



Annual Report 2025

Community Lifestyle Medicine Program



First Lifestyle Medicine Class

The Community Care Clinic's Dr. Amy Wilson did something unique in 2025, offering a class for anyone interested in understanding how the "six pillars" of Lifestyle Medicine (LM) directly affect health. These pillars—optimal nutrition, physical activity, restorative sleep, stress management, social connectedness, and risky substance avoidance – are interconnected and can impact up to 80% of chronic disease. Dr. Wilson has been practicing LM for more than five years with clinic patients. In 2025, group classes were introduced to anyone in the community.

The eleven-week class was also a research project for the Nutrition/Exercise Sciences faculty at Catawba College. Drs. Suzanne Bowser and Brittany Smith partnered with Dr. Wilson in leading the classes. Each participant received labs indicating blood glucose and cholesterol levels, body composition measurements, and a one-on-one appointment with Dr. Wilson prior to and at the completion of the class. Each week, the group learned about one of the pillars through a data-driven interactive presentation. Physical activity was a component of each class, including chair yoga, exercises in the parking lot, and even walks when the

weather cooperated. Each week included a healthy snack and recipes to make at home. Sessions would end with mindfulness exercises through The Lift Project, designed to "lift" individuals and groups through positive psychology.

At the end of the eleven weeks, participants were again assessed through labs and body composition, but also by evaluating how positive change might affect all facets of living to include relationships, stress management and the like. Responses from participants include: "I plan to be an ambassador of this program and information." "I appreciated the overall information and hospitality. I loved the recipes." "This program is one of the absolute best things that I have ever done for myself. I learned things in class that amaze me and I am committed to making the changes to help me be healthier." Even with a small sample size (20 participants), percent body fat and body fat mass were significantly different and average daily steps increased by 433.

If you or someone you know is interested in the class, please contact the clinic at (704) 636-4523. The classes run from February-April and September-November of each year.



Participant doing body composition scan

2025

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Executive Director

From the Executive Director:

2025... Strategic Planning in the Age of Uncertainty

In the summer of 2024, the Board of Directors was ready and willing to begin a new strategic plan that would span 2025-2027. At the time, I could think of nothing WORSE. Now, if you know me, you know I'm a "woman with a list" as my husband likes to say. I LOVE a good plan. When we go on vacation, I can spend hours researching the area, how to get there, towns we'll drive through, etc. What I came to realize that summer was that I was stuck – maybe even a little burned out. Not with the clinic, but with the ever-changing landscape of healthcare and health coverage across the state and the country. We had maneuvered seamlessly through Medicaid Expansion the year before, we had assumed all the Good Shepherd Clinic patients, we had hired some bilingual staff, but what's next? I didn't have a clue, and I will let you in on a secret – I still don't! I tell the staff and Board of Directors all of the time – if you hear someone say that they know what's coming next, they are lying.

We finally did create a "Strategic Framework" (for some reason, that word made me feel better). Working together with the staff and Board of Directors made me realize (again!) that no matter if we can predict the future or not, we remain constant in what we do best: serve our neighbors in need.

In saying this, you will read throughout this issue about the wonderful things we continue to create – including hiring a part-time mental health counselor for the first time in our history!



*Krista Woolly
Executive Director*

I can't be more thrilled that we've added another important component to our wrap-around services for those neighbors who don't have the health coverage they need.

Finally, a little plug for a large community event that we are hosting. On March 6-7, 2026, at the Rowan County Events Center (formerly the JCPenney's), the NC Missions of Mercy

(MOM) dental clinic will be held. This is our fourth time sponsoring this event, and it takes lots of community volunteers and dental professionals. If you feel so inclined, please help us out by registering at <https://ncdentalfoundation.org/events/>. As always, I so appreciate our community who supports and encourages us each year to continue this important work. For 30 years, our neighbors have received compassionate care in a supportive environment that so often leads to personal and occupational success.

Peace and blessings,
Krista Woolly



*Community Care Clinic staff celebrating
Christmas 2025*

The Community Care Clinic of Rowan County provides medical, dental and pharmacy services to over 800 uninsured adults in Rowan County.

Community and Behavioral Health...Finally!

