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# STORIES OF HOPE

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## REPORT TO THE COMMUNITY

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July 1, 2010—June 20, 2011



## FY2011 Highlights

The Loudoun Free Clinic continues to provide first rate medical services during financially challenging times. Thanks to your support, we have expanded and improved the delivery of privately funded health care to the less fortunate in our county. Your compassion and generosity have provided tangible help and hope to those in need.

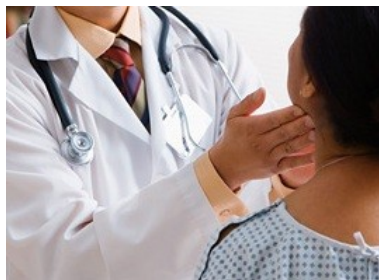
Looking back over the past year, the dynamic growth of our charitable services is reflected in the facts below.

**“Even without knowing me you show me love and give me confidence to go on living.”  
-LFC Patient**

- ♥ During FY11, the LFC served 1,540 patients with 2,904 visits— a 57% increase in patients over Fy10.
- ♥ Our volunteers donated over 5,000 hours to the Free Clinic during FY11.
- ♥ In 2010 the Free Clinic hired a Physician Assistant, allowing us to schedule daytime clinics 4 days a week.
- ♥ Over 60 medical professionals donated their time to see patients at the clinic, and 45 local specialty care providers accepted referrals from the Clinic to see our patients in their own facilities at no charge.
- ♥ The Clinic offered patient appointments 35 hours each week, and averaged 60 visits per week for FY11.
- ♥ In Fy11 the Free Clinic delivered \$7.04 in health care services for every dollar spent.
- ♥ Through our work with the Patient Assistance Program and partnership with NovaScripts Central, we dispensed a total of 13,859 prescriptions to our patients. This is an increase of 265% over FY10 and is valued at almost \$2,000,000.00.

***In FY11 Loudoun Free Clinic increased the number of patients served by 57%***

***Our Mission is to support healthcare services for Loudoun County residents who, as a result of economic or other barriers, would otherwise do without.***



### Board of Directors

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## STORIES OF HOPE

### Luisa

A year and a half ago Luisa started to have painful headaches and severe nasal drainage. She went to two doctors and was even hospitalized. Her ongoing condition was attributed to allergies. Luisa struggled with depression and anxiety because no medication seemed to make a difference. She had no health insurance and she was barely able to pay for rent and food, let alone medical care. Luisa's co-worker suggested she go to the Loudoun Free Clinic.

When Luisa first came to the Clinic she met with Bernadette, our Patient Services Coordinator. Bernadette was alarmed by the fluid leaking from Luisa's nose and insisted she have an immediate appointment. The Clinic sent her for labs and X-rays, and arranged for an emergency consult with one of our providers. It was here that surgeons found a skull fracture that left Luisa vulnerable to a wide range of dangerous and life threatening infections.

In addition to the life-saving treatment Luisa received through the Free Clinic, she is being treated for diabetes and hypertension. Like so many of our patients, Luisa had complex and extensive medical needs that went undiagnosed and untreated for years. By the time she came to us she was dangerously ill with a life threatening condition.

LFC was able to provide all of Luisa's treatment and medications through the generosity of volunteers, our medical referral network and our in-kind and financial donors. Bernadette, the staff member Luisa met with initially, has personally delivered medications to Luisa's home when she was unable to come to the Clinic. Luisa's life and health are dramatically improved because there is a Free Clinic in our county.



### George

George Wilson worked for years as a custodian at a local school until last year when a stroke left him paralyzed on his right side. Unable to work, he went on disability. He struggled to make ends meet and eventually moved in with his mother. They are a close family and depend on one another in every way. Sharing her home was Mrs. Wilson's way of helping her son. Weeks later, George's mother suffered a stroke.

With both George and his mother stroke victims, life was hard. He came to the Clinic under dire circumstances unable to pay for food, housing, and desperately needed medical care. The Clinic immediately scheduled him for intensive physical therapy. He was also scheduled for consult appointments for cardiology and neurology. There was a wait list, but the day of the appointment finally came. Tragically his brother, who would drive him the 2 1/2 hours to his appointment, died that morning of a stroke.

George ultimately received every consult. He receives outpatient physical therapy and is connected with social services to ensure he doesn't go hungry. The love and support of countless volunteers and staff have provided help and encouragement for George to keep improving. Despite severe personal loss he is hopeful about the future.

