



Spring 2014

A Newsletter for Friends and Supporters  
of Moore Free Care Clinic  
Visit our Website at: [www.moorefreecare.org](http://www.moorefreecare.org)

## A Letter From The Board of Directors and CEO

Dear Friends, Strategic Partners, and Supporters,

First, let us thank you for your support in 2013. When Moore Free Care Clinic called on you in a time of need last summer, you responded exponentially. The Clinic faced a near shutdown last year and your contributions kept our mission alive. Our patients, staff, and board are eternally grateful.

Our dedication to the mission you kept alive cannot wane. The uninsured are still with us in significant numbers because our state did not expand Medicaid, leaving many whose incomes are too low to enroll in other Affordable Care Act coverage options. But Moore County has proven it can step up and take care of its citizens in need. The Clinic is only a partial solution to the problem of lack of insurance, but we touch the lives of many of your neighbors. Perhaps it is your church friend, hairdresser or auto mechanic who cannot afford to visit the doctor. The working uninsured are invisible -- but they are all around us.

In the face of this huge need, the Clinic struggles to keep pace. It is only through your contributions and in-kind support that it is possible for Clinic to help the uninsured of Moore County receive comprehensive primary care. Since 2004, the Clinic has been an integral part of our community's health care system. We want to be here as long as

there is a need in this community.

Our Board of Directors has set a fundraising goal during this Spring Appeal of **\$100,000** so that the Clinic can continue to provide care to those who have nowhere else to turn. The success of the Spring Appeal depends on you. Your gift will help the low income uninsured of Moore County access health care services delivered by our dedicated staff, volunteers, physicians and nurses and community partners. The Clinic strives to operate as efficiently as possible -- every dollar you donate returns \$13 in medications and medical services.

Regardless of the size of your gift, your donation to the 2014 Spring Appeal will change and improve the lives of those who desperately need medical care...perhaps someone you know. As the patient success story in the newsletter illustrates, the Clinic does make a difference.

We make this appeal to you today to help us raise operating funds to keep the Clinic in business. Please use the enclosed envelope to make your gift of health. Thank you, Moore County, and together we will make this a healthier place for all to live, work and play.

Sincerely yours,  
Anthony Price, CEO and the Board of Directors

### Summary of Key Accomplishments of 2013

- Served 1009 patients
  - Had 4229 patient encounters
  - Referred 666 patients for other services
  - Dispensed medications worth \$2.74 million
  - Patients received \$6.9 million worth of services either from Clinic or from provider partners
  - 72% of patients achieved blood pressure control
  - 31% of diabetic patients achieved  $HbA1C \leq 7$
  - 79% of all patients surveyed feel their health has improved
  - Strengthened volunteer base with a total of 22 clinical and 23 non-clinical volunteers
  - Maintained and strengthened relationships with local health provider community
  - For every dollar raised, \$12.99 worth of care was provided
- As always, we recognize we could not accomplish anything without the generous support of this community. Thank you!

**Moore Free Care Clinic, Inc.**  
 211 Trimble Plant Road, Suite C  
 Southern Pines, NC 28387  
**Information and Referrals:**  
**910-246-5333**

*Rose Young, Editor*

*Contributing Writers:*

H. David Bruton, MD    Rose Young  
 Anthony Price        Shirley Baldwin

**Our Mission**

With a spirit of compassion and with the utmost respect for the dignity of all persons, the Moore Free Care Clinic provides high quality primary, preventive and specialty care to limited income people of Moore County who are uninsured and can't afford access to health care.

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**Board Members**

|                        |                  |
|------------------------|------------------|
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| Rose Young             | Vice-Chair       |
| Mark Bouchier          | Treasurer        |
| Pamela Phillips        | Secretary        |
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# Another Clinic Success Story

By Anthony Price

Working as a machinist, Clinic patient “Michael” has a hard time covering his family’s basic living expenses, so health insurance has been out of reach for him. He knew he was overweight, diabetic and had problems with his blood pressure, but he got used to ignoring his health problems because he could not afford to see a doctor.

Obesity and high blood pressure raise the risk of a stroke, and that risk increases even more when you have diabetes. Unfortunately, Michael became one of the statistics and had a stroke. Once a person has a stroke, there is a 5-15% chance he/she will have a 2nd stroke within the next year.

In the immediate aftermath of a stroke, there is an effort to recover any deficits caused by the stroke. But it is just as important to take steps to reduce the odds of another stroke through diet, exercise and medications. Michael received medications to control his diabetes and hypertension through the Clinic’s medication assistance program. With the help of nutritional counseling at the Clinic, he has lost 17 pounds in 4 weeks. As a result, his blood glucose readings now are normal or near normal.

Clinic staff has encouraged Michael to walk a little each week. He will begin a structured exercise program soon to increase his endurance and cardiovascular health. His medical picture is improving daily and the Clinic will do its part to help make that change permanent. Michael is doing so well he is hoping to return to work in the next few weeks.