The clinic is thrilled to announce that Emily Avalos, a bilingual Mental Health Counselor, has joined our clinic staff. Emily is a Mexican-American, a Salisbury native, and a two-time Catawba College graduate. She will bring expanded mental health services to our patients. Emily practices from a patient-centered approach while integrating a multicultural perspective to support patients in their growth.

For some time, clinic staff have recognized the vital connection between mental health and overall wellness – it’s a lot like we’ve always said about dental health. It is hard to be completely healthy if one or more systems is failing. This expansion is especially meaningful for our underserved Rowan County community members who face barriers to obtaining mental health care due to insurance limitations.

Emily's addition to our team represents a significant step in our mission. We look forward to the positive impact these services will have on our patients' lives. Currently, Emily is part-time and referrals come directly from the Medical Director. “Mental health is an essential part of wellness and is often overlooked due to stigma. I want people to know that it is okay to ask for help and feel empowered in their healing journey. I feel honored to be a part of this team and look forward to serving Rowan County community members,” says Avalos.



Emily Avalos, Mental Health Counselor



*Mayra Mosquera,
Community Health
Worker*

Additionally, the clinic hired Mayra Mosquera as the first Community Health Worker (CHW) in the history of the clinic. Mayra, originally from New York, is married to Jason, a newly minted City of Salisbury police officer. A Community Health Worker is a trusted, frontline public health professional who acts as a bridge between communities and health/social services, using their deep understanding of the community to provide outreach, education, advocacy, and support in helping people access resources and manage health issues.

In December of 2025, Mayra completed her CHW certification and began working with patients to connect them to local resources. “Advocacy and education go a long way. I believe many people struggle in ways that could be relieved by someone asking the right questions and connecting them to the right person. I am glad to stand in the gap for our patients, when necessary, but also to walk with them and help them navigate what was once daunting,” says Mosquera.

“These two hires have been a dream of the clinic for several years,” says Krista Woolly, Executive Director. “Always striving to meet people where they are, mental health and advocacy/support have shown to complete wrap around services of a safety net clinic. We are fortunate to be able to provide these services to our Rowan County residents and we hope that patient success is an outcome.”

The clinic is available to Rowan County residents, age 19 or over, who have no access to insurance, Medicare, Medicaid or VA benefits and earn less than 300% of the Federal Poverty Level.

Community Support & Clinic Updates



CCC Staff at Literacy Council Training

Literacy Council and Clinic Partnership

In the winter of 2025, the clinic and the Rowan County Literacy Council partnered to begin teaching English classes. Recognizing the clear need among our patient population, this was a meaningful opportunity to better serve Spanish-speaking patients. From the yearly patient satisfaction survey, the clinic found that “understanding your provider during medical and dental appointments” could and did pose a disconnect at times. This partnership felt like a natural fit with our commitment to the social determinants that frequently keep patients from meeting their health goals. The Literacy Council provided valuable training for our staff members, giving them the teaching tools and approaches needed to effectively guide English language learning. “This partnership is so impactful. I look forward to watching it grow and mature as patients become more literate and discover positive health behaviors,” says Sydney Alexander, Program Coordinator of the Rowan County Literacy Council.

Trinity Oaks

In May, the entire staff was again certified in CPR thanks to our partnership with Trinity Oaks and Sandra Cross, RN, MSN. For the last 12 years, the clinic has enjoyed this important collaboration. “Sandra teaches with such an interest in safety, but in a fun and interactive way making the whole experience worthwhile,” says Debbie Hill, Dental Coordinator and clinic OSHA facilitator.



Food Lion

The clinic received grant funding from Food Lion Feeds for the second year in a row to support our Blessing Box, affectionately known as our “Little Free Pantry.” This continued partnership has been instrumental in helping us provide essential food resources to community members in need.

Additionally, the clinic received an unexpected and thoughtful gesture from two Food Lion employees, Jennifer Gebhardt and Jenny



Jenny Love and Jennifer Gebhardt

Love, who personally delivered a generous donation of feminine hygiene products to our clinic. Female patients were so appreciative and thrilled to receive these expensive items so grocery money can go further.



