





A YOUNG GIRL was walking along a beach upon which thousands of starfish had been washed up during a terrible storm.

When she came to each starfish, she would pick it up, and throw it back into the ocean. People watched her with amusement.

She had been doing this for some time when a man approached her and said, "Little girl, why are you doing this? Look at this beach! You can't save all these starfish. You can't begin to make a difference!" The girl seemed crushed, suddenly deflated. But after a few moments, she bent down, picked up another starfish, and hurled it as far as she could into the ocean. Then she looked up at the man and replied, "Well, I made a difference to that one!"

The old man looked at the girl inquisitively and thought about what she had done and said. Inspired, he joined the little girl in throwing starfish back into the sea. Soon others joined, and all the starfish were saved.

one selfless act CAN make a DIFFERENCE...

One little girl donated books to brighten the days for children hospitalized at Cape Fear Valley Health. One local real estate association collected teddy bears. A bowling league and a high school volleyball team each gathered dollars and cents and pledges for those suffering with cancer and for heart patients right here in Cumberland County.

They rescued their own starfish, in their own ways, as they gave to the Cape Fear Valley Health Foundation.

YOU CAN TOO.

Together, we can put all our efforts, big and small, to work for your neighbors, friends and family who find themselves needing the services of Cape Fear Valley Health. We can't all be in the operating suite or deliver radiation therapy or unblock a clogged artery. We can, however, still make a difference.

- adapted from the Star Thrower by Loren C. Eiseley

STAR throwing at the CAPE FEAR VALLEY HEALTH FOUNDATION

by vincent benbenek, vice president, cape fear valley health foundation

Welcome to our first issue of *making a DIFFERENCE*

If you are not familiar with the Cape Fear Valley Health Foundation or its six Friends groups, you are missing out on an important piece of our community's healthcare. Through the generosity of caring individuals, organizations and businesses in our community, the Foundation is able to provide help, hope and healing to families in need right here at home.

Cape Fear Valley Health Foundation is proud to provide you with this first issue of our new magazine. In its pages, you'll find information on upcoming events, as well as stories showing how your donations benefit our community.

Cape Fear Valley Health has more than 1 million patient visits annually. From its fleet of ambulances that deliver pre-hospital care to your door, to its Emergency Department that will deliver both lifesaving and routine care 130,000 times this year alone, to its nationally-accredited Cancer Treatment and CyberKnife Center, Cape Fear Valley Health touches so many lives in so many ways.

After reading this magazine, I hope you will come to believe as I do that Cape Fear Valley Health Foundation should have a place in your charitable giving. Alone, we can only do a little. *Together, we can do so much.*

Lucy Jones
BOARD CHAIR, CAPE FEAR VALLEY HEALTH FOUNDATION

Why do so many give to the Cape Fear Valley Health Foundation?

Their reasons are as varied and as individual as the "star throwers" who give of their time, their energies, their pennies and their dollars to make a difference in the lives of others.

For Lonnie Player, it was more than the expert cardiac surgeons who performed his quintuple bypass surgery. The Foundation supported his cardiac rehabilitation, the nutritional plans and the careful, but vital exercise regimen he received. He follows those routines even today, more than 16 years after his third heart attack and subsequent bypass surgery.

"These donors and volunteers provide things that are not traditionally provided for by a medical center," says Lonnie, former Chair of the Foundation. "These things, such as the new EKG equipment on the ambulances, make a difference.

They help give our patients the finest medical care we can offer."

Laurin and Beverly Cooper also have a very personal reason for supporting the Foundation. Their twins were born at just 23 weeks. Special Giraffe beds, donated by the Foundation, provided an artificial womb, keeping the babies warm and cozy as they fought the numerous complications of their prematurity and grew big and strong enough to go home.

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"While we can't all be in the operating suite or deliver radiation therapy or unblock a clogged artery, we make a difference. We can put all our efforts, big and small, to work for our neighbors, friends and family..."

"I honestly believe that without them [the giraffe beds], I don't think our boys would have made it," says Laurin.

Just as important as the programs and equipment, are the volunteers. Brad Loase and his mother, both cancer survivors, point to the wonderful things the staff and volunteers do at the cancer center.

"It's a magical place," says Brad. "They are the most amazing people, and the work they do is unbelievable."

Their efforts cover the costs of wigs and turbans for those undergoing chemotherapy. Transportation to and from appointments. Free or subsidized extended stays at the Stanton Hospitality House for out-of-town families visiting loved ones in the hospital. Foundation donations even provide a burial fund for infants when parents, already wracked with grief, lack the funds for a proper burial.

