



Northern Virginia
Health Foundation

A caring **community**

Report to our Community
January 2007-June 2008

To Our Community,

The Northern Virginia Health Foundation is pleased to present our first annual report. We are honored to share with you some of the plans we have laid, the grants we have made, and the important work we have supported in our first few years of operation.

For readers who may not be familiar with us, we are a relatively new foundation, created, in 2005 with \$41 million in assets, by order of the Alexandria Circuit Court during the final resolution of litigation surrounding the closing of Jefferson Memorial Hospital. The Foundation's mandate, as determined by the Court, is to improve health and health care for Northern Virginians, with a particular emphasis on the needs of low-income, uninsured residents of Arlington, Alexandria, and Fairfax.

Although Northern Virginia is an affluent region, the number of low-income residents is rapidly increasing. The contrast between the "haves" and "have nots" is often stark. Drive around Northern Virginia and it becomes apparent that the wealthy enclaves the region is known for often border low-income neighborhoods, where residents face challenges obtaining affordable housing, food, transportation, and health care. Thus, the Foundation's mandate is to help ease the daily healthcare challenges that far too many of our residents face.

Much of our first year was spent launching the Foundation—seating Board members, establishing grantmaking processes and procedures, identifying priorities, introducing the Foundation to the community and, most importantly, learning about the health and healthcare needs in the region and the efforts already underway to address them.

In late 2006, we released our first "Request for Proposals" (RFP). In response, we received 55 grant applications and, after careful deliberation, awarded our first grants in spring 2007 to 18 community-based, nonprofit organizations. Those grants focused on access to health care and were awarded to safety net providers who offer high-quality primary and specialty medical care, behavioral health, and/or oral health care to low-income, uninsured, or underinsured residents of Northern Virginia. We awarded our second round of grants to a similar group of providers in spring 2008, and look forward to awarding our third round of grants in 2009.

We are proud of our initial accomplishments and hope that, through grantmaking and other collaborative efforts, we can help build the capacity of the region's safety net providers to not only maintain current services, but improve and expand those services while also focusing on patient education, wellness, and prevention programs. Beyond grantmaking for direct services, our efforts will include support for networking and collaboration among grantees and other local funders, policymakers, and providers. We also plan to support efforts designed to educate and inform policymakers about the health and healthcare needs of Northern Virginians.

There is no question that there are unmet healthcare needs in our local communities, and that those needs are growing. There also is no question that the many nonprofit organizations and government agencies that comprise the healthcare safety net are strongly committed to improving the health of their communities. We are honored to join them in their efforts and look forward to many years of productive collaboration.

Sincerely,



Lisa M. Chimento
Chair, Board of Trustees

Thomas C. Brown, Jr.
Founding Chair

Patricia N. Mathews
Executive Director

Our First Two Years

In keeping with our mandate to improve the health and health care of Northern Virginia's most vulnerable residents, the Foundation's first two grant cycles focused on helping safety net providers expand and improve their services. According to our Founding Board Chair Thomas C. Brown, Jr.:

“We wanted our first grants to focus on activities that can build capacity to provide access to quality primary and specialty medical care and adult oral health for uninsured and underinsured people. We wanted to make a meaningful difference to those most in need.”

At its most basic, the term “safety net providers” can be defined as the group of healthcare providers in a community that deliver needed care, regardless of a patient's ability to pay. In Northern Virginia, the healthcare safety net is a patchwork quilt of community health centers, privately funded free clinics, public health departments, and hospital emergency departments. Ask anyone who works at one of these provider organizations, or anyone who has sought services from them, and they will tell you that the services go a long way toward improving the health of those who have nowhere else to go, but there are significant holes and gaps in Northern Virginia's safety net.

Though they work hard to deliver high-quality care to as many people as possible, safety net providers in our region are stretched impossibly thin. For some patients, the holes in the safety net are apparent when they try to access care for the very first time—every clinic has its own income and residency requirements, its own mix of services offered, and varying wait times for appointments. In addition, low-income residents often are challenged with limited access to transportation, low literacy, the need for additional social services, and cultural barriers. No wonder, then, that people often seek out safety net providers only when they are so sick they can no longer put it off.

