

Prince William Area Free Clinic

Meet our Interim Medical Director

People often say that good things come in small packages. That is certainly the case with Dr. Humaira Ali. Though small in stature, Dr. Ali has a really big heart.

Dr. Ali was born and raised in Hyderabad, India, a large city in the south-central part of the country. She attended Gandhi Medical College where she received her medical degree. Having a mother who was a school principal assured that higher education would be an important focus of Dr. Ali’s life. Although she wanted to be an engineer in high school, medicine would soon become her career path.

In 1981 Dr. Ali came to the United States sponsored by her brother who worked for the United States Department of Agriculture. She volunteered at the National Institute of Health and then trained at Howard University, completing her residency in internal medicine followed by a two year fellowship in hema-

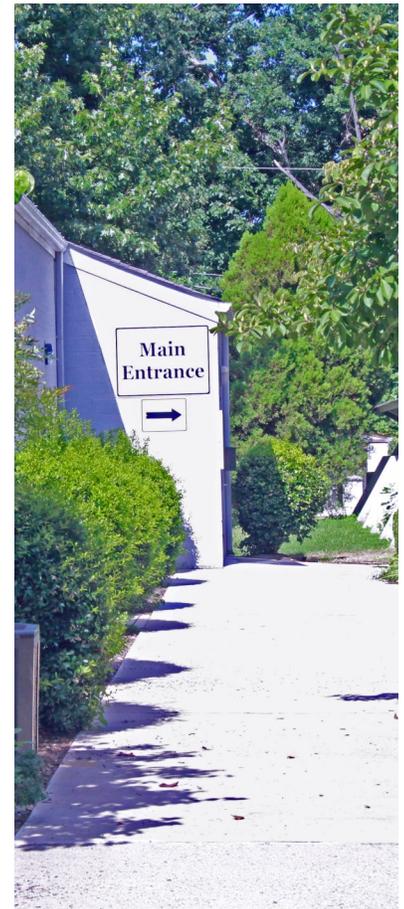
tology. As a part of her fellowship program she also studied bone marrow transplantation in Seattle at the Fred Hutchinson Cancer Research Center.

When her children were young Dr. Ali was a hospitalist which allowed her to have a schedule more accommodating to family life. She has at times worked for St. Elizabeth’s Hospital, the Uniformed Services Health Clinic, and veterans’ clinics. Her sons are now grown. One is a civil engineer and the other is a lawyer who has also volunteered at the free clinic. Dr. Ali is blessed with six grandchildren.

Dr. Ali is completely devoted to seeing that “everyone’s medical needs are met with competency and compassion.” An experience early in her life with a rude doctor helped her to realize that the patient’s healing begins when they enter her room. According to Dr. Ali good medical treatment also needs to include kindness.

Dr. Ali has been with The Prince William Area Free Clinic for more than 20 years, first as a volunteer and then as a member of the staff as the Manassas Medical Director. Today she serves as Interim Medical Director and has since Dr. Rebecca Sinclair’s retirement. “What we are doing here is seeing that people of difference races, religions, and regions who are sick and unable to get medical treatment are treated equally.” Her goal is to create “equanimity in humanity.”

When she is not at the clinic, Dr. Ali volunteers for Bill Mehr Evergreen Shelter for homelessness in Woodbridge. When asked why the clinic was important to her, Dr. Ali simply said, “It is like heaven on earth to me.” It is no surprised that Dr. Ali is respected by her colleagues, admired by the staff, and loved by her patients. We are very fortunate to have her at the free clinic.

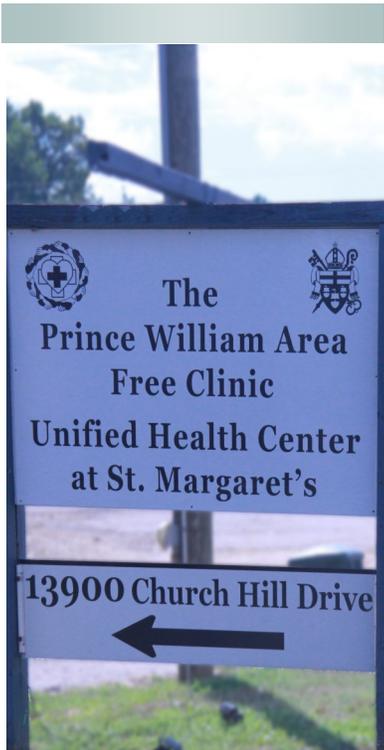


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Thank You Jim Bailor

We wanted to commend and recognize the work that James 'Jim' Bailor has done for the Prince William Area Free Clinic over his many years of service. This January, Jim officially retired from the board where he had served for 13 years of which eight were as board president. Before Jim became a board member he volunteered at the clinic working as an administrative volunteer.

