lab. The chicken model is the oldest and most common method. However, it takes a while to produce because it is dependent on an egg to grow. Therefore, there can be a problem with ramping this up quickly. The second and third are relatively new; they don't involve an egg, which is a common source of allergy; and they can be ramped up quicker. I suspect that we will be moving to the last two techniques as time goes on. Finally, the way that the vaccines are administered is the final variable. It can be either in the muscle (intramuscular and most common), in the skin (intradermal), or inhaled (intranasal).

The Centers for Disease Control and Prevention (CDC) does not suggest one vaccine over the other so you can take your pick. It does recommend that every-



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AHCA OFFICER ELECTIONS, NC UPDATE AND PROJECT VOTE AT NOV. 13 MEETING

At our Tuesday, November 12, 2013, meeting AHCA will elect officers for 2014. Please find some information about the various elected and appointed opportunities below:

For the elected AHCA Executive Committee Positions please contact Nominating Chair Rebecca Mashaw at rebeccamashaw@gmail.com to nominate yourself.

For the appointed positions please contact AHCA President Stacey Whyte at kandswhyte@gmail.com to volunteer.

Elected Positions:

President – 20+ hours per month (one volunteer so far)

1st Vice President – 10+ hours per month (one volunteer so far)

2nd Vice President – 6 hours per month (one volunteer so far)

Treasurer – 6 hours per month (one volunteer so far)

Secretary – 6 hours per month (one volunteer so far)

Appointed Positions:

1 – Neighborhood Conservation Representative – 6 hours per month (one volunteer so far)

1 – Neighborhood Conservation Alternate – 6 hours per month (one volunteer so far)

4 - Civic Federation Delegates – 4 hours per month (0 hours in July and August) (4 volunteers so far)

4 – Alternate Civic Federation Delegates – 2 to 4 hours per month (0 hours in July and August) (no volunteers so far)

Social Chair - 1 to 2 hours per month with several

additional hours surrounding the Annual Halloween Parade in October and the Annual Spring BBQ in June (no volunteers so far)

We will also vote on the second project to add to our Neighborhood Conservation (NC) project queue. AHCA can have a total of two projects in this queue. The first project currently on our official list is a project to install new streetlights on 5th Street South between South Jackson Street and South Glebe Road. If you have suggestions for other projects that should be considered as our second NC project in the queue, please send them to our NC representative, Jim Presswood, no later than Monday, November 4. Projects that can qualify for NC funding include new playgrounds, improvements to green space and parks, streetlights and sidewalks/gutters. You can contact Jim at jimahca@gmail.com

There is no progress to report on the Arlington Boulevard frontage project (Irving Street Phase II). Arlington County's NC staff is still trying to work out a project design with the Virginia Department of Transportation.



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ARLINGTON FREE CLINIC: A HAVEN FOR THE UNINSURED

Arlington Free Clinic, located just across Columbia Pike from Arlington Heights, provides comprehensive medical care – including diagnostic testing and medications – to our county's low income, uninsured adults. It is an amazing example of a community coming together to solve the pressing social problem of access to health care for our uninsured neighbors.

The idea of establishing a free clinic started in 1993 when a group of physicians noticed that more and more people were coming to them for services they couldn't afford. The Arlington County Medical Society formed a steering committee to study the idea of opening a free clinic. In 1994, the clinic opened one night a week offering limited services in the nurse's office of Thomas Jefferson Middle School. It has grown to a unique and essential health care provider that operates five days a week and serves 1,690 patients a year with 10,000 appointments.

Our patients are the working poor, many of whom work one or more jobs that do not offer affordable health insurance. They are people you see every day at construction sites, working in restaurants and hotels, cleaning homes and providing childcare. Some of our patients never thought they would be in a position to need free health care. With the economic downturn, many people lost their jobs and their health insurance and depleted their savings. With nowhere to go but expensive emergency rooms when they got sick, they came to Arlington Free Clinic for help.

Patients are not just coming to the clinic for the common cold. Most have one or more chronic conditions that have gone untreated for years. Our top diagnoses are diabetes, hypertension, GERD, women's health issues and obesity. We also serve about 50 cancer patients, patients with lupus and patients on kidney dialysis. As would be expected, our patients have an urgent need for access to multiple medical services and care coordination.