Patients who use safety net clinics as their medical homes may also face obstacles to obtaining prescriptions; securing specialty care to help manage their chronic, complex medical conditions; or identifying needed mental health care or oral healthcare services. Safety net providers well understand the difficulties that their patients face. The Foundation's first two rounds of grants have helped them expand staffing, recruit additional volunteers, and provide hundreds of additional patient visits. We also supported several strategic partnerships, designed to leverage our knowledge and resources toward the goal of improving the healthcare safety net.

The following pages feature brief profiles of four of our many impressive grantees—profiles that are intended to give you a better sense of the needs we're addressing, the organizations we're supporting, and the people we're helping to serve.

ABOUT THE FOUNDATION

We are the only foundation of our size—currently about \$40 million in assets—focused specifically on health in Northern Virginia, with an emphasis on Alexandria, Arlington, and Fairfax.

OUR VISION

Our vision is to build the capacity of the Northern Virginia community to be and stay healthy.

OUR MISSION

Our mission is to improve the health of Northern Virginians, with emphasis on:

- Supporting efforts to improve the health and health care of low-income, uninsured, or underinsured persons, and
- Supporting the provision of health education, prevention of disease, and wellness programs.

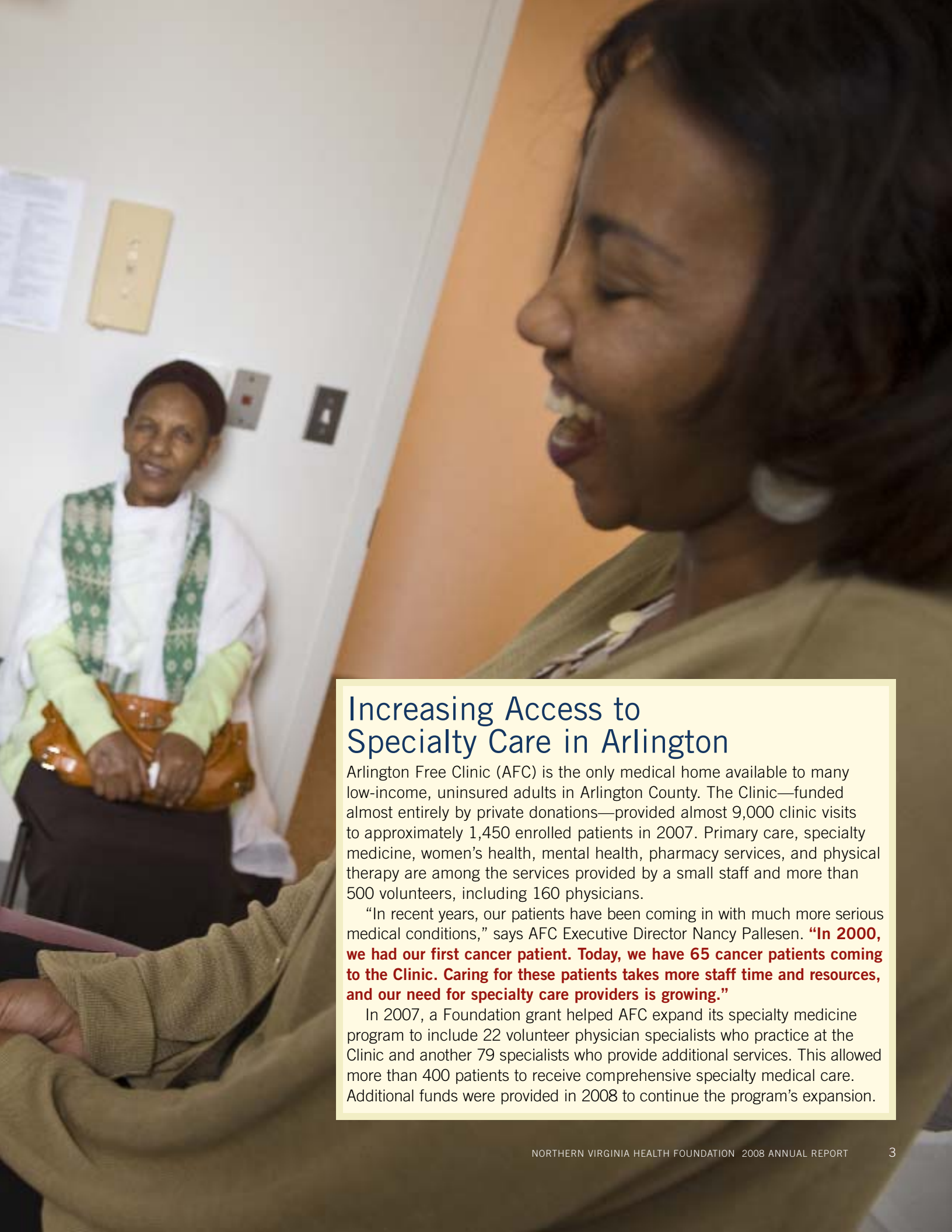
OUR VALUES

Several important values guide our work:

