

NEWS NOTES

Clinic Receives \$71,000

The clinic was awarded three grants totaling more than \$71,000 during the summer. Two grants totaling \$31,000 were received from the North Carolina Association of Free Clinics and the Blue Cross and Blue Shield North Carolina Foundation.

These two grants give the clinic funds to hire a registered nurse to provide care to the growing uninsured population at the clinic.

The clinic also received a \$40,000 grant from the Moore County Community Foundation which allows the clinic to hire additional staff to assist with case management for its Chronic Disease Management Clinic.

This award was made from the John W. and Marjorie A. Roffe Endowment and marks the first-ever distribution of funds to local healthcare-related causes from the Roffe Endowment.

Savings for Clinic Medications

The clinic has seen a significant savings in the cost of prescription medications thanks to the diligent work of Millie Lopez, the clinic's Prescription Assistance Program (PAP) administrator.

Millie enrolls all of the clinic's patient into the PAPs offered by the pharmaceutical companies. These programs help people in need obtain their medications at either no cost or very low cost. As a result the clinic does not have to purchase the medications with funds from its budget.

The PAP has provided \$41,995 in medications since the clinic opened in April 2004. In just the four months that Millie's been enrolling patients in the PAP the clinic has received \$44,090 in medications.

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Heartfelt Thanks for Support

By James A. Tart, M.D.

This generous community has done it again! As the Moore Free Care Clinic approaches the end of its fund-raising year, we can report that we have once more met our budgetary needs!

Support has come from many different segments of the community including over 400 families from the general public and over 120 families from the medical community as well as from churches, businesses, and service organizations.

We are especially grateful to our corporate and foundation supporters including FirstHealth of the Carolinas, the Duke Endowment, the Kate B. Reynolds Charitable Trust, Blue Cross and Blue Shield North

Carolina Foundation, North Carolina Association of Free Clinics, John W. and Marjorie A. Roffe Endowment, Moore County Community Foundation, Pinehurst Surgical Clinic, FirstHealth Moore Regional Hospital Auxiliary, and the Pinehurst Medical Clinic.

But it is never wise to rest on our laurels for too long. The clinic operates on a year-to-year basis, and the challenge is to sustain this service to our less-fortunate neighbors for years to come.

Denny Schmidt, one of our newest board members, has agreed to head the clinic's development committee for the upcoming

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Diabetes Requires Daily Care

By Laura Tremper-Jones, R.N.C., M.S.N.
Executive Director

Diabetes is one of the most serious diseases we encounter at the clinic. It requires much time, multiple medications, testing supplies, and other care by specialists including foot care, ophthalmology, and intense patient education in nutrition, medical complications, and day-to-day care.

We can decrease complications and the number of emergency room visits and hospital admissions by providing the best possible care for our diabetes patients.

We would not be able to do this if we were not being assisted by a number of community partners.

One of the first requirements is to ensure our patients have adequate medications to maintain their blood sugar levels. When a patient first visits the clinic we provide either medication samples, if they are available, or we purchase the medications for them.

Then we apply for their diabetes medications through the various Patient Assistance Programs (PAPs). We've received support for

the Kate B. Reynolds Charitable Foundation to purchase the medications and also to help us offer a consistent medical provider in the clinic to monitor their health.

The Whispering Pines Thrift Shop and the Emmanuel Episcopal Church Thrift Shop have generously contributed \$18,500 since the clinic has opened its doors. These funds have been used to purchase medications for our diabetes patients.

Diabetes care also requires the ability for our patients to check their own blood sugar so they get immediate feedback on how their medications and diet are affecting their blood sugar. As many of you may know, these supplies, called diabetes test strips, can be very costly. Faced with the staggering cost of these supplies, many times patients "roll the dice." They elect to scrape up enough funds to buy their medications but they do not worry about purchasing the test strips to do the blood sugar testing.

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By Rose Young

Clinic Experience Rewarding

Suzanne Bunnell has worked for the last seventeen years at FirstHealth of the Carolinas, most recently as a Managed Care Collector in Patient Financial Services where she tries to resolve problems with patients' hospital claims.

She knows the health insurance business as well as anybody, but even she did not realize the scope of the problem of the working uninsured in our community until she started volunteering at Moore Free Care Clinic.

"It really has been an eye-opener to see how many people work full-time in Moore County who cannot afford or get access to health coverage. I was not aware that there was such a great need for this clinic. Too many people have been falling through the cracks in health care," she says.

For the past year, Suzanne has been volunteering as a receptionist twice a month. The clinic has allowed her to help the community by doing something she has experience in – helping people get quality health care.

