

Meet our Newest Staff Member:

I am a Carolina native and have lived in Moore County my entire life. I received my associate degree in nursing from Sandhills Community College and am currently taking classes toward furthering my education. I have a daughter named, Morgan.

The opportunity to empower patients was one of the very first thoughts that crossed my mind after accepting the position as the clinic RN. The empowerment of patients is so important. We as health care professionals should encourage patients to learn as much as possible about their disease so that they are able to make informed decisions, that is essential to the overall well being of the patient. Each disease affects all areas of a person's life and each individual is unique, which is why thorough health history is imperative. By empowering patients, we allow them the opportunity to voice their thoughts and concerns about their treatments, which also encourages the patient to be more compliant and to become an active participant in their health care plan.

I am very excited to have this opportunity with the Moore Free Care Clinic. In my new role as clinic RN, I hope to provide continuity of care to our patients and to expand our volunteer list so that our clinic can continue to grow. I would like to encourage each and every one of you to get involved and volunteer; we would love for you to become a part of our family. If you are interested in volunteer opportunities, please call us at the clinic.

Crystal Roberts, RN



If you are interested in becoming a volunteer, just call our office at 910-246-5333.

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211 Trimble Plant Road, Suite C
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WINTER 2010
A Newsletter for Friends and Supporters
of Moore Free Care Clinic
Visit our Website at: www.moorefreecare.org

Challenges Bring Exciting Opportunities for Growth

Since moving to our new clinic in Southern Pines in May 2009, the MFCC has expanded its operations and now has more than 2500 registered patients. Because of the support of many in our medical community, and the community at large, we provide many needful persons in Moore County with high quality health care. While patients are seen by providers at no cost, many patients contribute to the cost of their health care by paying for generic medications, many of which have been reduced in price by generous local pharmacies. By any measure the MFCC has been successful in our limited role of serving some of our neighbors who have no health insurance and who live at or below 150% of the Federal Poverty level. We have developed wonderful partnerships with the medical community, our generous public and several Foundations. We thank all of you who share in our mission.

As we all know, Moore County has excellent health providers and facilities. However, very often the less fortunate among us do not have access to health care because of the lack of insurance or inadequate coverage. Many of these people are suffering from hypertension, diabetes, and other chronic illnesses, often exacerbated by mental health struggles. Every week we have to turn away people who need and qualify for our services because we simply don't have enough providers to care for them.

In order to better serve even more people in the Sandhills who need more affordable access to primary health care, including those relying on Medicaid and Medicare, the Board of Directors of the MFCC recently decided to apply to become a Federally Qualified Health Center (FQHC). (See elsewhere in this newsletter "What is a Federally Qualified Health Center?")

Becoming an FQHC will provide us with access to significant federal funds from the Department of Health and Human Services (HRSA) under the American Recovery and Reinvestment Act. We have NO guarantee whether we will be awarded such a status, and we will not know until the summer of 2011, at the earliest. What this means, first and foremost, is that we continue to need the financial support of the Sandhills community, and, even

if we are selected to become a FQHC in late 2011, we will STILL need the financial support of this community, because federal funds will only provide a portion of our budgetary needs.

For sure, IF we are chosen to become a FQHC, we will receive some additional funds which will allow us to hire a physician in Family Medicine. This will be a FIRST for the MFCC! Since our beginning in 2004, we have been heavily dependent upon volunteer doctors to care for our patients; and we will continue to need their volunteerism. We are fortunate to have had a Nurse Practitioner on staff during most of these years. Federal funds will allow us to have a MD as well as mid-level providers, along with increased nursing staff. IF awarded this funding we will be able to at least TRIPLE the number of persons for whom we care.

This means that we will not have to discharge uninsured patients who roll onto Medicare or Medicaid, because as a FQHC we will be able to serve these persons. In addition, we will NOT desire to compete with other primary care practices in the area, but we will take patients whom other private practices, for whatever reason, are not able to serve. Our primary commitment will always be to those who are uninsured. Furthermore, the community will be able to benefit from our recruiting of primary care physicians via Federal loan repayment and in the sharing of such physicians with private practices.