*"I no longer feel alone and anxious because I know that you can help me. You are an angel from heaven."  
-An LFC Patient*

*\*Names have been changed to protect privacy. The photos included here is not of Luisa or George.*

## YOUR SUPPORT HAS CHANGED HUNDREDS OF LIVES THIS YEAR

*“This is the first  
time in my life that*

*I haven’t had  
insurance. I don’t  
know what I would  
have done without  
your help.”*

*-Theresa, an LFC  
patient*

There is no question that we are living in uncertain times. The status of our country’s economy and healthcare are in crisis. As people continue to lose their jobs and homes they will increasingly turn to the Loudoun Free Clinic for help.

These are REAL people. They live in your community and share your values. Some were born into challenging circumstances while others never dreamed they would one day worry about access to food, shelter and basic healthcare. As a supporter of the Loudoun Free Clinic, be it as a donor, volunteer or community partner, your help goes beyond medical treatment. You offer dignity, compassion and a place where patients feel cared for. Our patients come to us under the most difficult of circumstances, when they are sick and struggling, and when they have lost their ability to provide their most basic health care needs. The Free Clinic offers expert medical care and something that cannot be measured—caring support and a community to which they can turn.

The Loudoun Free Clinic is committed to making sure that no one in our community goes without medical care. This year we have opened our doors to more people than ever before. In the years to come we will continue to invest in our county, not only treating acute and chronic illnesses but promoting wellness and preventing disease. Going forward we recognize and welcome the challenge of growth and the opportunity to further embrace professional service rooted in compassion and volunteerism. Our ongoing vision is to engage our community and harness the skills and brotherly concern needed to help all who seek our services.

Clearly more people are disadvantaged today due to economic conditions, yet Loudoun County continues to grow. Our need for community support is greater than it has ever been. We are honored and blessed by the help you have provided in the past. We hope you will continue to partner with us to minister hope and health to those who turn to the Loudoun Free Clinic.

On behalf of the thousands of people cared for by the Loudoun Free Clinic, we thank you.



## LFC Patients & Services

### FY2011 PATIENT DEMOGRAPHICS

Gender		Age	
Female	61%	19-34 years	27%
Male	39%	35-64 years	73%

### Annual Household Income

(% of Federal Poverty Level)

<100% FPL	49%
101% - 125% FPL	17%
126% - 150% FPL	13%
151% - 175% FPL	12%
176% - 200% FPL	8%
>200% FPL	0%

\*FPL for a family of 4 in 2011 is \$22,350

### FY2011 PATIENT SERVICES

<b>Total # of Patients:</b>	<b>1,540</b>
<b>Total # of Medical Visits On-Site</b>	<b>2,904</b> (55 visits per week)
<b>Total # of Prescriptions Dispensed</b>	<b>13,859</b>
<b>Total Value of Prescriptions Dispensed</b>	<b>\$1,947,674.59</b>

### Total # of Appointments with Physician Specialists On-site

Diabetic	359
Gynecology	152
Rheumatology	93
Endocrinology	78
Chiropractic	34
Orthopedics	31
Nutrition	24
Nephrology	22
Physical Therapy	15
Urology	8

**Top Diagnoses:**  
**Diabetes**  
**High Cholesterol**  
**Hypertension**  
**Obesity**



### Referrals to Services Provided by Network Partners & Volunteer Specialists

Allergy
Cardiology
Chiropractic
Dental
Dermatology
ENT
Endocrinology
Gastroenterology
Gynecology
Hematology
Infectious Disease
Nephrology
Neurology
Oncology
Ophthalmology
Optometry
Orthopedics
Pain Management
Physical Therapy
Podiatry
Pulmonology
Surgery
Urology
Wound Care



## LFC Volunteers

Volunteers are the driving force behind our mission to provide free health care services for uninsured people in our community. During FY11, 126 community members donated more than 5,000 hours to the LFC and our patients.

On any given day of the week, a dedicated group of volunteers is at work at LFC treating patients, filling prescriptions, answering phones, conducting eligibility appointments, reviewing test results, scheduling referral appointments, interpreting for patients, filing charts, planning fundraising events and much more.

To all of our volunteers, past and present, we thank you from the bottom of our hearts!

### Referral Specialists, Labs & Diagnostic Services

Loudoun Free Clinic is indebted to the following medical practices that provided specialty medical services in their offices for hundreds of Clinic patients.