Cologuard offers a convenient and non-invasive approach to colon cancer screening through an at-home testing kit. Given that colon cancer remains the third most common cancer affecting both women and men, access to reliable screening is essential for early detection and prevention. In March 2025, Kevin Lawracy, representative from Cologuard, visited the clinic to introduce these services. Because the clinic is a nonprofit organization serving patients whose income falls below 300% of the federal poverty level, clinic patients qualified. “This was a wonderful opportunity to provide patients with critical preventative care at no cost to them,” Lawracy said. After approximately three months into the partnership, Cologuard expanded their support by offering onsite distribution. Testing kits are now delivered directly to the clinic, allowing the Medical Director to distribute them to eligible, age-appropriate patients. This streamlined approach has made it even easier to connect our patients with this important preventative health service.

Rowan Rotary



Peter Franzese with diabetic bags along side Miriam Basso.

The Rowan Rotary Club continues to support the clinic in meaningful ways, including the creation of specialized



Miriam Basso with donations for The Little Free Pantry.

diabetic care bags, thoughtfully assembled with gender-specific items for both male and female patients. The response from our patients upon receiving these bags was truly heartwarming.

Additionally, Miriam Basso from Rowan Rotary and Community Health Worker Mayra Mosquera went on grocery store trips to fill the Little Free Pantry with shelf-stable healthy options. Thank you, Rowan Rotary!

Community Fairs

The staff at the Community Care Clinic participated in many local events in 2025 to promote services available to Rowan County residents without access to healthcare. From the Martin Luther King, Jr. resource fair, to Back to School night and Hispanic Heritage month, the staff is always willing and ready to take part. If there is an event that the clinic can be a part of, please email at admin@communitycareofrowan.org or call (704) 636-4523 to speak with Deborah Bailey, Office Manager.

Wellness Wednesday + Food Pantry

The clinic's volunteer extraordinaire Andy Basinger continued his commitment by volunteering every week in 2025 for "Wellness Wednesday." During these sessions, patients sample healthy recipes and receive take-home copies they can recreate in their own kitchens. Additionally, Dr. Wilson continues to provide recipes and shelf stable ingredients while in the exam room for those patients interested in making real changes in their diet – taking away any obstacles they may encounter. "This initiative gives patients a genuine opportunity to experience delicious, nutritious, and budget-friendly meals that may be outside a patient's usual routine without the financial risk of buying ingredients for an unfamiliar recipe they're unsure about," says Dr. Amy Wilson. "Our goal is to make healthy eating accessible, achievable, and enjoyable by removing barriers and inspiring confidence in the kitchen."



Andy with Wellness Wednesday food samples



Novant Health Rowan Medical Center

In North Carolina, the average charge for a treat-and-release emergency department visit is \$5,644. By providing care to 841 patients in 2025, the clinic diverted approximately \$4,746,604 in emergency department costs. As part of its commitment to comprehensive patient care, the clinic schedules hospital follow-up appointments for patients without a primary care provider. Uninsured patients are enrolled in the clinic, while those with insurance receive guidance on connecting with a provider for ongoing care. The clinic values its partnership with Novant Health Rowan Medical Center and remains dedicated to supporting patient care initiatives.

The clinic offers diabetes and oral health education, retinal screenings, mammograms and lifestyle medicine, including prescribing exercise to patients and hosting cooking demonstrations.

Community Thanks: Volunteer of the Year & Silent Angel Awards



Mike Fuller and Hilda Zaldivar

The eleventh annual Community Thanks event was hosted at the Peeler Crystal Lounge at Catawba College. The event is held each year to thank donors, volunteers, and community partners for their support to recognize the work of the clinic, and to award the Volunteer of the Year and Silent Angel awards. This year's event was a success with nearly 200 supporters in attendance.

Dr. Aerik Williams, Board Chair, greeted guests and provided an overview of the clinic. "Thank you for your thoughtfulness and thank you for your personal commitment to put others first. Thank you for valuing each member of your community. Not just your friends, family, and colleagues, but for valuing the least of these. Valuing those who go without. Valuing those that may be struggling in this life. We are all human beings after all with a moral charge, an ethical charge, a spiritual charge to look out for each other, to care for each other, to value each other, in this life," said Williams.

Brad Brady, Rev. Henry Diggs, and Wade Furches, outgoing Board Members, were publicly thanked by the Community Care Clinic for all the hard work that they have put into the clinic over the last six years. "They helped us stay on course and supported our efforts when we weren't sure that we could go any longer (COVID-19). Mainly, they've been friends to the staff and the clinic patients – serving humbly and with compassion - lifting our mission and purpose," said Krista Woolly.