How the Affordable Care Act will affect the clinic is still a big question. We expect some of our patients will be eligible for the exchanges. If Medicaid expands in Virginia, some of our patients will be eligible for that program. There will be many who will not qualify for either program. Many Arlingtonians will continue to depend on the clinic's services for years to come!

Who's eligible? To be eligible for clinic services a patient must be a resident of Arlington; have lived in the United States for a year; be uninsured; and be at or below 200% of the federal poverty level: \$22,000 for a single person and \$44,000 for a family of four.

The need for free health care is much greater than we can provide. There are an estimated 12,000 uninsured people in this affluent county. Working to capacity, Arlington Free Clinic accepts 500 new patients a year that come through our monthly lottery, from referrals from Virginia

Hospital Center and from the homeless shelters and DHS.

What we do: Our comprehensive care includes primary care; specialty medicine (e.g., cardiology, endocrinology, pulmonology, neurology, orthopedics, gynecology, oncology, surgery, podiatry); women's health (cervical and breast cancer screening, referrals for free mammograms, biopsy, surgery, radiation, chemotherapy); pharmacy (last year we dispensed 18,300 prescriptions); mental health services; physical therapy; and patient education (breast health, diabetes, nutrition, asthma care).

Here's how you can help:

* Financial support: The clinic always needs new supporters and volunteers. The clinic is funded through the generosity of the community, with 93% of the \$2.6M budget coming from private sources. The clinic does not receive federal funds and depends on the generosity of individuals, businesses, civic associ-



arlingtonfreeclinic

ations like Arlington Heights, churches, United Way and foundations.

Gifts of any size are appreciated and your funds will be used wisely. To donate, please go to our website at: www.arlingtonfreeclinic.org, or call 703-979-1425, Ext. 121.

* Volunteering: Volunteers are the lifeblood of our organization. We rely on our 560 medical and non-medical volunteers and community partners, such as Virginia Hospital Center and many medical practices, to provide patient services. We have 170 physicians, both general practitioners and specialists, who see patients on-site or in their offices at no charge. There are no paid doctors on staff! Other volunteers include

nurses, nurse practitioners, pharmacists, interpreters, exam room coordinators, eligibility specialists, receptionists, and volunteers who do fundraising and work on our Benefit Gala.

To volunteer, please call Lee at 703-979-1425, Ext. 125.

You are welcome to see clinic operations first-hand and learn more about our services for the uninsured by coming for a tour. Please call Pat McDermott at 703-979-1425, Ext. 121 to confirm a time for your visit. Arlington Free Clinic is located at 2921 11th Street, South.

LA CLÍNICA GRATUITA DE ARLINGTON: UN REFUGIO PARA PERSONAS SIN SEGURO MÉDICO

Heights y de Columbia Pike, proporciona atención médica integral que incluye pruebas de diagnóstico y medicamentos, a personas de bajos ingresos y sin seguro en nuestro condado. La Clínica es un magnífico ejemplo de una comunidad que se solidariza para resolver un acuciante problema social: acceso al cuidado de salud de nuestros vecinos sin seguro.

La idea de crear una clínica gratuita inició en 1993 cuando un grupo de médicos notó que un número creciente de personas sin seguro buscaba servicios médicos por los cuales no podían pagar. La Sociedad Médica del Condado de Arlington formó una junta directiva para estudiar la posibilidad de abrir una clínica gratuita. La Clínica abrió en 1994 en la oficina de la enfermera de la escuela Thomas Jefferson, ofreciendo servicios limitados y sirviendo a pacientes una noche por semana. Desde entonces, la Clínica ha crecido y se ha convertido en un proveedor de salud único y esencial que opera cinco días a la semana, otorgando 10,000 citas al año y sirviendo a 1.690 pacientes.

Nuestros pacientes son personas trabaja doras con uno o varios trabajos que no ofrecen un seguro médico. Son personas que usted ve todos los días trabajando en obras de construcción, en restaurantes u hoteles, limpiando casas o cuidando niños. Algunos de nuestros pacientes nunca pensaron que necesita rían atención médica gratuita. Con la crisis económica, muchas personas perdieron sus empleos, su seguro de

salud y agotaron sus ahorros. Sin ninguna opción adonde ir al enfermarse, excepto las caras salas de emergencia, muchos pacientes llegaron a La Clínica Gratuita de Arlington en búsqueda de ayuda.