- Building organizational capacity
- Supporting innovative programs
- Serving as a catalyst for change
- Reducing racial and ethnic health disparities
- Engaging in decision-making that is results driven
- Leveraging programmatic and/or financial resources
- Improving long-term health outcomes
- Transforming health care so that safety net needs are met
- Being accountable for the Foundation's programs and services

Dr. Henry Danaceau laughs with a patient at Arlington Free Clinic



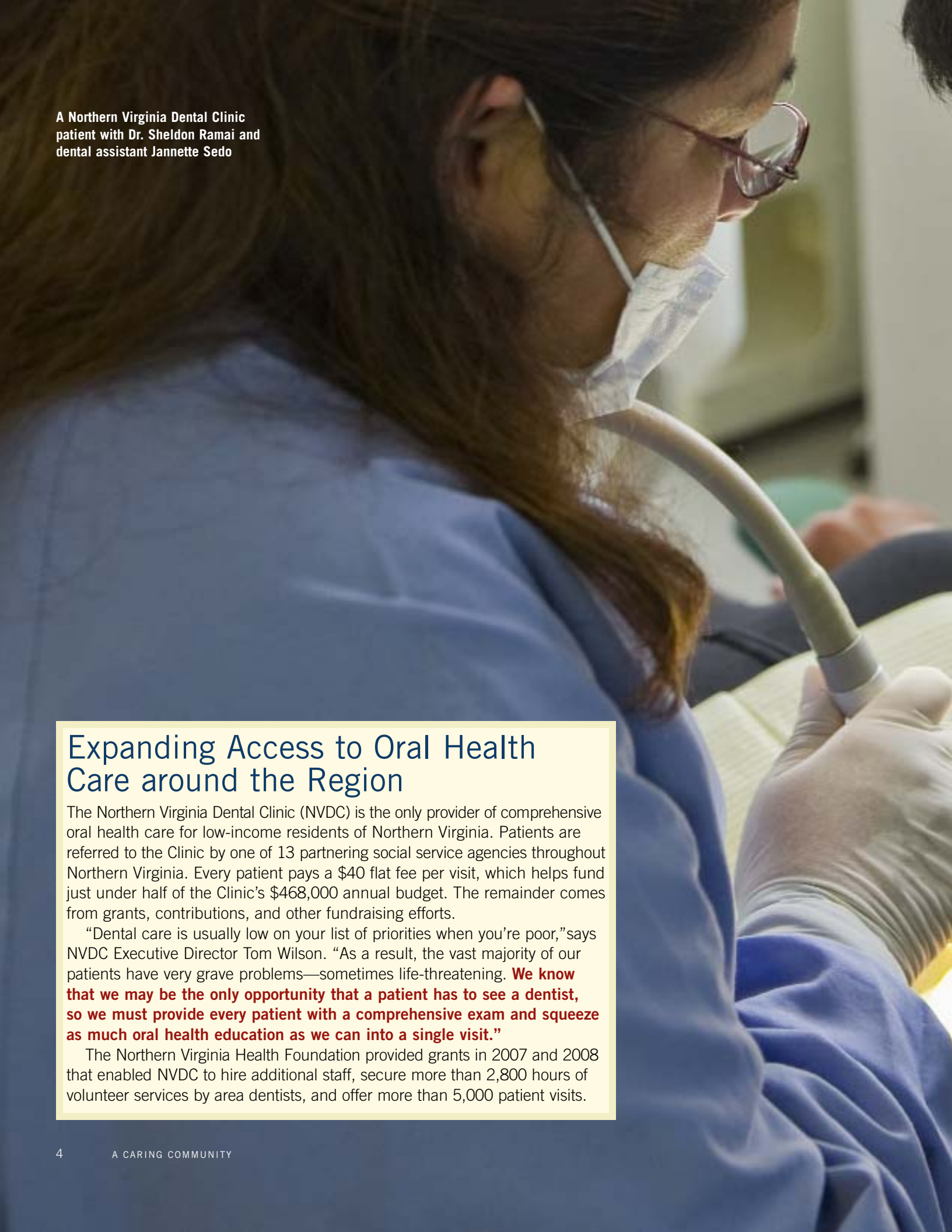


Increasing Access to Specialty Care in Arlington

Arlington Free Clinic (AFC) is the only medical home available to many low-income, uninsured adults in Arlington County. The Clinic—funded almost entirely by private donations—provided almost 9,000 clinic visits to approximately 1,450 enrolled patients in 2007. Primary care, specialty medicine, women’s health, mental health, pharmacy services, and physical therapy are among the services provided by a small staff and more than 500 volunteers, including 160 physicians.

