



**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 | 2024

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## Dr. Sam Ridha: Thoughts on Smiles... and on Life

As a dentist, I believe it is a mistake to make a distinction between dental care and medical care. The mouth is inseparable from the body. Its value goes beyond the obvious function of food intake-- it is part of our image, attractiveness, communication, self-esteem and expression.



Studies have shown that the very first two things people notice about you are your smile and your eyes. The old adage says the eyes are the windows to the soul; I think the smile is the outlet of the soul. Therefore, a healthy smile is not a mere cosmetic issue but a basic human need.

As important as it is, the mouth often suffers abuse and lack of care which is revealed over time. We see patients who no longer smile because they are so embarrassed by their teeth. Some are in constant pain. All this impacts the whole person, resulting in rejection, imposed isolation and deep shame. For individuals who struggle with every day living expenses, poor oral health becomes something they just have to live with. No one should have to live with this.

Here at Moore Free & Charitable Clinic, we believe actions talk louder than words and he who contributes to a good is the same as the one who does it. We attend the body's needs as well as the soul's. In the dental clinic we relieve pain, treat infections, fill teeth... but also we are liberating a suffering soul, creating a smile, erasing a past, mending a belief, and restoring hope. Many times we have patients in tears telling us: *Thank you for helping free me from my past and start fresh. I deserve a new page* or *Thank you for lending me a hand to make me smile after years of hiding*. I also hear: *Thank you for proving there is still goodness in this world and that I am accepted* or *I never heard a word of love from anybody in my life but today I received one...I'll remember it and I'll carry it in my heart every time I look in the mirror*.

One touch of goodness outweighs masses of wrong. You can be part of this transformation. It is never too late to make a difference in someone's life. Honor a loved one who was lost to you by adopting a patient. It will bless your life and theirs. That is the ultimate hope.

At the end, we make a living by what we get, but we make a life by what we give. Thank you for helping Moore Free & Charitable Clinic be a place that shines the brightest in the darkest hours.

# Volunteer Spotlight on Dr. Diane Subin

Our skin is our largest organ and deserves attention and care. Dr. Diane Subin has devoted her entire career to dermatology. After her retirement from private practice, she joined Moore Free & Charitable Clinic as a volunteer provider. Now she is providing dermatology services to individuals who likely have never been seen before by a skin specialist. And she loves it.

Born and raised in New York, Dr. Subin graduated from Icahn School of Medicine at Mount Sinai. Her husband, Dr. Glen Subin, is an orthopedic specialist, whose training path brought them to North Carolina in the 1980s. After he completed a fellowship at Duke University, the couple looked further south to Moore County when it was time to join a practice. Dr. Diane Subin joined Dr. Stephen Rostan initially, then went out on her own as a solo practitioner. For nearly 40 years, she provided comprehensive dermatology services to the community.

When she retired from her private practice in Pinehurst in 2019, little did she know the COVID-19 pandemic was looming in the near future. “During the pandemic shutdowns, virtual medicine became a way for patients to receive needed medical care. The Teledoc platform was in great need of providers, so I saw patients virtually for a couple of years.”

Eventually, however, she began to miss face-to-face patient contact and reached out to Moore Free & Charitable Clinic to volunteer. She also wanted to give back to the community that had supported her practice. “I’ve actually seen some of my old patients at MFCC. I love reconnecting with them.” She noted that there are limitations to her practice at MFCC. “We are not set up to do any procedures, such as removing lesions or doing biopsies. We do not have a pathology lab. But I can screen patients and refer them for further treatment, or I can reassure them that the bump is nothing to be concerned about.” Dr. Subin can readily treat skin conditions that respond to medications, which she prescribes and can be filled at little or no cost to the patient.

The best thing about her volunteer experience is the people she works with and, especially, her patients. “They are so incredibly appreciative of getting the help they need. My colleagues here are professional and compassionate. It is very fulfilling and enjoyable to work here.” And we at the Clinic are equally glad to have Dr. Subin on board!



