



Prince William Area Free Clinic

WINTER 2018

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Meet the Badies and their dog Diesel, whose strange behavior helped us discover Mrs. Badie's cancer.

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Volunteering is a family affair!
Meet the Sullivan family.

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With Medicaid expansion, why
do we still need free clinics?



Dr. Humaira Ali and our client Ernestina

YOUR CLINIC, YOUR COMMUNITY

“ONE OF THE BEST”

Thanks to the support of our donors and the tremendous work of our volunteers and staff, in November the Prince William Area Free Clinic (PWAFC) was recognized as “One of the Best” by the Catalogue for Philanthropy (CFP). CFP is a DC-based organization that compiles an annual list of small, community-based nonprofits that have been judged to have effective programming with a measurable impact and sound financing in addressing vital social needs. Earlier this year, we were interviewed and examined by a panel of local philanthropic experts and were accepted into their 2018-2019 Class.

The award gives us even more to celebrate in 2018, as we mark our 25th year of serving our community – all with your help! The PWAFC received our official IRS designation in 1993 as a charitable non-profit. It has been amazing to see the growth from 25 years ago, when we were co-located at the Woodbridge and Manassas Health Department offices, to the creation of the Unified Health Center at St. Margaret's, provided by the Episcopal Diocese of Virginia. With your support, we look forward to many more years serving our community in need.



John, Diesel, and Linda Badie

YOUR IMPACT: CLIENT STORY

A DOG'S NOSE KNOWS

After the catering company where John Badie had worked for 30 years went out of business, he found himself without a job, an income, and medical insurance. At about the same time, his wife Linda lost the government job she where she had worked since age 17, along with her insurance.

John was accustomed to giving help, not asking for it, but he remembered something his father had always told him: "Never let your pride get in the way." With that in mind, John began searching for a place to get help with his asthma and high blood pressure. He found our clinic online. "This is a good place for people with hardships," he said.

John was very pleased with the care he received at the clinic and persuaded his wife to come in for a checkup. She had not been feeling well, and they had had an unusual occurrence with their dog Diesel, a sweet-tempered pit bull. Diesel kept putting his head on Linda's chest. She would remove it, and he would put it right back. "It almost seemed like he was trying to tell us something," said John.

Linda came to the PWAFC and shared her symptoms and story with her medical provider. Tests were done, and although everything appeared normal, something made her provider go one step further and send Linda to a specialist. That doctor also completed extensive tests without finding any cause for her symptoms, but chose to do one additional test. The result: breast cancer, caught at an early stage. Both John and Linda give Diesel and the clinic credit for saving her life.

After a year of battling her disease, Linda is now cancer-free. Unfortunately, six months ago her mother was also diagnosed with cancer. Now Linda is caring for her. When asked how their lives would be different without the clinic, John replied, "I probably wouldn't make it. Stress can kill you. Bills pile up. This is the best thing that happened to me."

John and Linda have eight children, four of whom are adopted. They are a close family and avid Redskins fans. When asked if John had any more thoughts about the clinic, he smiled and said, "Here it's about care. You can feel it."

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happened to me."



Pharmacist in Charge Dr. Hye Jung Kang



Volunteer nurse, Nancy Link with our client

VOLUNTEERING IS A FAMILY AFFAIR

Q: Irene, when you joined the PWAFC, it had only been around a few years, correct?

Irene: Yes! I started as a volunteer in 1998 at our Manassas location in the Health Department, then later at the Woodbridge location. It wasn't until the PWAFC came to the United Health Center at St. Margaret's in 2012 that I was given the opportunity to join our staff.

Q: You must have seen a lot of changes over the years.

Irene: We have made a lot of changes over the years to grow with our community and clients. We've been able to move from having just walk-in clinics to appointments and walk-ins to meet our changing client needs. Previously, we struggled to meet our clients' pharmacy needs with just the medication samples we could get donated. Now with a fully licensed pharmacy, we are able to purchase many medications that were unattainable before. Most recently, our complex paper charts have been replaced by a new electronic medical record (EMR). With all of this growth, we are now better able to attend to the whole patient and provide more consistent care than ever before.

Q: How long has your family been volunteering at the clinic?

Irene: Dan and I, over our 40-year marriage, have been involved in many activities and volunteering opportunities together. But when he retired in 2013 from working for the federal government, he wasn't sure if he could volunteer at the PWAFC, as he didn't have any medical know-how. Needless to say, we were able to find a way to use his talents, and having him here on Thursdays for the past five years has been great.

Q: Dan, is it true your name tag says "Dan – The Fix-It Man"?

Dan: Yes it does. I first pitched in by fixing things and doing any odd jobs that might be needed, from rebuilding our filing cabinets to repairing our hand-sanitizer dispensers. Among other things, I have lately been called on to sort and inventory all of our donated medical supplies, and order new office supplies when we run low. Right now I am retrofitting some shutters to neatly hold all of our volunteer nametags.



Irene, Ryan, and Dan Sullivan

Q: Ryan, you are not in the medical field either, but you are here every week as well.