Jim's tenure with the clinic is remembered fondly by all of his colleagues. Former Executive Director Linda Franklin considers Jim to be a huge part of why the clinic became what it is today. Sharing, he was always there to be a sounding board and to offer guidance for anything you would ask him. Dr. Rebecca Sinclair, our former Medical Direc-

tor mentioned that Jim was an invaluable resource for the clinic and a true asset before, during and now after his tenure on the board.

Since his retirement on the board Jim has agreed to stay on in an advisory capacity. Jim has continued to be an indispensable resource during the transition to our new board president Jonna Garvin.

Jim, thank you for everything you have done and continue to do for the clinic. We would not have become the organization we are today with out your guidance, support, and leadership. We wish you the best in your work and next project and look forward to staying in touch.

"If there be any truer measure of a man than by what he does, it must be by what he gives."

—Robert South



Volunteer Spotlight: Jose Pedro Guallar

Our volunteers at The Prince William Area Free Clinic come from all over the world. One such example is Jose Guallar from Valencia, Spain. Jose was a medical doctor there for 22 years. During his last eight years in Spain he worked for the Health Department at City Hall.

Jose gave up his medical career and moved here four years ago to be close to his wife's family, who live in Northern Virginia. Jose and his wife, Julie, met when she was an exchange student from UVA staying at his parents' home in Valencia. They have a 12 year old son, David, and a 10 year old daughter named Elena.

Jose heard about the clinic from neighbors in his community and thought it would be a way for him to both help others as he did for so many years previously and improve his English. For the last six months he has been a regular volunteer. Jose serves as a translator,

helping to reduce the stress for those of our clients with limited English proficiency and making them more comfortable as they visit with our providers. He also greets patients at the front desk, checking them in for their appointments and completes eligibility forms.

When Jose is not at the clinic he works as a Program Manager at HOLA, the Hispanic Organization for Leadership and Action. He also enjoys activities with his family. They like to hike, bike, and enjoy the outdoors. He loves all kinds of music including classical, opera, rock and roll, jazz, and blue grass. Jose can often be found in the kitchen cooking paella and other Spanish dishes. It is his goal to earn a Master's in Public Health. We are very fortunate to have Jose volunteering at the clinic.

Are you interested in volunteering at the clinic? Visit www.pwafc.org/our-team to apply.



Kaiser Permanente Community Ambassador Ms. Smith, PA and a volunteer provider

Letter from the Director

Dear Friends,

Having now been the Executive Director at the PWAFC for over a year I wanted to write my letter to you and express the wonderful things that I have seen our community come together for and discuss how inspired I am by the service I have seen. Recently on June 3, 2017, we were able to host our annual health fair which had more than 20 organizations attend as well as activities and refreshments provided by Image Church, Todos Supermarkets, and the Woodbridge Lion's Club. These organizations represented both state and private, non-profit, programs covering the scope of health and human services available to members of our county and community. Access to these services are vitally important to the continued health of our patients and their families as well as our community at large.

Over the past few years there has been an increasing discussion on the social determinants of health (SDH). Per the U.S. Center for Disease Control a SDH are the "conditions in the places where people live, learn, work, and play affect a wide range of health risks and outcomes." As a free clinic it is also our responsibility to support and partner with our patients to look at the other factors of health and well being that occur outside of the exam room. By helping our community to access those missing SDH we help our patients live a healthier life overall.

This year our health fair was among a half dozen others offered in the May to June time frame, many of which we attended. Each health fair creates that first step for another point of access for the community to access organizations and services they might qualify for but not know about. These health fairs are sometimes put on by an organization but are as often as not put on by individuals who see the need in the county and are trying to create a safe, informative space, for their local community and I think that is wonderful and heartening watching a community care and come together. Thank you for all that you do!

Best Regards,

Caitlin R. Denney

Do More 24

Do More 24 is the DMV's largest annual 24-hour online fundraiser, powered by United Way of the National Capital Area. This year, **Do More 24** was held on Thursday, June 8, 2017.

The Prince William Area Free Clinic partnered with four local restaurants to raise money for the clinic.

We would like to thank the following restaurants for donating a percentage of the proceeds earned the evening of June 8.

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 Chick-fil-A  
 4101 Old Bridge Road  
 Woodbridge, VA 22192

Chick-fil-A  
 Prince William Parkway  
 Woodbridge, VA 22192

Giorgio's Family Restaurant  
 4394 Kevin Walker Drive  
 Dumfries, Virginia, 22025

Los Toltecos  
 4120 Merchant Plaza in  
 Woodbridge, Virginia 22192  
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The generosity and support from local business help the clinic to provide medical care for uninsured, low income members of our community. Partnerships like this allow the clinic to go above and beyond basic care and offer extra services like financial assistance for the cost of medication, travel assistance and much more.

Thank you to everyone who supported the clinic by participating in **DO MORE 24!**

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Prince William Area Free Clinic
a place of encouragement, dignity, & care



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