Foundation volunteers are "star throwers" who take pressure off, who understand how little things can make it easier for patients and family, who are genuinely happy to see you, who have their own stories of pain, fear and anxiety, and yet give of themselves to donate their time and money to help patients and families here in Cumberland County.

Despite all that Foundation staff, survivors, volunteers and donors do to comfort patients and families, there always remains more to do. That's because hospitals like Cape Fear Valley Health continue to have their budgets stretched in ways that might otherwise compromise care. While we can't all be in the operating suite or deliver radiation therapy or unblock a clogged artery, we can make a difference. We can put all our efforts, big and small, to work for our neighbors, friends and family who find themselves needing the services of Cape Fear Valley Health.

There are still starfish to rescue.

They need star throwers like you.







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GOLF CLASSIC benefits CHILDREN, scores hole-in-one!

by GINNY DEFFENDALL



Previously titled the L.B. Floyd Dogwood Children's Classic after legendary golfer L.B. Floyd, the Friends of Children Golf Classic has been raising funds for Cape Fear Valley Health Foundation Friends of Children programming since 1996. Proceeds raised from tournaments have provided Cape Fear Valley Health System with child-friendly equipment, such as a therapeutic playground for children in wheelchairs and leg braces, pediatric orthopedic surgical instruments and a SimBaby – a life-size computerized mannequin to train Emergency Medical Services personnel.

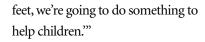
Cape Fear Valley's Pediatric Asthma program and the Pediatric Diabetes and Endocrine Center also receive funds from the Golf Classic. Modernizations and makeovers to the pediatric areas of Cape Fear Valley Medical Center, including the Children's Emergency Department and Neonatal Intensive Care Unit, were also made possible by donations received from tournaments past. Currently, the

Pediatric Intensive Care Unit is receiving a child-friendly makeover that will more closely reflect the level of care and compassion that children receive in this area.

For Tom Costello, tournament co-chair and General Manager of presenting sponsor Rick Hendrick Toyota, the day had special significance.

Between the ages of 13 and 18, Tom's daughter had been in and out of the hospital with pancreas problems.

"My daughter had undergone several surgeries," he says. "My wife, Marilynn, and I said, 'When she is up and on her



When Costello saw an ad in the newspaper for the Friends of Children Golf Tournament, he saw an opportunity to help out.

"I enjoy it," he says. "I can't describe the feeling. It just feels great."

Costello's desire to help has spread throughout his life. His dealership, Rick Hendrick Toyota, has Friends of Children as its number one charity. Costello is also involving his friends.

Presented by:











"I remember when we purchased Cape Fear Valley's first ever Giraffe bed... what a great feeling. Now the hospital has nearly a dozen of those beds!"

- TOM COSTELLO

Four years ago, he invited Duane DeGaetano, owner of Construction Systems, Inc., to join him in the tournament. Now they are serving as co-chairs for the event.

"We've done a lot of small things together," says DeGaetano. "We wanted to do something major for the community. Friends of Children is a great way to do that."

Costello and DeGaetano don't just offer their time to the Friends of Children Golf Classic, they serve on the Cape Fear Valley Health Foundation Board of Directors.



"The time commitment is nothing," says Costello. "If you have ever sat in the hospital with your daughter, wondering how she is going to turn out, it's minor."

Tom's daughter is doing very well now. She had her pancreas removed, and she is in good health. But Tom still remembers all the hours waiting in the hospital, feeling helpless. This is what motivates him to help other children and their families through Friends of Children programming.

"I remember when we purchased Cape Fear Valley's first ever Giraffe bed," he says. "What a great feeling. Now the hospital has nearly a dozen of those beds!"



CHARLENE WYATT OF VALLEY AUTO WORLD WONDERS WHY THE RICK HENDRICK TOYOTA GOLF TEAMS KEEP WINNING THE PRIZES. BACK ROW FROM LEFT, DUANE DEGAETANO, RANDY NEWBOLD AND TOM COSTELLO OF RICK HENDRICK TOYOTA.

The Giraffe bed Costello is speaking of is a special platform bed with a warming incubator created to simulate a mother's womb. Giraffe beds also have rotating mattresses that reduce the need for delicate, low-weight babies to be moved for medical procedures, thus increasing their odds of survival.

The purchase of Cape Fear Valley's first Giraffe bed was a milestone for Friends of Children. Now, as Costello says, the Neonatal Intensive Care Unit has eleven Giraffe beds available for babies in need.