Ryan: I started volunteering when on school breaks while I was still attending Virginia Tech. For the past 18 months, I have been able to come to the clinic with my Dad and Mom every Thursday and help with many of the PWAFC's non-medical needs. With the EMR, I do a lot of scanning into the system and processing of medical-record requests, though this is my last week volunteering as I am starting a job within my field on Monday!

Q: Who is your favorite doctor on T.V.?

Irene: This is an easy answer. Either Hawkeye Pierce or B.J. Hunnicutt from M*A*S*H*.

Dan: B.J. Hunnicutt

Ryan: Doctor Strange

YOUR TEAM: STAFF CHANGES

WELCOME & BEST WISHES

We are excited to welcome Eliot Niessen as our receptionist, taking over for one of our staff members had to take a temporary leave of absence earlier this year. Eliot started volunteering with the PWAFC this summer because he wanted to experience working in community health while he applies to medical school.

We wish Elsa Leiva great success as she leaves the PWAFC to join INOVA's neonatal intensive care unit. Elsa joined our clinic in May 2015 as a student in one of our nursing preceptorship programs. After becoming a licensed practical nurse, she became our diabetes coordinator. She is currently working toward becoming a board-certified registered nurse and earning her bachelor's degree in nursing.



Elsa Leiva and Eliot Niessen

MAKING A DIFFERENCE

A GIFT FROM THE HEART

Looking for the perfect gift this winter? Consider a Good Samaritan Certificate! Make a donation to the clinic by December 20 in someone's honor. For each \$25 you contribute, we'll mail the recipient a Good Samaritan Certificate documenting your contribution.

Take a look at how far your gift will go:

- **\$25.00** can help us cover the cost of five medications for a client
- **\$50.00** can fund a patient's transportation to their specialty referral at UVA Hospital in Charlottesville.
- **\$100.00** can provide life-saving services to our clients, such as providing them with glucometers and test strips for our diabetic patients.

To purchase a Good Samaritan Certificate, please complete this form and mail it along with a check payable to PWAFC or go online to www.pwafc.org/donate!

Good Samaritan Certificates

I'd like to give a gift in the honor of:

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YOUR IMPACT: FISCAL YEAR 2017

Our Clients

- 2,145 Unique patients
 - 90% of our clients are diagnosed with at least one chronic illness
 - On average, our clients take five medications daily
 - 60% of our served community comes from eastern Prince William County; 40% travel from western Prince William County, Manassas City, and Manassas Park.

Our Team

- 15 staff members; one full-time, 14 part-time
- More than 100 volunteers per month, including 20+ private practices, for more than 4,000 donated hours
- Over \$8 million in donated services from Sentara Northern Virginia Medical Center and Novant | UVA Health Systems

DIRECTOR'S MESSAGE

WHY WE STILL NEED FREE CLINICS



Dear Friends,

About 10 years ago, I lived through an experience similar to what some of our clients face here in Prince William County. I woke up to extreme and debilitating pain. I was living 4,000 miles from home in Serrekunda, The Gambia. Among other symptoms, the pressure in my head made it feel as though my brain was swelling. This was the first time while living overseas that I did not have health insurance, and I had no idea about the cost of getting health care. My small support network, consisting of a close friend and my landlord, saw something was wrong and took me to two nearby hospitals. Both times, a nurse quickly took my vitals and left. Eventually, a doctor would come in and say that I had malaria and that I should have taken my anti-malaria medication more consistently. I was never examined; no tests were performed. I was ignored, given a prescription for some pain medication, charged for these visits, and dismissed.

Not having found a real solution, my friend and my landlord decided to seek another opinion at a clinic far outside of town. My landlord was willing to drive far out of his way to see to it that I received competent care, even though I wouldn't be able to repay him. Thankfully, my friend had decided she would cover the cost of my visit and care so I could get better. At the third clinic, I was finally triaged, examined, tested, and treated. We learned that I did not have malaria but that a urinary tract infection had reached both of my kidneys. After a week on medications, I was better and suffered no long-term effects. I can't say how that story would have turned out had I not found competent care and had I not had a support network, but I can say having even that small network helped me be healthy.

In what I have come to think of as a post-Medicaid-expansion world, we have to ask ourselves what is the role of the PWAFC? I can't help but think of my illness in the Gambia. I think about what I went through and what made a difference in getting better. I think about what health care looks like when clinics aren't available – or accessible. I think about our neighbors who need to see a provider and be treated but who not qualify for health insurance or Medicaid, and yet can't afford out-of-pocket health-care costs. I think about members of our community who don't have their own transportation and cannot find a friend or family member to transport them to health-care facilities. I think about what it would mean if our clients have nowhere to go and/or no way to get there.

The Greater Prince William Area has more than 50,000 uninsured members of our community. Our clients at the PWAFC come from all walks of life and all backgrounds. Even with Medicaid expansion, some will remain uninsured, yet still need and deserve high-quality and compassionate health care. They might be here far from home, needing to be heard and to get care. They might be in-between jobs or caring for a friend or family member but need someone to care for them, as well. That is why the PWAFC is here, with your continued support, and that is why we will continue to serve the uninsured who have no place else to go.

We are a free clinic that was founded 25 years ago as a place of encouragement, dignity, and care – a place we will continue to strive to be with your help.

Best Regards,

Prince William Area Free Clinic

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