



# Apple Corps—Spring 2023

## Dining with the Chefs

### “UNPLUGGED”

MONTGOMERY COUNTY FREE CLINIC, INC.

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Our creative chefs (Rick Warner, Lali Hess, and Jason Alexander) have “cooked up” a new plan for our 9th Annual Dining with the Chefs on Saturday, August 12, 2023! The new format for the Montgomery County Free Clinic’s biggest fundraiser will be interactive, entertaining, and educational. It will be—in a word—**unplugged**.

We’ve unplugged the traditional head-table and will set up four workstations along the perimeter of the seated dining area. *“In cheflingo, we call stations, ‘the back of the house.’ Dinner, this year, will consist of a series of small plates prepared in real-time by each chef at our stations. Guests will be able to watch the production up close and ask questions. Lali, Jason, and I are excited to have figured out a way to make this great event even more interactive!”* added Rick Warner (Chef, Wabash Professor,

and long-time Free Clinic supporter).

Meal preparation will continue in batches throughout the evening, so your plate will always be hot and fresh! Since the dinner is planned as a series of small plates (a.k.a. tapas style) there will be no particular prescribed order of dishes. Table seating is still available as your “home base,” with a wine pairing for each dish. The program will include honored guests, volunteers awards, and a special request to fund our work to serve un- and under-insured residents of Montgomery County. A delicious dessert will be served at the end of the program in conjunction with closing remarks.

*“In this media-drenched, multi-tasking, always-on age, many of us have forgotten how to unplug and immerse ourselves completely in the moment. We have forgotten how*



*to slow down. Not surprisingly this fast-forward culture is taking a toll on everything from our diet and health to our work and the environment,”* said Carl Honore, Canadian journalist. On August 12th, we invite you to unplug with us, as we come together to focus on our mission. Your support as a sponsor or dinner guest will help ensure that Montgomery County residents do not go without basic needs, like food, medicine, and care from licensed medical staff. For much more information about sponsorship and tickets, please visit [mcfreeclinic.org](http://mcfreeclinic.org)

**THANK YOU to the 2023 Dining with the Chefs sponsors who have already committed:** Amy McCormick, Bill Doemel, Elizabeth Thompson Herrin, JM Thompson Insurance, Julie Bergfors, Wabash College, Wendy Brogioli. Also, special thanks to Rick Warner, Lali Hess, Jason Alexander, and Bon Appetit Catering! Let’s add your name today!



*A special Thank You to CEL&P for the printing of the newsletter!*

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[www.mcfreeclinic.org](http://www.mcfreeclinic.org)

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# Student Outreach Clinic Shares History and Appreciation to MCFC

The Student Outreach Clinic (SOC) is an important element of civic engagement and educational experience at Indiana University (IU). In the dental sector of the SOC, dental students and faculty dentists volunteer to serve our neighborhoods in local communities by diagnosing and performing treatments for acute and chronic conditions. As students, this allows us to contribute to the betterment of oral health and dental education in our communities, while helping us to understand the unique experience of our under-resourced and uninsured patients. The SOC first began in 2008 and operated from a community clinic in Indianapolis. As a student board, we organize clinic sessions and manage operations, in conjunction with our faculty adviser, Dr. Michael



Sovanich. In August 2021, we began serving our neighbors in Montgomery County with the support and generosity of the Montgomery County Free Clinic and Dr. Janet Rucker. This relationship between the SOC and MCFC has been immeasurable in allowing us to provide treatment for those in need. Without the support of MCFC, we would not be able to provide this care for our community members. In the first eight months at MCFC, over \$35,000 worth of care was provided to the community. This was performed in 26 clinic sessions and 584 procedures. At a Saturday clinic session, our volunteer team consists of one faculty attending dentist and eight student volunteers. Two student board members help with administrative duties including checking in patients, filing notes, and tracking procedures. Four student providers and assistants diagnose conditions and perform treatment. Two student sterilization helpers ensure infection control is followed and maintain equipment supplies. Our sessions at MCFC allow us to participate in the various components of a dental clinic with individualized instruction and advice from our faculty volunteers.

The SOC would not be where we are today without the support of the MCFC, Dr. Rucker and Dr. Sovanich. The affiliation with MCFC has empowered us, post-Covid, to return to providing care to those most in need. Dr. Rucker has been an incredible advocate for the SOC and our community. We are continuously benefiting from her enthusiasm as a community dentist and as an educator. We are very fortunate to have support from staff at MCFC during our Saturday sessions—be it baked goods, scheduling patients or help finding equipment, we are so appreciative to have had MCFC as a dental home for the community and for the SOC.

Article submitted by the IU SOC.  
MCFC thanks you for your service!



## News from Meals on Wheels

Meals on Wheels participated in the 21st Annual March for Meals—a month-long, nationwide celebration of Meals On Wheels and our senior neighbors who rely on this essential service to remain healthy and independent at home, now even more so amid a lingering pandemic and high inflation. The annual March for Meals celebration commemorated the historic day in March of 1972 when President Nixon signed into law a measure that amended the Older Americans Act of 1965 to include a national nutrition program for seniors 60 years and older. This critical support and federal funding has fueled the growth of Meals on Wheels network for more than 50 years. About 50 seniors from Crawfordsville are provided a hot meal (and optional sack lunch) Monday-Friday. Loyal volunteers package and deliver the meals everyday except Thanksgiving

and Christmas. Their visit also acts as a wellness check as more than 70% of the recipients live alone.



*Volunteers Gary and Theresa Tyner picking up meals at the hospital.*

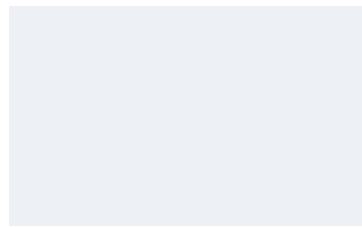
### More News:

- Joined the national organization in January to take advantage of MoW specific grants and opportunities.
  - Handed out homemade blankets courtesy of Warm Up, America
  - March for Meals: invited local VIPS to ride with a veteran driver to raise awareness of community needs.
  - Will be celebrating our marvelous volunteers during April for National Volunteer Month.
  - New requirements for additional insurance means license checks and signed waivers of responsibility.
  - Mayor proclaims it March for Meals Month in Crawfordsville
- As always your support of Crawfordsville Meals on Wheels is greatly appreciated. For more information on how you can volunteer, contribute or speak out for our seniors please contact Pat Stull at 364-9261 or visit [mcfreeclinic.org](http://mcfreeclinic.org).*

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## Inside Story Headline

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# Organization

**MONTGOMERY COUNTY FREE  
CLINIC, INC.**

Back Page Story Headline

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