Dr. Amy Wilson, Medical Director, presented the 2025 Mike Fuller Volunteer of the Year award to Hilda Zaldivar, PT. The award is named for Mike Fuller, Board member and volunteer pharmacist. "Hilda has been providing physical therapy to our patients for a year now; however, she volunteered for four years at the Good Shepherd's Clinic before it closed last year. Hilda is kind and caring – providing a great need to our patients who often work hard in jobs requiring lots of manual

labor. Hilda comes EVERY Tuesday evening without fail, and our patients are thankful to receive such important care," said Wilson.

Krista Woolly, Executive Director, recognized Patt Legg as the recipient of the 2025 Fred and Alice Stanback Silent Angel award. This award is named for Fred and Alice Stanback who model their lives in service to others and in meeting the needs of the most vulnerable in our community. "I'm very excited about this year's recipient. In all honesty, she should have received this award many years ago! By show of hands, how many of you have passed by the Community Care Clinic and remarked 'I love that beautiful angel on the wall?' Yep, she's been there for the past ten years keeping watch over our patients and staff," said Woolly. "The artist that painted our angel is here tonight. Patt Legg is a member of the Plein Air Artists. Ten years ago, or so, a board member approached the group to see if anyone would be interested in painting an enormous angel for the side of our building. Patt volunteered immediately. She took on this task knowing that it would take away from her painting, which was her livelihood. She put in many hours to make the angel perfect in every way, and we are honored that she and her entire family have joined us tonight." When Patt approached the podium, she told the audience through tears that she herself had utilized the clinic years ago when her late husband was sick and she was his caregiver. "I was so blessed by the care I received that this project has held such a special meaning for me," Legg stated. Notecards with Legg's angel were distributed as thank-you gifts to all who attended.



Krista Woolly, Patt Legg, and Debbie Hill

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Thank You!

Macy's Distribution Center

With the addition of Macy's Distribution Center in China Grove, staff reached out to Alisa Stone, Senior Director, for an opportunity to partner with the clinic. She immediately responded and donated winter coats for our patients. Office Manager Deborah Bailey developed a thoughtful distribution system to ensure equitable access and reach as many patients as possible. Deborah created a welcoming space with clothing racks,



Christmas music and even a Christmas tree allowing each patient to enjoy a personalized shopping experience in which to select their own coat. "We recognize that quality winter coats represent a significant expense for many families. Our patients were delighted to discover that the coats were brand new with tags

still attached. Witnessing their joy during the holiday season was incredibly meaningful," said Bailey. Thank you, Macy's!

Thank you, Alan Rutherford

Wade Furches, Board Treasurer, made a extra presentation during Community Thanks. "This year, we have a special presentation that we have named the Silver Coffee Cup Award. Our guess is this person and others like him have never been given an award for the type of work they do. As many of you might know, non-profits must perform a financial audit each year to make certain that funds are spent correctly and that the leadership has checks and balances. It ranks right up there with going to the dentist! The clinic can be a complicated beast. There are not many medical clinics, dental clinics, and pharmacies that operate under one roof and to be a nonprofit at that," said Furches.

"Alan Rutherford has taken on that task for the last 18 years! He is the consummate professional and friend to the clinic. He made something that can be rather painful for the leadership and others involved as easy as possible. Annually, he makes a presentation to our board – explaining the need for an audit to really provide donors and grantors a financial snapshot that monies raised are spent where they were intended – on patient care." Alan was indeed surprised by the award and provided several kind words about the clinic's business model, leadership and Board of Directors involvement "I have always enjoyed working with the Community Care Clinic because I believe in the mission and know that it is very much needed in Rowan County," Rutherford said.



