

ROCKING OUT FOR A GREAT CAUSE

On October 12, the parking lot at Cooper Ford in Carthage became a lively concert venue for the Atlanta-based Fleetwood Mac tribute band, Rumours. The concert was organized by non-profit Vision 4 Moore, which raises funds for itself and its non-profit partners, such as Moore Free & Charitable Clinic, by putting on large musical events. For the 2019 season, Vision 4 Moore organized three other concerts featuring Jimmy Buffett and Garth Brooks tribute bands, as well Christian recording artist Brandon Heath. Rumours and the local duo, Shop Girls, gave a fantastic performance to end the concert series in front of hundreds of enthusiastic people.

Even better, the concert was for a great cause – providing quality primary care to low income uninsured residents of Moore County. The community support for this series from individuals and local businesses, especially Cooper Ford, is outstanding.



2019 Dining in the Pines™ a Delicious Success

Moore Free & Charitable Clinic wishes to thank the chefs and staffs of Wolcott's and 195 American Fusion Cuisine for again making our Chef's Table events such memorable experiences. Each year our amazing local culinary artists outdo themselves. Many thanks to all the participants who have continued to support this event over the years, and to the new supporters who are so enthusiastic.



Happy attendees pose with the Vision 4 Moore mascot



HANDS and HEARTS

The Newsletter of
Moore Free &
Charitable Clinic

Fall, 2019

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Our Mission:

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

Dear Friend of Moore Free & Charitable Clinic,

Many people may not realize that Moore Free & Charitable Clinic provides much more than routine primary care. We also have volunteer behavioral health providers who counsel our patients for conditions such as depression, anxiety, post-traumatic stress disorder and other mental health problems. We feel strongly that cost should not be a barrier to getting care that can make a world of difference for so many struggling people.

Liz Harry is a licensed clinical social worker who works with Clinic patients. Counseling may be short term, or it can continue for years. She has one patient she has been working with over 5 years. Liz remarks, "What is so inspiring about this patient is that she has made progress with very little support – only what she gets through our counseling. I'm so impressed that she keeps on doing the hard work under difficult circumstances and is determined to be healthier, both mentally and physically. What a role model for perseverance!"

Making improvements in your health is so much easier with a good support system. Support can come from your health care provider, from your family and friends and sometimes the neighbor next door. Clinic staff tell the story of a long-time patient who took a neighbor under her wing. She encouraged him to become a Clinic patient, but he often had difficulty getting transportation to his appointments. The concerned neighbor stepped in. She offered to drive him across the county to his Clinic appointments and to get his lab work done.

Thanks to the neighborly support, he was able to get better control of his diabetes and started to feel good again. Unfortunately, many of our patients do not have a good support system. That is why we now ask new patients questions about their housing situation, transportation, food security, family members and other environmental factors that play a big role in health– or lack of it. If needed, we can refer a patient to social service resources available in Moore County.

We believe in taking care of the whole person. We cannot avert our eyes when we see a need, even if it means we personally drive a patient to the hospital for lab work or give one a ride to her job. It is what we do at Moore Free & Charitable Clinic, thanks to our Super Support System– YOU! Without the gifts of so many community members, we would not exist. As the holiday season approaches, let us remember our many blessings– and those who need a little blessing.

With many thanks,

Tony Price, Chief Executive Officer



RAISING AWARENESS OF BREAST CANCER RISK

The statistic is frightening: 1 in 8 women will be diagnosed with breast cancer in their lifetime. October is Breast Cancer Awareness Month, and Moore Free & Charitable Clinic is doing its part to ensure all women have access to vital screening mammograms, even those who are uninsured. The Clinic works with multiple organizations and third-party fundraisers to ensure that patients are able to receive screening mammograms.