"I just wish I could do more for the clinic because it has been so rewarding," she said. Moore Free Care Clinic appreciates Suzanne's contribution and dedication to helping others.



Suzanne Bunnell

Part of the Solution

A retired nurse, Carol Mulcahy has been volunteering at Moore Free Care Clinic for over one year. She read about the clinic in *The Pilot* and thought that it sounded like a great opportunity to make a positive impact on her adopted community.

"I wanted to be a part of this direct effort to make a positive difference in people's lives," she says.

Carol works a few days each month, performing health assessments on patients and taking histories and vital signs. She helps do an initial evaluation on patients, who may have multiple health problems which have gone unaddressed for years.

"This helps the doctors be more efficient, since they are able to focus the office visit on the most serious issues first," she explains.

Two of the most common conditions she sees at the clinic are uncontrolled diabetes and high blood pressure.

"It's a huge problem when a person knows they have these conditions and would feel better if only they could afford the medicines. That's where the clinic has a big impact. We help get patients the medications they need so they can maintain their medication regime," she says.

Carol actively recruits volunteers from among her acquaintances retired from the health care field. "I tell them I get so much satisfaction from volunteering at the clinic and that they are missing out on a chance to help hard working people in need," she says.



Carol Mulcahy, R.N.

NEWS & NOTES CONTINUED FROM PAGE 1

2nd annual Dining In the Pines

The 2nd annual Dining In the Pines fund-raiser will be held on Wednesday, October 25 and will attract nearly 500 guests for dinner at homes throughout Moore County, making it one of the county's largest and most successful fund-raisers.

Festivities continue after dinner at the Country Club of North Carolina. Hosts and their guests are welcomed for the evening's back-by-demand "afterglow" of fun, cash bar, delectable desserts, a unique raffle and live auction.

Last year's inaugural event raised over \$35,000 and all of it went to the clinic to pay for prescription medications for patients.

Corporate sponsors as of press time include: FirstBank, BB&T, Prudential Gouger O'Neal Saunders Real Estate, Bill Reaves Construction, Toby Wells, Bill Smith, Southern Pines Women's Health Center, Steve Jones, Autowerks, Martha Gentry's Home Selling Team, Aberdeen Exterminating, Reaves Landscaping and Design, Colony Shade and Custom Closets, Pinehurst Insurance, Doctors Vision Center, J.B. Short Carpet One, Neighborhood Dry Cleaners,

McDonald Brothers, Coldwell Bankers United Realty, U.S. Golf, The Insurance Center, Colony Shade and Custom closets.

MRH Auxiliary Awards Grant

More diabetes supplies will be available to clinic patients this year thanks to a \$5,000 grant awarded by the FirstHealth Moore Regional Hospital Auxiliary. The auxiliary has provided donations in the past to the clinic, but this is the first grant to be targeted to a specific clinic program, according to Ann Marie Thornton, chair of special projects for the group.

MFCC Retreat Planned

The MFCC Board of Directors will meet Saturday, January 13, 2007 to finalize the clinic's long-range strategic plan. The all-day retreat, which will include all members of the board, advisors and friends of the clinic, will be led by Leslie Deane, director of planning and marketing, FirstHealth of the Carolinas.

For more information about the retreat, please contact either Stuart Tuffnell, 215-8903 or Denny Schmidt, 295-3022. The exact time and the location for the retreat will be announced shortly, but please mark your calendars!

Your donation of \$445 purchases twelve vials of insulin for a diabetic.

Healing & Caring

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Rose Young

Our Mission

In the spirit of compassion and concern, the Moore Free Care Clinic provides high-quality primary, preventive and specialty health care to limited-income people in Moore County who are uninsured and can't afford access to health care.

Our Core Values

The Moore Free Care Clinic is committed to the belief that health care is a basic human need. Every individual must have access to basic health care if a community is to be truly healthy.

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Moore County Community Foundation



North Carolina Association of
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Diabetes Mellitus

By H. David Bruton, M.D.
Chairman, Board of Directors
Moore Free Care Clinic

The American Diabetes Association (<http://www.diabetes.org>) has just released new guidelines on the management of Type 2 diabetes that focus on lowering glucose. There are more than 20 million people over age 20 in U.S. with Type 2 diabetes. America's growing epidemic of obesity is driving up these numbers dramatically in adults and children. There are now more children with Type 2 diabetes than the inherited 'insulin-dependent' Type 1 diabetes.

We do not see children in our clinic. Parents and the schools have a major responsibility to respond to this preventable epidemic. Healthy diets and sufficient exercise are all that is required to stop this childhood epidemic.