Wade Furches and Alan Rutherford

2025 Grants:

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Blanche and Julian Robertson Family Foundation
City of Salisbury, CDBG
Direct Relief
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First United Church of Christ Foundation
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Salisbury/Rowan Community Foundation
Salisbury Rowan Heart Ball Fund
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Walgreens

Wish List Items:

Alcohol swabs
Bottled water
Brown lunch bags
Clorox wipes
Cotton balls
Copier paper
Dental floss
Dishwasher liquid
Food Lion gift cards
Gas gift cards
Highlighters
Kleenex
Lawn and leaf bags
Liquid hand soap
Lysol
Paper towels
Pens
Postage stamps
Post-its
Snack sized baggies
Staples gift cards
Tall kitchen trash bags
Toilet paper
Tooth brushes
Travel sized toothpaste
Windex

Staff News

Meal Kits

Practicing Lifestyle Medicine and eating a predominantly plant-based diet was the goal of the “Summer Meal Kits” clinic staff participated in. A healthy recipe was chosen each week, taking into consideration what fresh, local vegetables were available. The goal was to provide an entire meal for a family of 4 for under \$20 to prove that eating healthy and in season does not have to be expensive. Judy Currin, Prescription Assistance Coordinator and co-lead in this initiative, said, “It was so much fun to shop and pack the bags for my co-workers knowing that they could simply go home after a long day at the clinic and have everything they need to make a lovely meal.”



“CareMessage is the technology non-profit building the largest patient engagement platform for low-income populations in the United States,” says Cecelia Corral, co-founder. Clinic staff was proud to be a small part of recognizing CareMessage as a 2025 Catalyst winner through CTIA Wireless Foundation.



Fun Committee

The Fun Committee is always dreaming up new ways to bring our staff together for smiles and laughter, and 2025 was no exception! Throughout the year, we had two spirit weeks with some activities like comfy clothes and coffee, showed off our best Fall fits, got creative with pumpkin carving, and brought our A-game to the annual costume contest.



Pumpkin Carving

Clinic in the Movies

The Clinic was selected to participate in a video shown nationwide featuring our partner, CareMessage. The filming crew spent an entire day at the clinic and with two selected patients to understand how important receiving accurate and timely reminders and announcements are to them.

“Why I serve”: Wade Furches

I joined the Board of Directors of the Community Care Clinic because I knew the Clinic was doing great things and that their services are desperately needed in our community. I saw first-hand what a great staff, including the doctor, dentists, and pharmacist, the Clinic employed. It is a true one-stop shop for our citizens who need that level of customer service the most.

In Matthew 25:40, Jesus says, “Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.” To me, “the least of these” refers to any member of our community who is unserved or underserved. The Clinic takes care of our patients with great treatment and great compassion. When they leave the Clinic, our patients now feel like “the HIGHEST of these,” perhaps grinning from ear to ear with shiny new teeth.

The Community Care Clinic is still sort of a hidden gem in Rowan County. It is one of the best run organizations in the County and serves a much-needed function. I believe the Clinic has earned “well done, my good and faithful servants.” I feel honored to have my name associated with the Board of the Community Care Clinic.



Wade Furches, Board Treasurer from 2020-2025

Our Mission: To provide primary medical and dental care and prescription medications to qualified and underserved adults in Rowan County.

Businesses, Organizations, & Volunteers

Atlanta Dental
 Boyden High School, class of 1959
 Bradshaw Real Estate
 Bread Riot
 Bristol-Myers Squibb employee matching
 Cables and Volts Contracting
 Catawba College
 Charity League of Salisbury
 CheckIt4Andretti Foundation
 Delta Sigma Theta Sorority
 Dermatology Group of Carolinas
 Dr. James Mazur, DPM
 Faith Lutheran Church
 Faith Temple Triumphant Ministries
 First Prebyterian Church
 - Discovery Sunday School Class
 - Everyman's Bible Class
 First United Methodist Church Women
 Fulton Lodge No. 99
 Godley's Garden Center and Nursery
 Granite Quarry Civitan Club
 Haven Lutheran Church Endowment Fund
 Health Reach Free Clinic
 Healthy Rowan
 Hearing Solutions of N.C.
 Howard Brown Agency, Inc.
 LabCorp
 Landmark Church
 Lexington Dental Lab
 Lutheran Services Carolinas
 Main Street Marketplace and Meeting Place
 Mecklenberg Radiology Associates
 Metrolina Nephrology Assoc.
 Milford Hill United Methodist Church
 - Crosstalk Sunday School Class
 - Golden Rule Sunday School Class