Deciding to seek such federal funding was not an easy decision. And, again, there is also very little assurance that we will be awarded such funding. The application for these dollars is extremely competitive. We have "bragged" since our beginning that "we do not take a dime of government money!" Nevertheless, it has become very clear to us that this community, while extremely generous to the clinic, cannot continue to provide ALL the funds necessary to help us serve the deserving people in Moore County who need our services. Too many people are being left out. We know that you, our supporters, desire for our clinic to care for even more people who are lacking access to health care. The Sandhills medical community is very supportive of our

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Relations, St. Joseph of the Pines*
Mary Pappas, *Co-Chair Golf #7
Breast Cancer Detection Event*

Our Mission

With a spirit of compassion and with the utmost respect for the dignity of all persons, the Moore Free Care Clinic provides high quality primary, preventive and specialty care to limited income people of Moore County who are uninsured and can't afford access to health care.

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Our Community Partners



The Duke Endowment



ST. JOSEPH of the PINES



Pinehurst Neurology
Carolina Eye Associates PA
Drs. Monroe and Monroe, General Dentistry
Neese Family Health Clinic
Pinehurst Radiology
Moore County Health Department
Southern Pines Physical Therapy
John W. and Marjorie A. Roffe Endowment
Moore County Community Foundation
The Cannon Foundation
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Cooper's Pharmacy



MFCC has been accredited by the Better Business Bureau of Eastern North Carolina for maintaining high standards of honesty and integrity.

application to be federally qualified and we have received many support letters to accompany our application.

Thank you for your support as we seek this source of funding. We will inform you just as soon as we receive a response to our application, which will be submitted to the Federal government on December 17. Again, we will not know about the outcome until next summer, 2011. We will need your continued support for our operations throughout 2011, and, WITH or WITHOUT such funds, we will continue to need your generosity. We will not be able to continue to serve the medically underserved of the Sandhills without the continuing support of the whole community. Thank you for all that you do.

Mark W. Wethington, Ph.D., CEO

What is a Federally Qualified Health Center?

For more than 40 years, HRSA-supported Health Centers have provided comprehensive, culturally competent, quality primary health care services to medically underserved communities and vulnerable populations.

Health centers are community-based and patient-directed organizations that serve populations with limited access to health care. These include low income populations, the uninsured, those with limited English proficiency, migrant and seasonal farm workers, individuals and families experiencing homelessness, and those living in public housing.

Health Center Program Fundamentals

- Located in or serve a high need community (designated Medically Underserved Area or Population).
- Governed by a community board composed of a majority (51% or more) of health center patients who represent the population served.
- Provide comprehensive primary health care services as well as supportive services (education, translation and transportation, etc.) that promote access to health care.
- Provide services available to all with fees adjusted based on ability to pay.
- Meet other performance and accountability requirements regarding administrative, clinical, and financial operations.

Sixth Annual Moore Dining in the Pines Raises over \$33,000

Dinners were held during the month of October during the Sixth Annual Moore Dining in the Pines (DIP) fundraiser which netted over \$33,000 for the MFCC. Guests purchased tickets to attend with 100% of the donation going to the MFCC to assist low-income and uninsured patients obtain health care. An on-line auction and ebay auction presented opportunities to bid on a many donated items.

Bobbi Erdman has graciously chaired this committee for the past six years during which time Moore Dining in the Pines has raised \$295,421 for the MFCC. Without the tireless efforts of Bobbi and her committee members this wouldn't have been possible. Seven ladies who have worked on committees alongside Bobbi for the last six years are: Terry Clark, Dolores Flashman, Louise Kennedy, Kathy Lannon, Ginger Lash, Mary Schneider, and Talie Tuffnell.

