



HANDS and HEARTS

Spring, 2018

Moore Free & Charitable Clinic
 211 Trimble Road, Ste. C
 Southern Pines, NC 28387
 www.MooreFreeCare.org
 (910) 246-5333

Inside

Who Are You Helping?..... 2
 Lives Touched by You..... 2
 Here's How You Can Help..... 2
 Diabetes Education..... 3
 Our Volunteers..... 4

Our Mission:

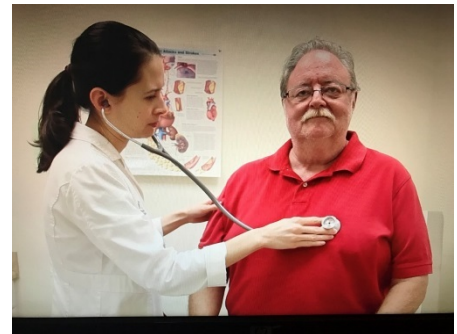
With compassion and respect, Moore Free & Charitable Clinic provides health care to the limited income, uninsured of Moore County.

You Can Give the Blessing of Better Health to Moore County's Uninsured

The Clinic Board, staff and volunteers are humbled by the fact that we made it through another year, thanks to your support, and provided health and hope to hundreds of our Moore County neighbors. You represent a thread in the vital health safety net for our hardworking, but low income, patients.

Our patients lack access to affordable health care because their employers do not provide insurance, or because they earn too little money to afford health coverage. **Your generosity helped us provide free and low cost primary health care to nearly 1400 Moore Countians.**

Quality primary care is expensive. That is why we must reach out to you – to help fund health care providers, nurses and medications. But not treating chronic conditions like diabetes and high blood pressure is even more expensive.



A trip to the emergency room for a complication of untreated diabetes, like a heart attack, can cost tens of thousands of dollars. Not to mention the massive costs of preventable hospitalizations. By giving to the Clinic, you change the equation – and change lives. **Read on to see how you have positively impacted life in our community... and given the blessing of health.**

We again reach out to you for help because the need for health care is always with us. With your contribution, we can continue to make Moore County a healthier and more productive place to live for all our citizens. **Using the enclosed envelope, please make a gift today and you will have an immediate impact on the lives of those who seek help and health.**

Thank you and bless you,

The Board of Directors, Staff, Patients and Volunteers

WHO ARE YOUR GIFTS HELPING?



Most of our patients are working people – many holding more than one job to try to make ends meet. An illness can be catastrophic if it means taking off from work. Many workers do not have sick leave and can lose their jobs if they have medical absences.

Carolyn works two jobs six days a week — often until after midnight. But at age 51, she has no health insurance. It ended when her marriage did. The medicines needed for her hypertension, vertigo, rapid heartbeat and gastrointestinal issues cost \$2,300 a month — far more than what she earns. The stress of working two jobs made her health worse.

The Clinic has been Carolyn's lifeline, providing her with the medical care and medicines she needs to manage her illnesses and keep working. *"God help me if I couldn't work,"* she said, *"because I'm all alone. I'm all I've got."* Thanks to you, Carolyn also has the Clinic.

LIVES TOUCHED BY YOUR GIFTS

As a true community asset, we are proud of our 2017 accomplishments:

- 367 new patients
- 1388 registered patients
- 5546 medical encounters
- \$6.5 million in medications
- \$15.25 million in total value of services
- \$26 in medical care provided for every dollar donated

But there are 12,000 uninsured adults in Moore County. So we must do more.

HERE'S HOW YOU CAN HELP

The Moore Free & Charitable Clinic relies on community support like yours to operate a quality medical clinic. You know from your own experience that we have a costly mission. That's why we must ask you to **PLEASE GIVE TODAY.**

HOW TO GIVE

- Use the enclosed envelope to send credit card information or a check made payable to Moore Free & Charitable Clinic.

OR

Go to www.MooreFreeCare.org and click on DONATE NOW link on our home page.