“In recent years, our patients have been coming in with much more serious medical conditions,” says AFC Executive Director Nancy Pallesen. **“In 2000, we had our first cancer patient. Today, we have 65 cancer patients coming to the Clinic. Caring for these patients takes more staff time and resources, and our need for specialty care providers is growing.”**

In 2007, a Foundation grant helped AFC expand its specialty medicine program to include 22 volunteer physician specialists who practice at the Clinic and another 79 specialists who provide additional services. This allowed more than 400 patients to receive comprehensive specialty medical care. Additional funds were provided in 2008 to continue the program’s expansion.



A Northern Virginia Dental Clinic patient with Dr. Sheldon Ramai and dental assistant Jannette Sedo

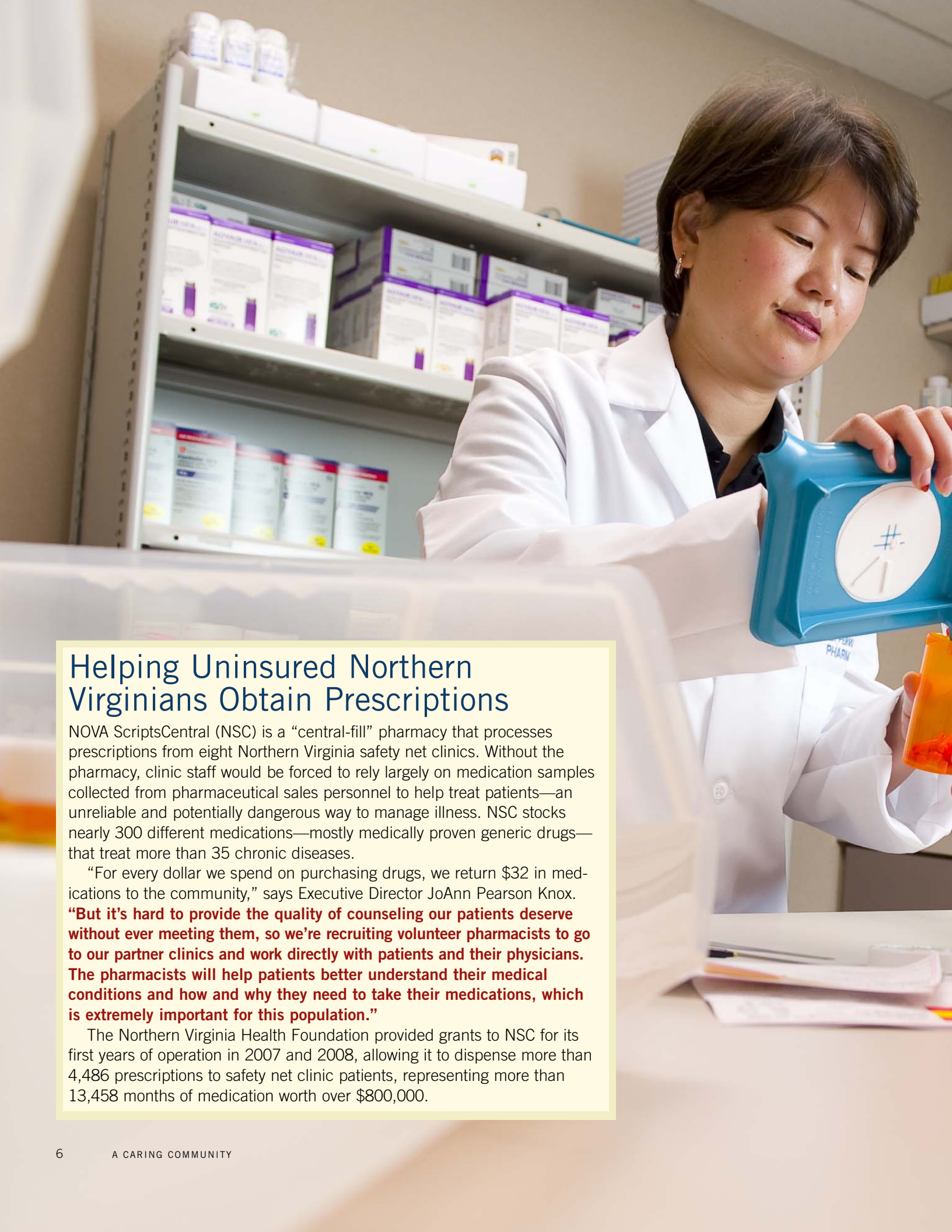
Expanding Access to Oral Health Care around the Region