Jack Ayoub, MD	Gary Kugler, MD	Allegheny Optical
Kevin Bleakley, MD	Sam Mansour, MD	Blueridge Speech & Hearing
Ayman Boutros, MD	Russ McDow, MD	Fairfax Radiology
Parmender Chawla, MD	Roberta Moreland, MD	Inova Physical Therapy
Virginia Chiantella, MD	Ali Moshirfar, MD	Lions Club
Sarfraz Choudhary, MD	Anh-Dai Nguyen, MD	Quest Labs
Ajay Dar, MD	Walter O'Brien, MD	Radiology Imaging Associates
James Gable, MD	Kevin O'Connor, MD	Reston Hospital
Matthew Gavin, MD	Michael Osman, MD	Reston Radiology
Joel Gonzalez, NP	Douglas Richardson, MD	The Urology Group
Van Ha, MD	Jeffrey Sedgewick, MD	UVA
Christine Habib, MD	Joanna Shuman, MD	Virginia Heart
Rodney Kander, MD	Michael Todd, MD	Washington Radiology
Michael Kavanagh, MD	Barry Walter, MD	
Brita Kriss, MD	Sanjeev Wasan, MD	
Alexander Melamud, MD	Tasha Young, MD	

***In FY11 our  
volunteers  
donated more  
than 5,000  
hours  
valued at  
\$150,000+***

The LFC's evening medical clinics start at 5:30 p.m. Most volunteers come straight from work or class and often stay past 9:00. We are lucky to have the support of a group of restaurants, individuals, and community organizations that generously provide dinner for our volunteers:

Costco	Lightfoot Restaurant
Dominion Academy	Palio Ristorante Italiano
Eggspectations	The Rizzardi Family
Del Rio	South Street Under
Galletta's	St. Francis de Sales
La Chocita Grill	The Wheeler Family

*I am amazed by the level of commitment from the volunteers. All of these people work with a truly moving sense of compassion for the patients of the Free Clinic. I feel extremely lucky to have found this place to give freely of myself, but as in most volunteer efforts, I have received so much more in return."*

*-Kim, a Loudoun Free Clinic Volunteer*

## LFC Volunteers

### Physicians, Physician Assistants & Nurse Practitioners

Malarmathi Anbarasan, MD	Swarupa Esanakula, MD	Dianah Lake, MD	William Sonak, DC
John Andrew, MD	Sarah Fletcher, MD	Seon Lee, MD	Julie Spencer, DNP, FNP-BC
Amardeep Athwal, MD	Carol Glismann, NP	Joshua Markwell, PA	Nancy Sweatt, PA
Babak Barmar, MD	Bethesaida Habte, MD	Rhonda Martin, MD	Daniel Williams, PA
Banti Chand, MD	Raymond Hoare, MD	Olivia McGarry, NP	Nicki Woodley, NP
John Cook, MD	Dervila Jonas, MD	Geetha Pillai, MD	Kenneth Yew, MD
Mitra Dastgheyb, MD	Imran Khan, MD	Michael Rezaian, MD	Tasha Young, MD
Amy Emery, NP	Jennifer Kugler, DO	Robert Saunders, MD	Commonwealth Emergency Physicians

### Nurses, EMTs & Medical Assistants

Romana Bosek	Carla Espinal	Diane Holt	Mary O'Brien
Tiffani Broderick	Cynthia Fiedler	Donna Joseph	Christine Oliveira
Nancy Bruno	Sandra Gray	Karen Kehr	Debra Saunders
Karen Covington	Charu Gupta	Alexis Kerr	Hilary Seymour
Wendy Cox	Anne Gutierrez	Elisabeth Lehigh	Emily Sparrow
Amy Crane	Beth Halley	Anne Block	Donna Spurlock
Rebecca Curren	Tami Harrison	Mirna Mendoz	Sabrena Thormes
Sheila K Elias	Cyndee Hochstrasser	Jude Njoku	Patricia Tuparan

### Interpreters

Anna Benavides	Sonia Fledderjohn	Rose Hocker	Sandra Semaan
Maria Biggers	Jorge Frapiccini	Monica Hoyos Hodson	Amy Sibley
Nancy Bossard	Karen Galeano	Aparna Kakaraparti	Sharmin Sultana
Maria Castro	Carlos Gamarra	Tony Letona	Barbara Thede
Grace Chaves	Glorimar Gonzalez	Yani Letona	Giuliana Valencia
Vivian Cooper	Maria Haro-Univazo	Erly Paredes	Carlos Wesley
			Karen Williams