Mull Dental Lab
 Novant Health - Cancer Institute
 Novant Health - Heart and Vascular
 Novant Health - Community Engagement
 Novant Health - Salisbury Surgical Assoc.
 Organ Lutheran Church
 Prevent Blindness N.C.
 Providence United Methodist Women
 Rowan County Health Dept.
 Rowan County Retired Teacher's Association
 Rowan Diagnostic Clinic
 RDC Digestive Health Associates
 RDC Allergy and Asthma
 Rowan Helping Ministries
 Rowan Regional Pathology Associates
 Rowan Rotary Club
 Rowan-Cabarrus Community College
 Ruffy-Holmes Senior Center
 Salisbury Endodontics
 Salisbury Eyecare & Eyewear
 Salisbury High School - Career & Technical Education
 Salisbury High School - Junior Civitans
 Salisbury Pediatrics
 Salisbury Rowan Church Women
 Shiloh United Methodist Church
 Sims Family Foundation INC.
 Spencer Chapter 1197, Women of the Moose
 St. James Lutheran Church
 staff of Dr. Jonathan Huffman, DDS
 Sugar Check Charity
 The Pedal Factory
 Union Lutheran Church
 Walser Technology Group
 Windsor Gallery Fine Jewelers, Inc.
 XI ALPHA DELTA Chapter of BETA SIGMA PHI

Miss Elizabeth Applewhite
 Miss Lucy Barr
 Mr. Andy Basinger
 Mrs. Lisa Black
 Mr. Nicholas Black
 Mr. Brad Brady
 Rev. Virginia Brown
 Dr. Valire Copeland
 Rev. Henry Diggs
 Mrs. Amanda Faggart
 Mr. Mike Fuller
 Mr. Wade Furches
 Mrs. Donna Greene
 Miss Shirley Guo
 Miss Ashlyn Hannah
 Miss Georgia Heilig
 Miss Lucy Heilig
 Mrs. Mary Henley
 Mrs. Wanda Honeycutt
 Mrs. Vicki Hunter
 Mr. Mark Hunter
 Dr. Kiran Jagarlamudi
 Mr. Ansh Apur Kamdar
 Dr. Vineet Korrapati
 Miss Addisyn Keen
 Mrs. Evelyn Medina
 Miss Katie Peeler
 Mr. Bryson Shive
 Mr. Rod Teat
 Mrs. Nichole Towns
 Miss Makara Trick
 Dr. Aerik Williams
 Dr. Kobi Wilmot
 Mrs. Hilda Zaldivar
 Campbell Medical Students
 UNC Medical Students

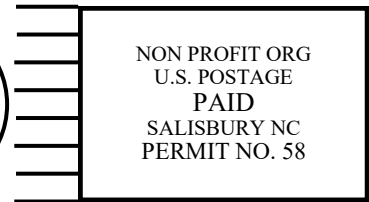
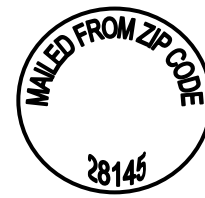


A visit from State Rep. Grant Campbell, MD



Catawba student McKenzie Peurifoy delivers Food Lion meal kits for our patients.

Our Vision: To ensure access to primary healthcare is available to all Rowan County residents through service provision and/or collaboration with other resources.



315-G Mocksville Ave.
Salisbury, NC 28144

www.communitycareofrowan.org
704-636-4523

Like us on Facebook!



Follow us on Instagram!



2025 at a glance

841 unduplicated patients served
 379 new patients
 1,039 medical visits
 1,748 dental visits
 7,411 dental procedures performed
 7,157 prescriptions dispensed
 83% of patients are employed
 96% of patients report an improvement in their health
 720 patients received medications
Demographics: 62% Hispanic
 20% Caucasian
 17% African American
 1% Other
 54% Female
 46% Male

Statement of Activities

(January 1 - December 31, 2025)

<u>Support and Revenue</u>	<u>2025</u>
Foundations/Grants	504,150
Individual Contributions	773,363
Fundraising	181,952
Patient Administrative Fee	9,349
Misc. Income	<u>17,616</u>
	\$1,486,430
Expenses	
Services to Patients	803,562
Management/Office	259,826
Fundraising/Volunteer	<u>13,388</u>
	\$1,076,776