## Dining in the Pines Returns!

By Rose Young



After a few year’s hiatus, Moore Free Care Clinic volunteers are making plans for the 2014 Dining in the Pines fundraiser. If you are not familiar with previous Dining in the Pines events, the basic concept is that friends of the Clinic volunteer to host a dinner or party in their homes. The hosts invite guests of their choice and, in return for a wonderful social event, the guests make a donation to the Clinic. This year, the time period for holding Dining in the Pines events will be October 3-18.

In years past, Dining in the Pines has generated substantial funds for Moore Free Care Clinic. Plus, it is a great opportunity for Clinic supporters to get together for fun and food, and to introduce new supporters to the Clinic. The chairwoman of the 2014 Dining in the Pines committee is Heidi Martins, who also is a volunteer nurse at the Clinic. According to Heidi, “the committee is hoping to recruit at least 50 host homes. We also will be producing an event program with opportunities for sponsor advertising. If anyone is interested in participating as a host or a sponsor or would like more information about Dining in the Pines, please feel free to call me at 910-691-8882.”

# The Affordable Care Act and Moore Free Care Clinic

Tony Price, the CEO of Moore Free Care Clinic (MFCC), asked me to write a SHORT explanation of how the Affordable Care Act (ACA) would impact MFCC. There has been so much confusion and misinformation about the ACA, some of it intentionally disingenuous and political, imposed on the public that a short factual discussion is almost impossible.

But there is no confusion that, for the foreseeable future, the need for and demand for MFCC services will increase. Currently, approximately 19% of Moore County adults are uninsured. The North Carolina General Assembly's decision not to accept the enhanced federal Medicaid funding to expand Medicaid eligibility means that most low-income uninsured Moore County adults do not have access to affordable coverage. That means safety net health providers like MFCC are still greatly needed.

Please help us continue our wonderful mission until America truly has Universal Health Care.

When MFCC was started eight years ago we were an all-volunteer operation; seeing patients in the evenings at the Health Department after the volunteer physicians, nurses and staff left their regular jobs. We have grown to a near full time medical practice to meet the needs in the community, with a licensed pharmacy, many more volunteers and six paid staff. Along with our dedicated local physician and provider community, MFCC plays an important role in serving the increasing number of our low-income uninsured neighbors by providing affordable, quality medical care.

Please help us continue our wonderful mission until America truly has Universal Health Care.

Respectfully submitted,  
H. David Bruton, MD, Medical Director Emeritus

## Clinic Director Has A Passion For Caring

The Clinic has been fortunate indeed to have Abigail Bivans, PA-C, on board as our Clinic Director/Physician Extender. She joined us 13 months ago, and has jumped in to provide personalized care for a challenging patient panel. Our patients typically have multiple chronic conditions that require a time-consuming, multi-faceted treatment approach. Abigail is more than able to rise to that challenge, helping patients gain confidence that they take can take charge of their own health.



Abigail Bivans, PA-C  
Clinic Director

Abigail was born in Santa Cruz, Bolivia, but she grew up in Moore County. She completed her undergraduate education at the University of North Carolina in Chapel Hill with a B.S. degree in Biology and Minor in Anthropology. She later received Certified Nursing Assistant training at Sandhills Community College. Abigail earned her Masters in Medical Science from Methodist University in Fayetteville. Prior to joining the Clinic, she practiced primary care in Kinston and Goldsboro, NC.

Abigail is very mission focused, evidenced by her work at the Clinic and her participation in medical missions to South America. She also served the Clinic as a volunteer throughout 2007 to 2009. As a physician assistant, she is honored and humbled by the opportunity to return to lead the clinical operations. According to Abigail, "I really enjoy working with the patients I meet at the clinic. That's what makes this place so special." The Clinic staff believes that Abigail was meant to be here, and they are so glad she is!

## Diabetes Education Supports Health Lifestyles Changes

Over the past 6 months, volunteer nurse Shirley Baldwin has been conducting one-on-one diabetes management sessions with diabetic patients to help them understand the disease process and the impact it can have on their lives. Participants are provided with education on dietary changes to help control blood sugar, such as serving sizes and meal planning. They are instructed on how to take their medication safely and effectively. Many patients are encouraged to begin walking programs to help control weight. The Clinic's goal, with partner FH Community Health Services, is to begin a regularly scheduled diabetes management class in order to help more Clinic patients take control of their health.

**Moore Free Care Clinic**

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## Calendar of Events Benefitting the Clinic 2014

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|--------------|--|
| February 9   | Hands & Hearts Brunch                  |
| May 17       | Bethesda Presbyterian BBQ & Craft Fair |
| June 9-22    | US Open Support                        |
| August       | Third Annual Golf Tournament           |
| October 3-18 | Dining in the Pines                    |
| December     | Alternative Christmas                  |

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