



HANDS and HEARTS

The Newsletter of
Moore Free &
Charitable Clinic

Fall, 2023

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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.

For more information visit
www.MooreFreeCare.org
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Southern Pines, NC 28387
(910) 246-5333



A Message from our CEO



After almost two years of planning and hard work by too many to name, I am happy to announce the completion of construction of our new dental clinic. We accomplished this project because so many individuals and groups believed in the dream to provide routine dental care to the underserved of Moore County. Thanks to you, we will be able to integrate oral health with medical care in an innovative partnership.

On August 30, we hosted an open house for dental professionals in the hopes of recruiting volunteers for the dental clinic. This event was well attended and we made many good contacts. On September 13, we held a ribbon cutting and open house with nearly 100 supporters in attendance. Please check out our photos on page 3.

Thank you to the Moore County Chamber for their involvement in the ribbon cutting ceremony. I again want to thank the members of the dental clinic advisory committee for their wisdom and guidance through the planning process and going forward: Dr. Sharon Harrell, Dr. Kamron Monroe, Dr. Ganiat Lawal, Dr. Susan Buckland, Dr. Alex White, and Jennifer Carbon. Our plan is to offer dental services to Clinic patients only initially. There is great pent-up demand in our patient population. Dental operations will be ramped up slowly and carefully, ensuring quality and efficiency.

In another important development, you may have seen emails and Facebook posts announcing our new partnership with FreeWill. This organization works with over 1100 non-profits to offer a free online will creation tool that is legally valid in all U.S. jurisdictions. Through FreeWill, we also now offer online tools for giving non-cash gifts, such as from a retirement or brokerage account, or through a donor advised fund. On page 4 you can see an infographic explaining the ways you can give that may offer you real tax benefits.

On a more somber note, I'd like to express our deep gratitude for the life and legacy of Dr. David Bruton, our founder and medical director who passed recently. He lived a full and generous life of service to so many here and across North Carolina. Our sympathies go out to Frieda, his wife, and all his family.

In this upcoming season of giving and gratitude, please help us continue to make Moore County healthier – one precious life at a time -- by making a gift today. It will have an incredible impact, right here at home.

With gratitude,

Tony Price, CEO

MAKING A DIFFERENCE, ONE LIFE AT A TIME

Every day, we see how the generosity of our donors makes a difference in quality of life for so many of our patients. "Ms. B" has given us permission to share her story, which would not have been possible without your support.

Ms. B is a 63 year old Black female who has been a Clinic patient for over 3 years. When she came to her first examination, her blood pressure was 153/101 and she weighed 176 lbs. Ms. B had not received regular medical care and was completely unaware of her elevated blood pressure. She reported no symptoms.

Ms. B was counseled about the impact of diet and exercise on blood pressure and she readily agreed to make gradual changes to her lifestyle because she did not want to take medication. After a few visits, her progress was not where it should be, so she was prescribed a low dose medication to help her reach her goal.

Initially frustrated at having reached a health plateau despite her efforts, Ms. B enlisted the help of the Clinic health coach. After 5 coaching sessions, Ms. B was back on track, feeling empowered and motivated and ready to continue the challenge of regaining control of her health.

At her last appointment in September, her blood pressure was greatly improved at 114/80 and her weight was down to 153 lbs. This was a result of her faithfully taking her daily medications and maintaining her new diet and exercise routine. More importantly, Ms. B realized she felt better than she ever has before. She didn't realize before how her stamina and energy levels were affected by her high blood pressure.

Ms. B is even sharing her experience on how to improve health and fitness with her friends and family members. She has become quite an effective advocate for taking control of your own health through lifestyle changes. She is a true inspiration to us all and a testament to the power of community to support better health *for all*.

Please Give the Gift of Health and Hope to Our Less Fortunate Neighbors

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, beginning operation of a new dental clinic. We gratefully ask you to **PLEASE GIVE TODAY**.

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 and click on **DONATE NOW** link on our home page.

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 or living trust, please consider a bequest. For more information on making gifts of this type, visit www.MooreFreeCare.org and click on Smart Giving Tools, or call Tony Price at (910) 246-5333 ext. 207.

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

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

WE  OUR DONORS!

DENTAL CLINIC OPEN HOUSE, SEPTEMBER 13, 2023



Tony Price presents Tom Bennett with a plaque recognizing his contribution in organizing (along with wife and board member Mary Lous) and performing at our Dine, Dance & Donate fundraiser benefiting the dental clinic. Photos courtesy of Tommy Deese.



Clinic Board members prepare for the ribbon cutting.



Attendees celebrating the grand opening.

INTRODUCING OUR NEW SMART GIVING TOOLS

Some of our donors have discovered the tax benefits of giving non-cash gifts to support the Clinic's mission. Some common examples of these kinds of gifts include transfers from your retirement account's required minimum distribution and gifts of stock. Before our partnership with FreeWill, giving these gifts required a bit more time and effort than simply writing and mailing a check. Not any longer! Through FreeWill's online tools for non-profits, you now can take advantage of the tax benefits of smart giving in a matter of minutes.

The next page displays an infographic to help you decide if the giving methods available through FreeWill may be right for you. However you give, please know that you are helping make Moore County a healthier place for all!

What method of giving is most beneficial for you?



I own stocks



I am 70.5 or older



I have a Donor-Advised Fund (DAF)



I own cryptocurrency



Save on two types of taxes by donating appreciated stock. **Learn more about stock giving today.**



DAFs make it simple to give money that was already set aside. **Give a grant from your DAF today.**



You are eligible to make a tax-free donation from your IRA and meet your RMD. **Learn more about giving from your IRA today.**



Appreciated crypto can be up to 20% more valuable than donating cash. **Give cryptocurrency now.**

SCAN THE QR CODE BELOW TO LEARN MORE



FREEWILL



Healing Hands. Caring Hearts.