In the past, Moore Free & Charitable Clinic received grant funds from the Susan G. Komen Foundation to pay for mammograms for patients who could not afford them. In recent years, the Komen Foundation grants have been unavailable, so other local sources of funding have stepped in. Moore Free & Charitable Clinic receives a percentage of the proceeds from the annual 1 in 8k race sponsored by The Foundation of FirstHealth in October. Additionally, for the past four years, Forte Fitness has held DANCE*FIT for the Cure at the Pinehurst Fair Barn, where over 250 participants sweat through a group dance fitness class. This October event is led by Forte Fitness founder, Brandi Martin. All of the proceeds go to the Clinic to fund breast cancer screenings.

Other partners in women's health include Hot Asana Yoga in Southern Pines, which recently hosted an outdoor yoga event with proceeds gifted to the Clinic. Ingersoll Rand employees held a "Bake for the Cure" baked goods sale to raise money for the Clinic's prevention programs.

Employees also wrote names of loved ones with cancer on pink ribbons with which they crafted a Tree of Hope.

Moore Free & Charitable Clinic's breast cancer prevention efforts would not be possible without its outstanding relationships with FirstHealth of the Carolinas and Pinehurst Radiology Associates. Clinic patients have their mammograms performed at FirstHealth for a very discounted fee and then the mammograms are read at no cost by the specialists at Pinehurst Radiology. We are extremely fortunate to have a responsive and caring provider community here.

Early detection is important, so all women should be sure to talk to their primary care provider about the appropriate breast screening schedule, depending on each individual's age and risk profile.



The Moore Free & Charitable Clinic's Hearts and Hands Brunch will be held on February 2, 2020 at the Carolina Hotel. Our popular Valentine's Day themed event features the always delicious and bounteous Carolina Hotel brunch, along with musical entertainment and good fellowship with Clinic supporters.

Please check our website www.MooreFreeCare.org and Facebook page for more information in coming weeks, or call Debbie Whitley at (910) 246-5333 ext. 216 to reserve space.

Thanks to Our Generous Supporters, Clinic Expansion Is Underway



Moore Free & Charitable Clinic has been in operation at its current location in Southern Pines since 2009. The original clinic space is only 3,000 square feet; the steady growth in the number of patients served and services offered has severely strained capacity. A planned expansion will increase the space to 6,000 square feet, making room for new exam rooms, an expanded pharmacy, plus new waiting room, triage area and offices.

Late in October, with all permits obtained and contractors lined up, materials started being delivered. CEO Tony Price says, "With all the building going on in Moore County, it has been a challenge to get sub-contractors who have time to fit us in. We have worked through that process and are so very grateful to all who helped make our dream a reality." Major gifts are still being accepted to support the effort.

Moore Free & Charitable Clinic and its Board of Directors wish to say *Thank you!* to the following individuals, organizations and businesses for their hands on involvement in our expansion, helping to make health care available for more of our less fortunate neighbors:

4 Seasons Heating & Air
Allred Electric
Builders First Choice
Christine Diasio, architect
Cribbs Construction
Foundation of the Carolinas
Gattis Construction
Hugh Miner, construction coordinator
John O'Malley, O'Malley Investments
Pinehurst United Methodist Men
Travis Alfrey, contractor

Please Remember the Moore Free & Charitable Clinic in Your Year End Giving

Moore Free & Charitable Clinic has an important mission: to keep people healthy who would otherwise suffer with untreated chronic diseases. That is a very costly mission, given the expense of hiring qualified staff, medical equipment, insurance, medications and, more recently, much needed upgrades to our facility. As you consider making a gift this holiday season, we gratefully ask you to **PLEASE GIVE TODAY.**

In 2018, our average cost per patient was \$419.81. Won't you help fund the cost to provide quality services for one, two or more of your neighbors who need care?

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.

MFCC is a 501(c)(3) charitable organization and gifts are tax deductible according to applicable law.

Gifts of stock or other property, and IRA qualified distributions are welcomed, and can be a tax smart way to donate. If you are doing a review of your will, please consider a bequest. For more information on making gifts of this type, please call Tony Price at (910) 246-5333 ext. 207.

All gifts—whether large or small—are deeply appreciated!