This year's funds – more than \$140,000 – will be used to create a family waiting area for the Pediatric Intensive Care Unit.

save the DATE

THURSDAY, MAY 16, 2013

Enjoy a full day of great golf, food, friends and fellowship

at the 2013 Friends of Children Golf Classic at Highland Country Club.

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"There's always a place for someone to give his or her time and talent...The hospital touches so many people in the community. The only way to keep improving is to get folks engaged. I feel we've got an obligation to give back."

- DUANE DEGAETANO

"The waiting room will provide a calm, comfortable, peaceful environment for parents to take a much-needed break, yet still remain close to their child," says Sabrina Brooks, Foundation Development Manager.

As the tournament grows each year, more opportunities to make improvements to children's services throughout the health system will present themselves. Costello and DeGaetano already have their eyes on the future.

"This year we moved the tournament to Highland Country Club," Costello says. "We wanted to take advantage of the proximity to downtown Fayetteville, and the club already has many doctors as members."

The idea proved successful as the Classic found itself with a sold out course – 132 golfers. The dinner following the tournament, which featured a wine tasting and silent auction, had more than 200 attendees. If the growing trend continues, the 2013 Friends of Children Golf Classic will be even bigger.

"It was great," says DeGaetano. "Due to the economy, we've had trouble getting participants in prior years. This year we actually had some folks who wanted to participate for whom we didn't have room."

"Next year we are running two flights," says Costello. "There will be 72 spots in the morning and 132 again in the afternoon. We're really hoping it will continue to grow."

For those looking to help, DeGaetano says the more, the merrier.

"There's always a place for someone to give his or her time and talent," he says. "We'd love to have any additional support. The hospital touches so many people in the community. The only way to keep improving is to get folks engaged. I feel we've got an obligation to give back."

Foundation Development Manager Sabrina Brooks appreciates any help the Foundation receives.

"This tournament is made possible each year because of the generosity of our community and the importance placed on providing exceptional healthcare for children," she says. "With a community that cares this much, we have nowhere to go but up!"

FRIENDS of the HEART CENTER GRANT helps SAVE LIVES, improves early HEART ATTACK CARE

by Janet Conway

When a patient is having a heart attack, nearly 85 percent of the damage occurs within the first two hours. That's why hospitals work so hard to get patients to the cath lab as quickly as possible.

Recently Cape Fear Valley Health added special equipment to its ambulances that can cut this time dramatically. The LIFENET system, purchased with a \$76,640 grant from the Cape Fear Valley Health Foundation, allows paramedics to transmit EKGs to Emergency Department physicians in real time. The goal is to reduce time to treatment, known as door-to-balloon time (D2B), for

patients who experience a dangerous type of heart attack known as STEMI (ST-segment Elevation Myocardial Infarction).

D2B time refers to the interval from patient arrival at the hospital to inflation of the balloon catheter within the patient's blocked artery – the shorter the D2B time, the greater the chance of survival.

This equipment made a real difference for 80-year-old Phillip Outterbridge, who lives in western Cumberland County. Outterbridge's D2B time was an incredible 12 minutes. A 90-minute D2B time has become a core quality measure for hospitals nationwide.

It all started when Outterbridge suddenly became weak, started sweating and became short of breath. The pain in this chest was unrelenting. A widower who lives alone, he called neighbor Marion White, to drive him to the hospital.

"Phillip called me and told me he wasn't feeling good," said White. "He was sweating and couldn't breathe. I knew the right thing to do was call 911. I'm not a doctor or nurse, but I knew from my first aid training in the military that it could be a heart attack."



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MR. PHILLIP OUTTERBRIDGE (LEFT) WITH HIS NEIGHBOR, RETIRED ARMY COMMAND SERGEANT MAJOR MARION WHITE.

First responders from Fayetteville Fire Department's Station 8 arrived first. Shortly thereafter, EMS arrived and paramedics hooked Outterbridge up to the 12-lead EKG at 1:22 p.m.

The Emergency Department physician could see the EKG in real time, and a code STEMI was called at 1:23 p.m.

The paramedics began treatment en route to the hospital.

Once the ambulance arrived at
Cape Fear Valley Medical Center's
ambulance garage, paramedics took
the patient directly up the back express
elevator to the cath lab where Dr.
Ginn, an interventional cardiologist,
and the cath team were waiting.

"He was sweating and couldn't breathe. I knew the right thing to do was call 911. I'm not a doctor or nurse, but I knew from my first aid training in the military that it could be a heart attack."