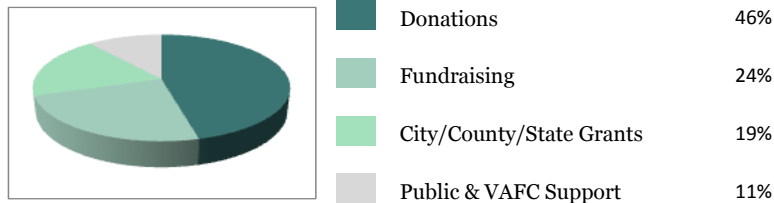
### Administrative Volunteers

David Archer	Gloria Driessnack	Caroline Joseph	Sandy Moy
Jeanie Ashfield-Testa	Brian Driskell	Kelly Keener	Emerald Nguyen
Ellen Barnes	Camelia Drissi	Donald Kim	Zaid Obaida
Anmol Brar	Christina Elsbernd	Mariko Kiyota	Valentyna Rader
Minta Bright	Elizabeth Fawkes	Anne Lupardo	Nicole Tharp
Jack Capurso	Barbara Fischer	Anam Mahmud	Kevin Trowell
Kimberly Carren	Paola Guerrero	Maria Criselda Martinez	Nima Vahidi
Cristal Dela O	Nancy Hogan	Jennifer Min	Joanne Wallace
			Jeannie Willoughby

## FY11 Honor Roll of Donors

This **Honor Roll of Donors** lists donors to Loudoun Free Clinic between July 1, 2010 and July 30, 2011, including the 2010 Fall Gala Sponsorship and Auction donors, in-kind donations of services to Loudoun Free Clinic, and tribute gifts. If you have been listed incorrectly or not acknowledged on the donor list, please accept our apologies and contact the Clinic so that we may correct our records.

### INCOME BY SOURCE FY11



### FY11 FINANCIAL STATEMENT

The audited financial statement for Fiscal Year 2011 will be made available in January 2012. Financial information will be made available on our website at that time.

***For every \$1 spent the Loudoun Free Clinic provides \$7.04 in services***

#### Partner in Healthcare \$100,000 and above

Inova Health System

#### Benefactor \$50,000 - \$99,999

Radiology Imaging Associates

#### Patron \$10,000 - \$24,000

Architecture Inc.  
Design Management Group  
Donohoe Real Estate Services  
Inova Loudoun Ambulatory Surgery Center  
Kaiser Permanente  
The Meltzer Group  
Wheeler Family Foundation

#### Advocate \$5,000 - \$9,999

Etrade Financial  
General Dynamics Information Technology  
Inova Loudoun Hospital Medical Staff  
Loudoun Chef's Collaborative  
Medical Staff of Reston Hospital Center  
Washington Real Estate Investment Trust

#### Sponsor \$1,000 - \$4,999

A.W. Smith III Enterprises  
Able Communications Technology Corp  
ADI Construction  
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Chas. Lunsford Sons & Associates  
Commonwealth Emergency Physicians  
Mr. Bruce Dewar and Ms. Julie Overman  
Harmony United Methodist Church  
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Saint Francis De Sales Church  
Mr. Jack Seeley  
Service Neon Signs, Inc.  
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Smartnet, Inc.  
Mr. & Mrs. Michael Sturgeon  
Summit Community Bank  
The Catherine J. McGinnis Family Foundation

### Companion \$500 - \$999

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### Donor \$250 - \$499

<p>Anonymous, on behalf of Charles &amp; Josephine Rizzardi Mr. Mitch Bennett Mr. &amp; Mrs. Robert Buenting Mr. Mike Collins Electronic Intrumentation and Technology, LLC Ms. Holidae Hayes IBM Charitable Contribution Campaign Ms. Nadine Levin Mr. &amp; Mr. Bobby &amp; Joe Mayer</p>	<p>Mr. &amp; Mrs. Howard Mitnick Mr. &amp; Mrs. Andrew Prevost Mr. &amp; Mrs. Robert Rupy Snow Swimming Ms. Rosemarie Swaim Mr. &amp; Mrs. Stephen Testa Unitarian Universalists of Sterling</p>
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### Supporter \$100 - \$249

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**Supporter  
\$100 - \$249**

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 Mr. & Mrs. Thomas Mayer  
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 Northwind Enterprises, Inc. T/A Altantic  
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 Rev. Elijah White  
 Ms. Ann Thomas, Yoga & Healing Services, LLC