\$50 buys a 6-month supply of medication for high blood pressure

\$100 pays for two 20 minute exams

\$1000 pays for one year of patient education materials

\$500 pays for a diabetic eye clinic

\$2000 pays for a year's worth of medical supplies

VOLUNTEERS HELP THE CLINIC FUNCTION SMOOTHLY

If you visit the Clinic during the day, you will be sure to see the smiling face of a volunteer behind the front desk. Volunteers are vital to the Clinic's efficient operations. CEO Tony Price says, "Our volunteers are true partners in providing quality care and service to our patients. They help fill the gaps in our very lean staffing."

As one volunteer said, "I know I am having a direct positive impact on people who live in my community. But I get so much more from volunteering at the Clinic than I give. It is an amazing feeling to help others."

The Clinic and our patients are so grateful to all our volunteers – without you we could not make such an impact on our community.



The Clinic has many opportunities for volunteers interested in clinical and non-clinical jobs. Go to www.MooreFreeCare.org/volunteer.html for more information on needed positions and to access a printable application form.



WE LOVE OUR VOLUNTEERS



Alexandra Ferguson
Amalia Mangum
Angela Meredith
Ann McNeish
Anne Dickerson
Arthur Medeiros
Autumn Grimm
Barbara Korn
Benford Morse
Cathy Crawford
Chelsi Frazer
Connie Fletcher
Corinne Ray
Don Harnum
Donna Neimi
Dr. Gregory Blakely
Dr. Lori Heim

Dr. Michael Antil
Dr. Scott Klenzak
Dr. Walter Morris
Elizabeth Harry
Ellen Hamilton
Jeanie Daigre
Jim Langford
John Arnold
Jordan Hermann
Kay Overcash-Jenkins
Lauren Keeper
Linda Seiberling
Margaret Butcher
Marian Maroney
Mary Chapman
Mary Ellen Bender

May Lou Brodict
Nancy Andrews
Nancy McGowan
Ramona Cook
Randy Rime
Richard Korn
Sandra Knapp
Sherry Driscoll
Sherry Price
Shirley Baldwin
Susan McBride
Teresa Griffin
Virginia Dean
Virginia Minichello
Wanda Brooks



Moore Free & Charitable Clinic
is a member of the North Carolina Association of Free and Charitable Clinics
www.MooreFreeCare.org

YOUR GENEROSITY HELPS SUPPORT DIABETES EDUCATION

If you or a loved one has diabetes, you know how challenging it can be to manage the disease. Healthy eating, exercising, monitoring blood sugar, taking medication and reducing risk for complications must be part of the daily routine. At times, it seems overwhelming. If you are uninsured and have few financial resources, good diabetes management is a nearly impossible goal.

But here in Moore County, some uninsured patients of the Clinic are doing the impossible. One man's hemoglobin A1C (a measure of blood sugar levels over time) decreased from 7 to 5.9%, which is a real improvement. Another man lost 20 pounds and now feels better than when he was 10 years younger. How is this happening? With your help!



At Moore Free & Charitable Clinic, one-on-one diabetes education and support is made available, thanks to our generous donors and volunteers like Shirley Baldwin, R.N. For the past 10 years, Shirley has been a volunteer nurse at the Clinic. She is the heart and soul of the Clinic's diabetes education program. "Diabetes is one of our community's biggest health problems. But so many of our patients have other challenges, they make no time to care for themselves. I try to help with that."

Shirley's program focuses on healthy eating and increasing physical activity. "I explain the basics of how food affects blood sugar. I help patients find ways to add exercise to their day without a gym membership or fancy equipment." Shirley's personalized approach has been successful. These life-changing health improvements would not be possible without you.

CLINIC STAFF SAYS "THANK YOU!" FOR YOUR SUPPORT OF HEALTH CARE FOR THE UNINSURED



From left: Melinda Wallace (Pharmacy Manager); Tony Price (Chief Executive Officer); Abigail Bivens, PA-C (Clinic Director); Debbie Whitley (Office Manager); Stacy Thompson, RN, Misty Pedacchio, PA-C; Teresa Hanf, RN; Shae Unsworth (Patient Assistance); Janeen Roehr (Reception); Jennifer Hinson (Enrollment).