- MARION WHITE

Dr. Ginn already knew what to expect. He was able to read the patient's EKG sent from the field to his smart phone, so he knew exactly where the blockage was – in the right coronary artery, the vessel that supplies blood to the bottom part of the heart. That advance knowledge led to the incredible 12-minute door-to-balloon time.

Thanks to Cape Fear Valley's electronic medical record, Dr. Ginn was also able to pull up Outterbridge's previous medical records before the patient even arrived at the hospital. That gave Dr. Ginn additional information he could use in planning Outterbridge's treatment.

White's decision to call 911 probably saved Outterbridge's life. Too many people take a "wait-and-see" approach when faced with warning signs of a heart attack – and that can be a fatal mistake.

Outterbridge says, "Dr. Ginn told me I got there in the nick of time. He told me I should go home and hug my neighbor."

And Outterbridge did just that.



WHETHER YOU are a SURVIVOR or you know someone who is FIGHTING, CANCER is a disease that TOUCHES US ALL.

ribbon walk preview by ginny deffendall

It takes a lot to fight cancer. Not only does it take the strength and determination of patients and their friends and family, it takes world-class doctors, highly skilled nurses and state-of-theart equipment.

Sherry Jackson, an RN on the Cape Fear Valley Pediatrics Unit, knows all too well the strength needed to battle cancer. In 2004, she was diagnosed with Stage 4 Non-Hodgkin's lymphoma. What followed were three rounds of chemotherapy which took a rough toll on her body.



But Jackson knows Cape Fear Valley's cancer patients need never fight alone. They have the support of Cape Fear Valley Health Foundation's Friends of the Cancer Center.

"Every penny Friends of the Cancer Center raises goes straight to the Cancer Center to help patients that need it so badly," she says.

The Cape Fear Valley Cancer Treatment and CyberKnife Center does not receive any financial assistance from any national cancer support foundations. Instead, the center relies solely on donations and gifts provided to the Health Foundation's Friends of the Cancer Center.



Friends of the Cancer Center provide hundreds of cancer patients and their families not only with emotional support and information resources, but also prescription medicine, nutritional supplements, wigs and turbans, emergency funding for utilities and travel assistance for treatment.



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Now in remission, Jackson serves as co-chair along with Janet Leonard and Dineen Morton, for the organization's largest fundraising event, the Annual Ribbon Walk & Ride.

The first Ribbon Walk took place in 2005, with 140 walkers – including Jackson – joining together to raise just over \$3,000. The event has grown over the years. The 2010 walk added a riding portion for motorcycle enthusiasts. Altogether 750 participants banded together and raised more than \$88,000 for local cancer patients!

On Saturday, Sept. 15, hundreds of walkers and motorcycle riders will gather together in support of Cape Fear Valley's cancer patients and the Friends of the Cancer Center for the 7th Annual Ribbon Walk & Ride presented by HealthKeeperz.

"I am so extremely emotional and excited for this event," says Jackson. "My goal is for the Ribbon Walk to be larger than Fayetteville's Dogwood Festival."

Tara Brisson Hinton, Friends of the Cancer Center Coordinator at Cape Fear Valley Health Foundation, is also hoping this year's walk will be even bigger.

"We are so excited for this year's event, as it keeps growing," Hinton says.

"We're holding our first Survivor's

Reception on Friday, Sept. 14, at

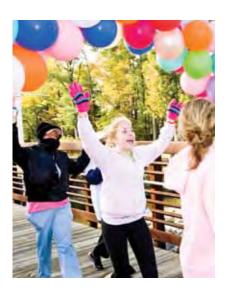
SkyView on Hay to kick things off."

"We are so excited for this year's event as it keeps growing. We're holding our first Survivor's Reception on Friday, Sept. 14, at SkyView on Hay to kick things off."

- TARA HINTON

The reception will be held from 7 to 9 p.m., and will offer food, music, a photo booth, silent auction and door prizes.

"Every year we've talked about doing something for the survivors," says Jackson, "because they are the focus



of the event. The reception was Tara's idea and I think it is wonderful."

The Survivor's Reception is not this year's only change. This will be the first year that walkers will not be taking on the steep hill on Hay Street into Historic Haymont. Instead, walkers will start at the Medical Arts Center and walk down Hay Street and through Linear Park (the motorcycle route will go out to River Road and back). There will be small hills and a few steps, but the climb up Hay Street will not be necessary.