The Northern Virginia Dental Clinic (NVDC) is the only provider of comprehensive oral health care for low-income residents of Northern Virginia. Patients are referred to the Clinic by one of 13 partnering social service agencies throughout Northern Virginia. Every patient pays a \$40 flat fee per visit, which helps fund just under half of the Clinic's \$468,000 annual budget. The remainder comes from grants, contributions, and other fundraising efforts.

"Dental care is usually low on your list of priorities when you're poor," says NVDC Executive Director Tom Wilson. "As a result, the vast majority of our patients have very grave problems—sometimes life-threatening. **We know that we may be the only opportunity that a patient has to see a dentist, so we must provide every patient with a comprehensive exam and squeeze as much oral health education as we can into a single visit.**"

The Northern Virginia Health Foundation provided grants in 2007 and 2008 that enabled NVDC to hire additional staff, secure more than 2,800 hours of volunteer services by area dentists, and offer more than 5,000 patient visits.





Helping Uninsured Northern Virginians Obtain Prescriptions

NOVA ScriptsCentral (NSC) is a “central-fill” pharmacy that processes prescriptions from eight Northern Virginia safety net clinics. Without the pharmacy, clinic staff would be forced to rely largely on medication samples collected from pharmaceutical sales personnel to help treat patients—an unreliable and potentially dangerous way to manage illness. NSC stocks nearly 300 different medications—mostly medically proven generic drugs—that treat more than 35 chronic diseases.

“For every dollar we spend on purchasing drugs, we return \$32 in medications to the community,” says Executive Director JoAnn Pearson Knox.

“But it’s hard to provide the quality of counseling our patients deserve without ever meeting them, so we’re recruiting volunteer pharmacists to go to our partner clinics and work directly with patients and their physicians. The pharmacists will help patients better understand their medical conditions and how and why they need to take their medications, which is extremely important for this population.”

The Northern Virginia Health Foundation provided grants to NSC for its first years of operation in 2007 and 2008, allowing it to dispense more than 4,486 prescriptions to safety net clinic patients, representing more than 13,458 months of medication worth over \$800,000.



NOVA ScriptsCentral Pharmacist
Jooyon Bae fills a prescription

Family Nurse Practitioner Lisa Coakley listens to a young patient's lungs at Alexandria Neighborhood Health Services, Inc.



Providing Safety Net Services in Arlandria

Located in Alexandria's primarily Latino neighborhood of Arlandria, Alexandria Neighborhood Health Services, Inc. (ANHSI) is the only federally qualified health center serving residents from around the Northern Virginia region. ANHSI, which served 8,260 patients with 26,674 healthcare visits in FYI 2008, offers, on a sliding-fee scale, a broad range of services to both children and adults, including primary care, specialty care referrals, mental health services, and oral health care.

