



**MOORE**  
FREE & CHARITABLE  
**CLINIC**

Healing Hands. Caring Hearts.

# HANDS and HEARTS

*The Newsletter of Moore Free & Charitable Clinic*

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

Fall | 2025

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## A Message From the Head Nurse

***On Sunday February 28, friends of the Clinic gathered for a Dining in the Pines brunch fundraiser at Forest Creek Golf Club. A featured speaker was the Clinic's charge nurse, Teresa Hanf, RN. This is the lightly edited text that demonstrates the dedication and compassion of our staff.***



I am blessed to be the charge nurse at Moore Free & Charitable Clinic. I have been in this position just over seven years. My path here was not direct. When I approached 50 years old, I found myself reflecting on my life. I realized that all my past experiences, degrees, occupations were the perfect preparation for what ultimately became my vocation. I followed my winding path to a second career in nursing.

I share this with you because we all know life's path isn't always straight and narrow. But I believe we can all agree that when we have access to support and resources along the way, it is more likely our journey will be a fruitful one.

This is what is so beautiful about our clinic. We provide much-needed access to support and resources patients need along the winding, sometimes difficult road of their lives. We work to establish respectful and meaningful relationships with our patients. They trust us to provide letters of medical necessity, send notes to employers about debilitating physical conditions, or answer medication questions. We also celebrate their successes, loving their stories of intentional weight loss, sustained blood pressure control, improved mental health, or overcoming a lifelong fear of needles. Best of all, when our patients move on, they tell us they're sad to leave our care.

Every conversation, every interaction is a chance for us to help a patient on their journey – a chance to help them on their way to a healthy, productive life. I love this quote from the great theologian St. John Henry Newman, who sums up how I feel about my work: "I am a link in a chain, a bond of connection between persons." At the Clinic we are proud and honored to connect to each patient. And as donors, you are links in this beautiful chain. Thank you for your support and belief in us and what we do.

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# Our Volunteer Extraordinaire

When Clinic volunteer, Shirley Baldwin, graduated from the Kentucky Baptist Hospital School of Nursing in Louisville, she never thought she would practice her vocation at such a wide array of locations and environments. When she married a career Air Force officer, her life took a turn toward the hyperactive. They moved many times during their first 30 years as a couple— Illinois, New Mexico, Alabama and Virginia were home at various times, sometimes back and forth to the same post. For many people, this would have been a challenge, but Shirley thrived.



During those moves, she managed to continue her education by grabbing courses at different universities, plus raising a son and continuing to work as a nurse, mainly in critical care settings. The only period she did not work, they were stationed in England. Once she had achieved her Masters in Education (with an emphasis in Human Performance), her work evolved into more of a counseling and health educator role, landing her positions in the Office of the Attending Physician for U.S. Congress and at the Bethesda Naval Medical Center where she was recognized as Civilian Employee of the Year.

In 2005, she and husband Miles moved to Pinehurst for “retirement.” They started attending Pinehurst United Methodist Church where Shirley started a parish nurse program. As parish nurse, she would visit church members having health issues to offer support, education and a caring hand. She ran the program for almost 25 years and touched many lives in the role.

In 2007, Shirley attended an open house for Moore Free & Charitable Clinic when it moved to its current location in Southern Pines. She signed up to be a clinical volunteer that night. She explained, “I have great empathy for our patients because I have been where they are. I grew up in poverty and know what it’s like to be without essentials, such as health care.”

Shirley has worked in many clinical roles at the Clinic since then. She created and leads a health coaching program for Clinic patients who need one-on-one support managing diabetes, hypertension and weight loss. Shirley tells many success stories of patients who have gained control of their weight, blood sugar and blood pressure through improving diet and adding sustainable physical activity. Shirley practices what she preaches-- in her eighth decade, she walks religiously and is the picture of energy and vitality.

Shirley’s volunteerism was recognized by the Governor in 2014 when she was named the North Carolina Senior Volunteer of the Year. “I stay involved because I made a promise to God to give back to the community. It makes me feel good to know I’m helping others.” Helping others is an understatement. In addition to the Clinic, Shirley volunteers for Friend to Friend, Habitat for Humanity, Meals on Wheels, her church and, more recently, became a chaplain at the FirstHealth Cancer Center. “It is inspiring to learn people’s stories and how they handle adversity. Sometimes people just need to be heard.”

Fortunately for this community, Shirley is not “retiring” any time soon. But she and Miles are making time to travel and enjoy the perks of retirement. “I’m going to keep moving and going and helping as long as I can,” she says with conviction. We thank you, Shirley, for your inspiring life and example of service to others.

# How You Can Help

**WE DEPEND ON YOUR GIFTS TO MAKE MOORE COUNTY A HEALTHIER PLACE TO LIVE FOR ALL.**

Moore Free & Charitable Clinic is a 501(c)(3) tax exempt charitable organization. Gifts are tax deductible as provided by federal law. Our average cost to take care of a patient is almost \$450. 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

- Our Tax ID number is 01-0781234
- 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](http://www.MooreFreeCare.org) and click on DONATE NOW link on our home page. Or scan the code below with your smart phone camera app.
- For gifts of stock, from a donor advised fund or from your IRA, go to [www.MooreFreeCare.org](http://www.MooreFreeCare.org) and click on Legacy and Non-Cash Gifts



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

## Save the Date

### *Hearts & Hands Brunch*

On Saturday February 14, 2026, join friends of the Clinic at our annual Valentines Day themed fundraising event. Once again, the Carolina Hotel in Pinehurst will be hosting its famous and bountiful brunch. Tickets go on sale after the first of the year.



## Non-Profit Leaders of the Year



On October 28, 2025, the ballroom of the Country Club of North Carolina was filled with friends and family of two people who were recognized for their outstanding contributions to our community. The Moore County Community Foundation presented its Woman of the Year award to Clare Ruggles, Executive Director of Northern Moore Family Resource Center, and the Man of the Year award to Tony Price, CEO of Moore Free & Charitable Clinic.

Both recipients are unassuming and modest to a fault, but they were forced to receive the many accolades and expressions of appreciation that brought most of the room to tears. They truly exemplify lives of meaning and service to others. Congratulations to these very deserving and inspiring leaders!

## Another Delicious Dining in the Pines

Thank you again to all who supported Dining in the Pines this year-- our loyal donors and guests, sponsors, and our wonderful local dining establishments who do such a great job! A big shout out goes to Forest Creek Golf Club, Elliott's on Linden, 195 American Fusion and Wolcott's!