The flatter walk is a benefit because for the 2012 Ribbon Walk we are calling all cancer survivors.

continued...



"I've walked the new route," says Jackson. "It's a walk that most of our cancer survivors can easily do."

Walkers and riders will register for \$25 and receive a t-shirt, but survivors can participate for only \$15 and they will receive a special "I am a Survivor" t-shirt.

Survivors who register by Wednesday, Aug. 15, will receive an invitation by mail with a ticket for themselves and a guest to attend the special Survivors Reception.

There will be prizes for the Ribbon Walk & Ride individual and team who raise the most money. Friendly competition is strongly encouraged.

The team that raises the most money will get ownership of The Crystal Ribbon trophy with the team name engraved on it.

"They can keep it until the 2013 Ribbon Walk & Ride," says Hinton. "Then we will present it to that year's highest fundraisers!"

Jackson gets very emotional when she thinks of all the money raised and how many people show each year in support of cancer patients.

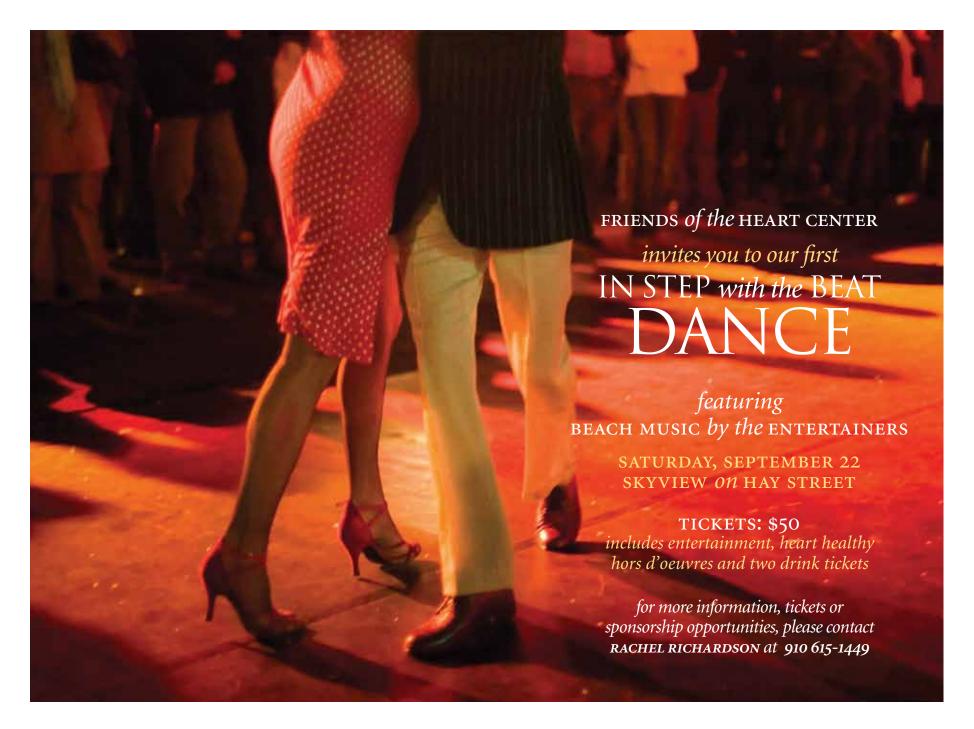
And, yes, sometimes it makes her cry.
But the tears are happy ones.





"There is nothing in the world that makes me happier than to see this community come together for our patients and our survivors," she says.

If you would like to join the
Ribbon Walk & Ride this
September 15, Sherry Jackson and
the Friends of the Cancer Center
would love to have you.
For more information,
please call 615-1434, or visit
www.ribbonwalkforcancer.org.





FOUNDATION FUNDS help critically ill CHILDREN at the CAPE FEAR VALLEY CHILDREN'S CENTER

Renovation preview by donnie byers

Cape Fear Valley's Children's Center is getting a major overhaul, and the health system wants everyone to know about it.

Anyone who has ever visited a children's unit knows peace and quiet can sometimes be difficult to obtain because of the constantly beeping monitors, hallway chatter, and backand-forth foot traffic. It all makes for a not-so-restful place to heal.

That matters a lot to young patients, especially those in intensive care.

Healing bodies simply need more sleep. So Cape Fear Valley intends to

help its youngest patients recover a little easier by renovating the Children's Center, starting with its Pediatric Intensive Care Unit (PICU).

The PICU is where the most critical patients are treated, and obviously where the most peace and quiet is needed within the center.

