



# *making a* DIFFERENCE

CAPE FEAR VALLEY HEALTH FOUNDATION :: SUMMER 2013

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CAPE FEAR VALLEY HEALTH  
FOUNDATION

DAYBEDS *and* SLEEPER CHAIRS  
*in the* PEDIATRIC INTENSIVE CARE UNIT,  
THE CHILDREN'S CENTER  
*and the* OBSERVATION UNIT

ARTFUL REFLECTIONS  
PROGRAM *for* CANCER PATIENTS

ENDOCRINE *and* DIABETES  
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*monitoring systems*  
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WIGS, TURBANS *and* HATS FOR  
CANCER PATIENTS

# FOUNDATION GRANTS *making a* DIFFERENCE...

by GINNY DEFFENDALL



With declining state and federal reimbursement for healthcare providers, it becomes more and more important for special funding from charitable organizations like Cape Fear Valley Health Foundation to fill the gaps.

It is even more important in counties that have a large number of low-income residents, whose needs are not always met by federal and state programs.

Cape Fear Valley Health Foundation can help to meet these needs through their bi-annual grant program.

“The Foundation Board of Directors budgets a certain amount for us

to provide grants for health system projects,” said Sabrina Brooks, Development Manager for Cape Fear Valley Health Foundation.

Candidates submit applications and are then invited to present their proposals to the Foundation Board of Directors, which decides which grant proposals will be funded.

“This is what we’re all about,” said Lucy Jones, Foundation Board President. “We are pleased to raise funds that enhance the health system.”

This past April, three worthy Cape Fear Valley departments – Coordination of Care, Diabetes and Endo-

crine Center and Cardiopulmonary Rehabilitation – each received grant funds to enhance their services to our community.

Coordination of Care will be using their grant money to fund the much-needed position of Child Maltreatment Coordinator.

“Child abuse and neglect is a serious issue in North Carolina, specifically in Cumberland County,” said Cyndy Kern, Director of Coordination of Care. “The most recent data available reveals that there were 982 substantiated cases of abuse and/or neglect in Cumberland, Hoke, Harnett, Sampson and Robeson counties in 2010.”

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*“These recent grants are prime examples of how Cape Fear Valley Health Foundation can enhance the health system. It’s so gratifying for the board, because this what we’re all about – enhancing the hospital system which enriches our community.”* — LUCY JONES, FOUNDATION CHAIR

Kern says that the number of cases rises each year and as the number of reported cases rise, so do the numbers of unreported concerns. That’s where the Child Maltreatment Coordinator comes in.

“There are a lot of cases where the level of concern does not quite reach the threshold of a reportable event,” Kern said. “Therefore a protection agency cannot step in. This position will help us track those concerns to link at-risk children and families with local agencies that can be of service to them.”

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The new Child Maltreatment Coordinator will also provide training for Cape Fear Valley physician practice and ExpressCare staff, so that they may be better able to spot the warning signs of child abuse and neglect.

Kern is very excited about the quality of applicants she has received for the new position.

“We had close to 25 applications,” she said. “We are about to begin interviewing candidates and hope to have the position filled by early September.”

The Cape Fear Valley Health Foundation grant, funded by Friends of Children, will provide the position for one year, but the tracking system put in place and the training provided to staff will benefit the community for years to come.

Patients of the Cape Fear Valley Pediatric Diabetes and Endocrine Clinic are also benefiting from a grant awarded by the Health Foundation.

John Pasztor, Diabetes Educator for the Pediatric Diabetes and Endocrine Clinic, applied for a grant to provide two iPro™2 Continuous Glucose Monitoring Systems for patients with hard-to-control glucose, or blood sugar, levels.

“When people with diabetes test their blood with a glucose meter,” Pasztor said, “they only learn what their sugar level is at that particular moment. If they test five times a day, they are only learning what their glucose levels were in those five instances.”

The iPro™2 is connected to the patient at a clinic visit and checks the patient's glucose levels every five minutes, for up to six days at a time – that's 288 blood sugar readings per day.

The results from the continuous glucose monitoring can show variations of blood sugar levels that occur between blood sugar tests, as well as the reasons for those variations.

"It will help improve physician decision making," said Pasztor, "and help manage even the most difficult patients as far as blood sugar control is concerned."

While some of Cape Fear Valley's diabetic patients are learning more about the science behind glucose control,

Cardiopulmonary Rehabilitation patients can now learn more about diet and exercise thanks to a grant awarded by the Foundation.

Rae Ashley, Program Director for Cardiopulmonary Rehabilitation, was awarded a grant to update the classroom and educational materials for his rehabilitation patients.

"Our plan is to purchase a portable screen, laptop, projector and document reader," Ashley said.

The program will now essentially have a classroom on wheels, so they may set up wherever needed to meet with the patients in the three-month Cardiopulmonary Rehabilitation Phase II class. Ashley will also be upgrading the program's media from VHS tapes to DVDs.