We thank Bobbi for her leadership which has made Moore Dining in the Pines a huge success. Bobbi has decided to step down so we will be looking for someone to take on the challenge of organizing the 2011 Moore Dining in the Pines. If you are interested, call Debbie Whitley at the clinic, 910-246-5333.

Unique Partnership Forged "Together We Can Do MOORE"

What began as a dream to bring health and human services to people without access to healthcare in the rural areas of Moore County, has become a reality. Thanks to the support of US Congressman, Representative Howard Coble and the assistance of Catholic Health East, the parent company of St. Joseph of the Pines, a proposal was submitted in April of 2009 to the Health Resources and Human Services Administration (HRSA) for appropriation money to up-fit an 18-wheeler semi with two clinical exam rooms, offices for screening patients, a storage area for clothing and food and a stage for wellness information and health education and cultural events.

It was proposed that the vehicle travel to the rural parts of the county to bring services to those without insurance and access to care. The bill passed the House of Representatives in July of 2009 and was part of the Omnibus bill, with the project included, passed by President Obama at the end of December 2009. In August of 2010 St. Joseph of the Pines (SJP) received the Notice of Grant Award for \$448,470.00.

Spevco, a special vehicles company headquartered in Winston-Salem, NC is building the vehicle. The trailer will bear the name "Together We Can Do Moore." The semi trailer will house two pop-out clinical exam rooms. Each will have running water and will have medical



equipment for medical and dental procedures and screenings. Computers will be located in office areas for screening and eligibility purposes. A stage will be stored beneath the belly of the trailer and will be hydraulically operated. From the stage, educational classes will take place, speakers will present information on wellness, exercise, etc. and there will be cultural events.

As Director of Community Relations at SJP, I have been working at keeping this project alive in the county since 2009 by speaking with local community organizations and garnering their support, participation and enthusiasm. Every organization I speak to has agreed to partner with us. Together we really can do more. Incredible people are reaching out to help those less fortunate than themselves in rural Moore County. The semi will be a funnel for the Moore Free Care Clinic and a satellite office for the clinic to see their rural patients.

Plans are underway to hold a "semi-formal, semi/18 wheeler fundraiser in the spring and begin programming to bring health and human services to the rural parts of the county by the late spring of 2011.

Susie Buchanan
MFCC Volunteer

First Annual Golf #7 Breast Cancer Detection Event

While snow was falling in Pinehurst and many of us were stuck inside during the coldest winter in thirty years, several women members from Pinehurst Resort & Country Club No. 7 began organizing a benefit for breast cancer awareness. We met in February 2010 to begin tossing around ideas. Our first consideration was to donate to the Susan G. Komen Foundation but the more we thought about it, the more we realized that making a larger impact to our own community would be more rewarding - 'staying local was the answer'. Though Susan Komen is a very worthwhile cause none of their funds earmarked for Raleigh NC come down to Moore County.

Having spoken with Moore Free Care Clinic (MFCC) and many of the medical practices in the area, we found that there is a void and tremendous need at the MFCC to provide screening mammograms to the limited income and uninsured women in the county who have difficulty accessing health care. Committees were soon organized and after countless hours of planning and diligent work, the First Annual Golf #7 Breast Cancer Detection event became a reality. This one-day event raised in excess of \$31,000 for the MFCC.

Mary Pappas, Event Co-Chair



Volunteers who help to plan the Pinehurst Resorts Golf #7 Tournament Breast Cancer Detection Event. Back row left to right: Ro Kachel, Lisa Carothers, Debbie Fitzgerald, Mary Corry, Darya Glass, Mary Pappas, Julie Lemma and Jill Saum. Front row left to right are: Franny Stewart, Enid Menzies, and Bonnie Dingman.



Luminaries were given in honor or memory of individuals during the Pinehurst Resorts Golf #7 Breast Cancer Detection Event. Pictured is Lisa Carothers who chaired the decorating committee for the evening portion of the event.