"Even if there were several other health centers just like us around here, there would still be plenty of patients to go around," says Executive Director Kristin Langlykke. **"The needs are so great that we can't expect to keep up with them. Any time a patient has to wait for an appointment, which they usually do, we're missing an opportunity to identify a medical problem early, before it gets worse. And that's a significant opportunity lost when talking about patients who generally wait until they're already sick to seek care."**

Recognizing the important role ANSHI plays in the region, the Foundation provided grants in 2007 and 2008 to help the health center expand its adult dental and medical program and get its fledgling prenatal care program underway.

Summary of Grants

The Northern Virginia Health Foundation awarded grants, primarily through a competitive proposal review process, in spring 2007 and again in spring 2008. Those grants are summarized below. If you are interested in joining our mailing list to receive future RFPs or other information, please contact the Foundation or visit our website at: www.novahealthfdn.org

GRANTS AWARDED 2007

Alexandria Neighborhood Health Services, Inc.

– \$295,000 to expand capacity and access to the Adult Medicine Program and to assist in establishing a Prenatal Care Program.

www.anhsi.org

Arlington Free Clinic – \$100,000 to strengthen the Clinic's Specialty Medicine program that includes providing extensive community outreach to develop a specialty care network and building relationships to sustain ongoing care.

www.arlingtonfreeclinic.org

Arlington Pediatric Center – \$50,000 to increase the number of hours of counseling provided by a bilingual clinical psychologist, and to help fund a social worker to assist with case management.

www.arlpedcen.org

Bailey's Crossroads Health Partnership – \$75,000 to support a volunteer-driven, grassroots coalition of faith-based organizations and county health providers to expand the hours and services at the Culmore Clinic in the Bailey's Crossroads neighborhood of Fairfax County.

Community Foundation for the National Capital Region – \$15,000 to participate in the Greater Washington Workforce Collaborative, focusing on developing the entry-level healthcare workforce in the region.

www.cfncr.org

Consumer Health Foundation – \$30,000 to provide administrative support to the Health Care Safety Net Providers of Northern Virginia and the Regional Primary Care Coalition.

www.consumerhealthfdn.org

Greater Prince William Community Health Center – \$100,000 to provide primary and preventive healthcare services to uninsured and underinsured persons in Prince William County.

www.gpwhealthcenter.org

Health Care Safety Net of Northern Virginia – \$80,000 to support an assessment of strategies to enhance access to area safety net clinics.

Health Systems Agency of Northern Virginia – \$25,000 to undertake a comprehensive assessment of regional primary care needs in Northern Virginia.

Herndon Free Clinic – \$20,000 to pay hourly staff and medical expenses associated with an expansion of healthcare services for uninsured, low-income residents of northwest Fairfax County.

www.jsfreeclinic.org

Loudoun Community Health Center – \$75,000 to help establish a community health center that will provide access to primary health care services for low-income, uninsured or underinsured residents of Loudoun County.

www.loudounchc.org

Medical Society of Northern Virginia – \$150,000 to create Project Access, a physician-led, centralized specialty care referral system that will engage the physician community in providing free specialty care.

www.msnva.org

Northern Virginia Community Foundation – \$58,000 to complete the funding needed to purchase dental equipment for the Northern Virginia Mission of Mercy Project and other volunteer-driven dental care projects in the Northern Virginia area.

www.novacf.org

Northern Virginia Dental Clinic – \$85,000 to support the on-going program that provides oral health care to low-income and uninsured residents from throughout the Northern Virginia region.

www.nvds.org

NoVa Rx CentralFill Pharmacy – \$65,000 to provide underwriting for staffing and the maintenance of a consistent, evidence-based formulary of medications for low-income, uninsured patients of safety-net clinics.

www.novascriptscentral.org

Primary Care Coalition of Montgomery County – \$50,000 to enhance medication management by Northern Virginia safety net clinics, using a shared electronic health record system.

www.primarycarecoalition.org

Tenants and Workers United – \$20,000 to support services, including referrals to primary care, community health promotion and assistance, and other activities to expand access to primary health care for uninsured, predominantly Latino immigrant residents of Northern Virginia.

www.tenantsworkers.org

Washington Regional Association of Grantmakers – \$7,500 to support the Health Working Group, local funders who collaborate on health and healthcare issues.

www.washingtongrantmakers.org

**GRANTS AWARDED 2008
(January through June)**

Alexandria Neighborhood Health Services, Inc.