Our understanding of the etiology of diabetes, like everything else in medicine is evolving. Type 1 diabetes is probably an autoimmune disease with genetic implications.

Type 2 diabetes, by far the most common form, affects 90-95 percent of the cases of diabetes in adults. Insulin is necessary for glucose to be transported into cells. Type 2 diabetics continue to produce insulin although inadequately for the person's individual metabolic situation. There may be insulin resistance, suboptimal release from the pancreas, or lack of sensitivity to insulin by the cells and probably other factors we do not currently understand.

Diabetes is a particularly difficult problem for our working poor patients making \$9,800 per year (100 percent of the Federal Poverty Level) or less.

The average cost of managing diabetes is \$10,235/year! Please see the excellent article by the clinic director, Laura Tremper-Jones, (see page one) on how the clinic tries to manage its patients with diabetes.

The wonderful thing about diabetes is – if it is well-managed, complications can be prevented. There is a dramatic direct linear correlation between hemoglobin A1c levels and complications of diabetes. Good management costs money and requires time.

To use Aristotle's phrase, Moore Free Care Clinic's "specific excellence" ought to be managing chronic disease.

Diabetes Requires Daily Care CONTINUED FROM PAGE 1

We have a number of community partners who help fund our diabetes medical equipment and supplies so we can give our patients the necessary supplies and take an active role in their own health care.

The FirstHealth Moore Regional Hospital Auxiliary, Pinehurst Rotary Foundation and Cooper's Pharmacy provide the clinic with grant monies and supplies to make diabetes testing a reality for our patients.

Education is also another key component of diabetes care. We are very grateful to the FirstHealth Diabetes Self-Management Program for providing intensive training for our patients.

We've also been fortunate to receive two grants this year, one from the Moore County Community Foundation and the other from the North Carolina Association of Free Clinics through the Blue Cross and Blue Shield of North Carolina Foundation, enabling us to staff the clinic with a registered nurse. We hope this dedicated nursing staff will increase the education opportunities for our patients as provide continuity of care for their follow-up visits.

With the help of all of our community partners, the clinic is able to continually ensure that we are taking care of our patients in the best manner possible.

Heartfelt Thanks

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year, and he will need the same unstinting support from you that you have so generously given me over the past three years.

Thanks once more for your donations which have enabled Moore Free Care Clinic to bring high quality health care to those in Moore County who otherwise would not have access.

Duplicates can be prevented

We try our best not to send duplicates of our newsletter but occasionally there are oversights. If you receive duplicates of the newsletter, or any other clinic mailing, please cut off the address labels and send them to the clinic so we can remove the duplicate from our list. If you'd prefer not to receive the newsletter, please just drop us a note along with the label and we'll be happy to remove your name from our mailing list.

Director's Report – Moore Free Care Clinic

Reporting Period: April 29, 2004 to August 28, 2006

Number of Patients Registered ⁽¹⁾	1,123
Number of Patient Visits Since Opening	3,873

Reporting Period April 29, 2006 – August 28, 2006

Services		
Number of Patient Visits Current Year (as of April 29, 2006)	485	
Estimated Worth of Visits and Specialty Referrals		\$ 51,709.00
Value of Medication Samples ⁽²⁾		\$ 4,772.47
Value of PAP ⁽³⁾		\$ 44,090.00
Purchased Medications		\$ 14,442.57
Physician Volunteer Hours (\$125)	123 hours	\$ 15,375.00
Nursing Volunteer Hours (\$24.51)	124 hours	\$ 3,039.24
Number of Dental Patients	20	
Dental Volunteer Hours (\$17.54)	32 hours	\$ 561.28
Dentist Volunteer Hours (\$125)	32 hours	\$ 4,000.00
Estimated Value of Dental Care		\$ 6,000.00
Clerical Volunteer Hours (\$17.54)	231 hours	\$ 4,051.74
Lab Tests & Imaging Services (April - June, 2006)		\$ 69,196.25
Total Value of Services for this Reporting Period		\$ 217,237.55

(1) Patients are registered for eligibility before they are treated.

(2) Medication samples are provided to patients at the time of their treatment. These samples are donated to the clinic by physician's offices and pharmaceutical companies. The samples are provided as a "stop-gap" until the patient's Patient Assistance Program (PAP) is validated.

(3) Many pharmaceutical manufacturers have programs to help those in need obtain their medications at no or very low cost. These programs, Patient Assistance Programs (PAPs), are run by the manufacturers. Each program has its own rules,

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