If anyone knows the workings of the unit it's Efrain Sanchez-Rivera, M.D. He's Cape Fear Valley's Associate Director of Pediatric Inpatient and Critical Care Services, making him a regular fixture on the unit.



Dr. Sanchez-Rivera and the staff have come to accept the PICU's current lack of space and privacy. It can be downright tight in there, depending on the number of patients, their family members and clinical staff present at any given moment.

The problem lies in the PICU's layout. It may technically be a unit, but it feels more like a department within a department. It's housed in a single, large room with nothing more than curtains to separate five patient bays and their corresponding machinery and staff.

Solid wall partitions? Not a chance. Peace and quiet? Sometimes yes, sometimes no. Privacy for families and their loved ones? Nearly impossible, especially when nearly every patient in the room is a young child with critical-care needs.

"The quality of the new environment will better reflect the high-caliber quality of care being delivered in the Children's Center"

- mike nagowski, ceo of cape fear valley health

It all makes consoling or consulting patient families extremely difficult for Dr. Sanchez-Rivera.

"There's just not a lot of privacy in there," Dr. Rivera-Sanchez says. "We always try to provide for it, but we just cannot provide it all the time, especially when emergency situations arise."

The PICU renovations began in June and will culminate with the unit's relocation from its current space to its own wing on the floor. This means the PICU will have individual patient rooms, according to Cheryl Norris, RN, BSN, CPN, the Children's Center Patient Care Manager.

"We'll no longer have the bay-style intensive care room," Norris says. "That means parents will be able to stay overnight with their child. They can't do that currently."

The renovations will also allow the PICU to grow by two beds, since plans call for a seven-bed wing. Two additional beds may not seem like a lot, but they could mean the difference between a child being treated locally and being airlifted to another medical facility many miles from home.

"We're really excited," Dr. Sanchez-Rivera says. "The renovations have been a long time coming. They've



been planning for these renovations since before I got here."

Since the PICU is a vital operation, it will still continue to operate in its existing space while the renovations take place. To minimize disruption, planners chose to close down the north wing of the Children's Center to convert it into the new PICU. Visitors will easily notice the construction by the thick, floor-to-ceiling plastic cordoning off the entire hallway.

Norris says the PICU renovation is just the first phase of a much-larger renovation project at the Children's Center. Phase 2 will eventually convert the existing PICU space into pediatric patient rooms. Phase 3 calls for a makeover of the entire Children's Center.

Completion dates have not yet been announced for phases 2 and 3, but you can bet Cape Fear Valley won't be keeping quiet once all the renovations are complete.



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TOUCHING the LIVES of people you love

The mission of the Cape Fear Valley Health Foundation is to develop, manage, and distribute resources to advance the delivery of high-quality health care by Cape Fear Valley Health. Six Friends groups are part of the Foundation. These groups and the volunteers that direct them help develop programs to assist patients with needs that contribute to the healing process, but that go beyond the scope of Cape Fear Valley's mission to provide medical care and treatment.

- FRIENDS *of the* CANCER CENTER nurtures, supports and guides cancer patients and their families.
- FRIENDS *of* CHILDREN makes sure that a child's perspective is never lost in the unfamiliar world of grown-ups and medical equipment.
- FRIENDS of the HEART CENTER provides continuing support and fellowship to help heart patients and their families maintain a heart-healthy lifestyle.
- FRIENDS *of* NURSING supports education and career development for those in the nursing profession to further enhance patient care in our community
- FRIENDS *of* REHABILITATION helps enhance independence for hundreds of people right here at home who have disabilities.

• FRIENDS *of* STANTON HOSPITALITY HOUSE supports Cape Fear Valley's home away from home by offering rooms and comfort to families whose loved ones are hospitalized.

We gratefully accept checks, credit cards and cash to support our patients in need. Checks (made out to Cape Fear Valley Health Foundation) may be sent to:

Cape Fear Valley Health Foundation 101 Robeson Street, Suite 106 Fayetteville, NC 28301

Attn: Donor Relations Coordinator

In addition to Cash Gifts, other gifts and memorials can go to help support patient needs:

- ► Gifts of Stock
- Tribute Gifts, in honor or in memory of a loved one
- Planned Gifts
- ► Significant and Campaign Gifts
- ► Corporate Gifts
- ▶ Gifts in Kind

If you'd like your gift to be used for a specific area in the hospital, please make a notation on the memo line of your check. If you'd like to make a gift by credit card, please contact our office at (910) 615-1358.













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