– \$191,524 to expand capacity and access to the Adult Medicine Program for special populations, in particular the elderly, homeless, parolees, and those with mental illness.

www.anhsi.org

Arlington Free Clinic – \$200,000 to support and expand the Clinic's Specialty Medicine program that serves low-income, uninsured Arlington County residents.

www.arlingtonfreeclinic.org

Ethiopian Community Development Council – \$98,500 for Project Aware, a breast cancer awareness and screening program for African refugees and immigrant women.

www.ecdcinternational.org

Greater Prince William Community Health

Center – \$150,000 to provide primary health care services to uninsured and underinsured persons in Prince William County.

www.gpwhealthcenter.org

Jeanie Schmidt Free Clinic (formerly Herndon Free Clinic)

– \$46,625 to establish a Patient Care Program to assist patients needing referrals to other health services.

www.jsfreeclinic.org

Loudoun Community Health Center

– \$100,000 to support the Clinic's primary and preventive health programs for low-income, uninsured or underinsured residents of Loudoun County.

www.loudounchc.org

Northern Virginia Community College Restorative Dental Clinic

– \$50,000 to increase capacity to provide restorative dental care to low-income residents of Northern Virginia.

www.nvcc.edu

Northern Virginia Dental Clinic

– \$50,000 to support the ongoing program that provides oral health care to low-income and uninsured residents from throughout the Northern Virginia region.

www.nvds.org

Northern Virginia Family Service

– \$100,000 to ensure the continuation of culturally and linguistically appropriate mental health services, previously provided by Center for Multicultural Human Services, to low-income children who have experienced violence and trauma.

www.nvfs.org

Northern Virginia Family Service

– \$27,134 to support the Arlington Dental Link Program, which uses partner dentists to provide comprehensive oral health care for low-income, uninsured Arlingtonians.

www.nvfs.org

NOVA ScriptsCentral (formerly NoVa Rx CentralFill Pharmacy)

– \$84,567 to enhance pharmaceutical care practices and increase patient access to a broader range of medications for chronic disease for patients at safety net clinics.

www.novascriptscentral.org

Financial Statements

Statements of Financial Position as of June 30, 2008 and December 31, 2007

| | 2008 (unaudited) | 2007 (audited) |
|--|-----------------------------------|---------------------------------|
| Assets | | |
| Cash and cash equivalents | \$ 7,106,482 | \$ 8,354,491 |
| Investments | 33,913,191 | 35,642,117 |
| Prepaid expenses | 15,800 | 10,800 |
| Computer equipment, less accumulated depreciation of \$804/\$392 | 3,312 | 3,724 |
| Total Assets | \$41,038,785 | \$44,011,132 |
| Liabilities and Net Assets | | |
| Accounts payable | 1,265 | 463 |
| Total Liabilities | 1,265 | 463 |
| Net Assets, unrestricted | 41,037,520 | 44,010,669 |
| Total Net Assets | 41,037,520 | 44,010,669 |
| Total Liabilities and Net Assets | \$ 41,038,785 | \$ 44,011,132 |

Statement of Activities for the Six Months Ended June 30, 2008 and for the Year Ended December 31, 2007

| | 2008 (unaudited) | 2007 (audited) |
|--|-----------------------------------|---------------------------------|
| Revenue and Support | | |
| Investment income | | |
| Interest and dividends | \$ 384,956 | \$ 1,242,461 |
| Net realized and unrealized gains (losses) | (1,883,386) | 1,154,807 |
| Investment income (loss) before related expenses | (1,498,430) | 2,397,268 |
| Less: Investment fees | (74,251) | (129,529) |
| Foreign taxes expense | (827) | (929) |
| Contributions | -- | 1,344 |
| Total Revenue and Support | (1,573,508) | 2,268,154 |
| Expenses | | |
| Grants | 1,073,350 | 1,300,500 |
| Consulting | 70,866 | 191,220 |
| Salaries and benefits | 170,374 | 88,005 |
| Occupancy | 46,273 | 66,025 |
| Excise taxes | -- | 45,500 |
| Other administrative and operation costs | 38,778 | 37,343 |
| Total Expenses | 1,399,641 | 1,728,593 |
| Change in Net Assets | (2,973,149) | 539,561 |
| Net Assets, beginning of period | 44,010,669 | 43,471,108 |
| Net Assets, end of period | \$41,037,520 | \$44,010,669 |

2008 Board of Directors

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