## Save the Date!

**What: 2025 Hands and Hearts Brunch**

**When: February 9, 2025**

**Where: The Carolina Hotel, Grand Ballroom**

**Look for your invitation in early January!**

# Patient Stories

Over the years, Moore Free & Charitable Clinic has seized opportunities to add services for patients that go beyond primary care. We can do this thanks to community-minded retired physicians who offer their experience and time to help our neighbors in need.

Dr. Diane Subin, our new volunteer dermatologist profiled in this newsletter, recently helped change the life of a long-time Clinic patient. “Jim” is 60 years old and being treated successfully for diabetes, high cholesterol and high blood pressure. With his chronic conditions under good control, he was increasingly bothered by psoriasis, a persistent skin condition. Psoriasis caused Jim redness, irritation and itching that were not well managed with over-the-counter medications. Jim was frustrated, as the irritation and itching interfered with his sleep and his quality of life.

After consulting with Dr. Subin, Jim was prescribed a prescription medication that was affordable to him with discounts. This has been a game changer for him, reducing flare-ups and itching from psoriasis.

The value of having a board certified gynecologist as a Clinic volunteer was recently confirmed. “Linda”, a 30-something woman, saw volunteer Dr. Stephen George for a pap test. The results were abnormal, so Linda was referred to a gynecological oncologist for further consultation. Thanks to our amazing partners in care at FirstHealth Moore Regional Hospital, Linda had a biopsy, which resulted in a diagnosis of invasive squamous cell carcinoma of the cervix, stage 3. This serious diagnosis required that an immediate treatment plan be developed.

After a PET scan, she returned to the gynecological oncologist to discuss her options. Within a few days she started daily radiation treatment which will last for approximately 4 weeks. After that is completed, she will undergo chemotherapy. Because she was a patient at Moore Free & Charitable and had access to women’s health care, Linda only waited to begin treatment 4 weeks from the date she had the pap smear. Without the Clinic and our amazing partners, she might not have learned about her cancer until she began having symptoms. By then, the cancer would have been far advanced with a poor prognosis. We wish Linda the best of luck in her treatment journey!

## How You Can Help

**We depend on your gifts to make Moore County a healthier place to live for all.**

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**

- 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 this code with your smart phone camera app.



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



# Tax Smart Year-End Giving Tips



## Gifts of Stock

If you have an investment account with appreciated securities, you may be worrying about future capital gains taxes when you liquidate. If you transfer shares of your stocks directly to Moore Free & Charitable Clinic, you are donating and receiving a tax deduction for the full market value of the shares (subject to limitations of tax laws). You also avoid capital gains taxes on the donated amount. This is a great way to support your favorite causes.

## Qualified Charitable Distributions

For retirees who've accumulated significant savings in tax-deferred IRA accounts, required minimum distributions (RMDs) commencing at age 73 can have serious tax consequences because the RMD amount is added to your taxable income. If you are 70½ years of age or older, you can transfer all or part of the annual RMD from your retirement account directly to Moore Free & Charitable Clinic (up to \$105,000 per taxpayer annually). You do not take a deduction for this kind of gift, but any amounts distributed are not added to your adjusted gross income for tax purposes. This can be a good method for offsetting any negative tax effects of RMDs.

## Donor Advised Funds

Establishing a donor advised fund (DAF) is simple to do and can be a good tax planning tool. Amounts used to establish a DAF are deductible and provide a pool of money you can use to make gifts over a period of time to eligible tax exempt organizations like Moore Free & Charitable Clinic. Here's an example of how a DAF can work-- Janet R. is selling a vacation home and will incur substantial capital gains tax liability in 2024. She does not need the sale proceeds for income and is very philanthropically minded. She can establish a DAF with all or some of the proceeds of the sale, take the tax deduction and use the DAF to make charitable gifts over any time period she chooses.

## We Make It Easy To Give

Moore Free & Charitable Clinic has made it easy to use these tax smart giving methods. On our website, we have online tools that allow you to make stock, IRA or DAF gifts easily and quickly. If you have any questions about making non-cash gifts, please call Tony Price at (910) 246-5333 ext. 207 or email him at [tprice@moorefrecare.org](mailto:tprice@moorefrecare.org). *Note: Everyone's circumstances are unique – please consult your tax adviser for details on how a gift may impact your tax liabilities.*

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## Our 2024 Board of Directors

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