Los pacientes no sólo llegan a la Clínica por un resfriado común, la mayoría tienen una o más enfermedades crónicas que no han sido tratadas por varios años. Los diagnósticos más comunes son la diabetes, hipertensión, reflujo gastroesofágico, problemas de salud de la mujer, y obesidad. Proporcionamos asistencia también a cerca de 50 pacientes con cáncer, pacientes con lupus y pacientes con insuficiencia renal. Como sería de esperarse, nuestros pacientes tienen necesidades urgentes de múltiples servicios médicos y de atención.

Cómo la nueva Ley del Cuidado de Salud afectará la Clínica sigue siendo una gran interrogante. Esperamos que con la nueva ley algunos de nuestros pacientes sean elegibles para obtener un seguro. Si en Virginia se expande el Medicaid, algunos de nuestros pacientes serán elegibles para ese programa. Sin embargo, habrá muchas personas que no tendrán derecho a ningún programa y muchos residentes de Arlington seguirán dependiendo en los próximos años de los servicios de la Clínica.

¿Quién es elegible? Para ser elegible y obtener servicios en la Clínica, la persona debe residir en Arlington, debe haber vivido en los Estados Unidos por un

año, no tener seguro médico, y estar por debajo del 200 por ciento del nivel federal de pobreza, o sea \$ 22,000 para una persona soltera o \$ 44,000 para una familia de cuatro.

La necesidad de atención médica gratuita excede lo que la Clínica ofrece. Se estima que hay 12.000 personas sin seguro en este acaudalado condado. A su máxima capacidad, La Clínica acepta 500 pacientes nuevos al año que son aceptados a través de nuestro sorteo mensual, por referencia del Virginia Hospital Center, referencia de un centro de refugio, o por el Departamento de Servicios Humanos del condado.

Lo que hacemos: Nuestra atención integral incluye atención primaria, especialidades (por ejemplo: cardiología, endocrinología, neumología, neurología, ortopedia, ginecología, oncología, cirugía, podiatría), salud de la mujer (exámenes y prevención de cáncer del cuello uterino y del seno, referencias para mamografías gratuitas, biopsias, cirugía, radiación, y quimioterapia); farmacia (el año pasado administramos 18.300 recetas), servicios de salud mental, terapia física, y educación al paciente (salud de senos, diabetes, nutrición, y cuidado de asma).

Usted nos puede ayudar:

*Respaldo financiero: La Clínica siempre necesita de nuevos contribuyentes y voluntarios. La Clínica está financiada gracias a la generosidad de la comunidad. 93 por ciento de los \$ 2.6 millones de nuestro presupuesto proviene de fuentes privadas. La Clínica no recibe ninguna asistencia de tipo federal y depende de la generosidad de individuos, empresas, iglesias asociaciones cívicas como Arlington Heights, United Way y otras fundaciones.

Sus donaciones de cualquier tamaño son bienvenidas y serán utilizadas con prudencia. Para donar, por favor visite nuestra página de internet: www.arlingtonfreeclinic.org, o llame al 703-979-1425 ext. 121.

*Participe como voluntario: Los voluntarios son el alma de nuestra organización. Contamos con 560 voluntarios que incluyen médicos, no médicos, socios comunitarios como el Virginia Hospital Center y muchas oficinas médicas que proporcionan servicios a nuestros pacientes. Tenemos 170 médicos, generales y especialistas, que atienden sin ningún costo a nuestros pacientes dentro de la Clínica o en sus oficinas. Entre otros voluntarios que contamos están enfermeras, farmacéuticos, intérpretes, coordinadores de salas de examen, especialistas en elegibilidad, recepcionistas, y voluntarios que recaudan fondos y colaboran en nuestra Gala Benéfica.

Para ser voluntario, por favor llame a Lee al 703-979-1425, ext. 125.

Le invitamos a ver por usted mismo las operaciones de la Clínica y conocer más sobre nuestros servicios. Por favor llame a Pat McDermott al 703-979-1425, ext. 121 para programar una visita. La Clínica Gratuita de Arlington está ubicada en 2921 11th Street, South, Arlington, VA 22204

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