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\$1 - \$99**

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 Ms. Debbie Ferguson  
 Mr. & Mrs. Michael Vayette  
 Mr. Robert Vieyra  
 Ms. Molly Wagner  
 Ms. Mary Watson  
 Ms. Elizabeth Whiting

**In-Kind Service Donors**

Capital Computers & Networks  
 Chuck Laroche, Graphic Design  
 Infinite Printing  
 Inova Loudoun Health System  
 Ms. Barbara Kitrel  
 Moore Cadillac Chantilly

Parallel Wine Bistro  
 PreferredPay  
 SMI Signs, Inc.  
 Tech Methods  
 The Ballroom King  
 Tierney King, Photography

## In-Kind Donors

Ace Adventure Resort	Fireworks Pizza	P.F. Chang's China Bistro
Aesthetica Cosmetic Surgery & Laser Center	Forrest White	Palio
Ms. Alicia Jenkins	Fortessa Outlet Store	Parallel Wine Bistro
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Baltimore Symphony	Gold's Gym - Leesburg	Pilates Center
Bark N Bubbles	Great Country	Puccio's NY
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Blake Landscapes	Jersey Mikes	Red Hill Farms
Blue Ridge Grill	James Gable, MD	Red Hot & Blue
Bluemont Vineyard	Johnson Promotion & Events	Ritz Carlton
Briar Patch Bed & Breakfast	Ms. Karin Walker	Rolyn Companies
Brickman Landscaping	Ms. Kelly Hymes	Mr. Ryan Zimmerman
Ms. Brooke Barrick	King Street Coffee	Scrapbooks Plus
Cantina D'Italia	LaLou Bistro	Ms. Sharon Meyers
Capital City Golf School	Lansdowne Resort	Shopper's Food Warehouse
Carlos Salon & Day Spa	LaRue Wellness	Snow Swimming
Cartridge World--Ashburn	Lee's Hill Golf Club	South Riding Golf Club
Cheescake Factory	Leesburg Vintner	Southwest Airlines
Cloud Nine Day Spa	Let's Dish	Stella & Dot Jewelry
Clyde's	Liquid Lift Center	The Boar's Head
Coldwell Banker Leesburg	Loudoun Holistic Health Partners	The Dock at Lansdowne
Creative Dance Center	Loudoun Symphony	The Osprey's Golf Club
Curiosity Zone	Luray Caverns	The Wine Kitchen
D.C. United	Mr. & Ms. Mark & Marie Lenko	Total Basket Cases
DivaFit	Mary Kay	Tremont Plaza Hotel
Diya Designs	Metropolitan ENT	Trump National Golf Club
Dog Day Afternoon	Ms. Nadine Levin	Tuscarora Mill
Ms. Donna Schmidt	National Conference Center	Virginia Beach Resort Hotel and Conference Center
Donofrio & Associates Property Inspections	Natural Bridge	Washington Capitals, Washington Capitals
Doukenie Winery	Nectar Silks	Washington Wizards
Dulles Golf Center & Sports Park	Not Your Average Joes	Wayside Theatre
Eden Day Spa & Nails	Olivera Music	
Ms. Elizabeth Smith		

On April 19, 2010 the Loudoun Free Clinic lost a dedicated physician, ardent supporter and true friend when Dr. Peter Chopivsky passed away following a heroic battle with pancreatic cancer. Dr. Chopivsky served as a volunteer for over eight years and provided care to thousands of patients. He will be remembered for his tremendous commitment to both the Loudoun Free Clinic and the community as a whole.

Over \$2,000 in contributions were made to the Loudoun Free Clinic from the following individuals in memory of Dr. Chopivsky:

Mr. & Mrs. Henry Brown	Mr. & Mrs. K.E. Mitchell
Ms. Patricia Constantino	Mr. Tom Pappas
Mr. Robert Constantino	Mr. & Mrs. James Reid
Mr. & Mrs. Andrew Fylypovych	Mr. & Mrs. Frederick See
Ms. Natalie Gohrband	St. Nicholas Orthodox Church
Ms. Wendy Harvey	Drs. David & Anne Stewart
Mr. & Mrs. Thomas Howder	Mr. & Mrs. Richard Verhage
Mr. & Mrs. Jerry Hyman	Ms. Barbara Wright
Mr. Lawrence Judd	Loudoun Medical Group
Mr. & Mrs. George Martel	Loudoun Medical Group - Urology Group
Mr. & Mrs. Verlyn Matthes	
Mr. & Mrs. Herbert Maxwell	



*In Loving Memory of  
Dr. Peter Chopivsky*