"Our classes meet three days a week for 12 weeks," he said. "Patients meet with a psychologist, dietitian and exercise physiologist. This equipment will help us get our patients more involved in their education."

These three grants are the result of the applications received in April. There will be a second application period in October.

"These recent grants are prime examples of how Cape Fear Valley Health Foundation can enhance the health system," said Jones. "It's so gratifying for the board, because this what we're all about – enhancing the hospital system which enriches our community."



# the ART of HEALING

## *from a child's perspective*

by GINNY DEFFENDALL

How many of us remember staying home sick as a child? Lying in bed all day was so boring. But when Mom or Dad pulled you into her or his lap to read from a storybook, didn't you just start to feel the tiniest bit better?

A good story can help a child who is sick or injured in very positive ways. And that is the inspiration for the new Art of Healing artwork on display inside the Cape Fear Valley Children's Emergency Department.

The walls of the Children's Emergency Department are now covered with prints of 52 carefully-chosen children's book covers, designed to warm our patients' hearts and help them feel more comfortable when they enter the emergency department for treatment.

Cape Fear Valley Health Foundation's Friends of Children funded the Art of Healing project. The prints and the covers chosen represent our diverse community and vary from comics such as Batman and the Peanuts, to Dora the Explorer, Harry Potter and Bill Cosby's Little Bill series.

"Part of the mission of Friends of Children is to enhance the patient healing environment," said Rachel Richardson, Friends of Children Coordinator. "And that's what this does. Children are not like us. They don't heal like adults and they need more. These prints provide them an extra level of comfort."

Diane Parfitt opened City Center Gallery in downtown Fayetteville in 2000. Three years later, she added a bookstore. She and her husband have taken their love of art

and created local art installations for several businesses in the community, including Cape Fear Valley's new Health Pavilion Hoke. Parfitt is also a Registered Pediatric Nurse and former Coordinator for Friends of Children, so it seemed a natural fit to have her at the helm of the Art of Healing project.

"I firmly believe that reading is the best gift we can give our children," Parfitt said. "So I really wanted to do something with children's book covers."



Parfitt collaborated with Robin Kelly, owner of Lisa's Custom Framing, to have the prints framed. The two have worked together on many projects, including the Health Pavilion Hoke collection.

"Robin did such a good job coordinating the frame color," Parfitt said.

For Kelly, too, the project was a personal one, and she says the most fun she has ever had at work.

"It brought back a lot of happy childhood memories and memories of me reading to my daughter," she said. "It meant a great deal to me."

Kelly was also excited about the opportunity to work with so much color. "I love color and it is so appropriate for children," she said. "It was such a happy project."



*“The pictures we had before were kind of drab... These are so colorful and tie everything together so well. And they’ve done an excellent job of representing all cultures, which is great.”*

— STACEY KOONCE, PATIENT CARE MANAGER

Indeed, the brightly colored frames with their red, green and orange molding, really mesh well with the child friendly hues that cover the Emergency Department walls.

The Children’s Emergency Department staff was asked to help choose the covers that would be featured in the display. A flip chart appeared in the Children’s Emergency Department, on which staff could make suggestions for book titles to feature.

Every staff member has a favorite print among those on display. Natavia Bratcher is a Patient Access Representative in the department. She likes the Peanuts print the best and sets her laptop underneath it to work near her favorite characters. Woodstock is her favorite.

Dawn Westmoreland, RN, is drawn to the large print of Dr. Seuss’ *Oh, the Places You’ll Go!* on display in the waiting room. She says the prints are great because they offer parents and patients alike a bit of distraction.

“They’re colorful and kids love colorful things,” she said. “It also sparks a conversation, which makes it easier to make them comfortable when they are scared.”

Stacey Koonce, Children’s Emergency Department Patient Care Manager, agrees. She loves the choices made for framing.

“The pictures we had before were kind of drab,” she says. “These are so colorful and tie everything together so well. And they’ve done an excellent job of representing all cultures, which is great.”



Stacey’s favorite among the collection is an Asian-themed set of three covers from John J. Muth’s *Zen* series, featuring an adorable panda who “speaks in a slight panda accent.”

“That’s not even the cover I chose,” Koonce said. “*I chose Are You My Mother*, but when I saw it, I just fell in love with it. You just go, ‘Aw!’ when you see it. It’s so sweet.”

Adam Barouh, M.D., a physician in the Children’s Emergency Department suggested *Cloudy With A Chance of Meatballs* as a print choice for the walls. It now sits directly across from the nurse’s station.

“My stepson and I read it all the time,” Dr. Barouh said. “We also watch the movie over and over, so I had to choose that book cover.”

For Lorena Sanchez, RN, the choice was obvious.

“I’m Latin American,” she said. “We have a lot of Latin American children who come through and I thought they would relate to Dora the Explorer. I know I identify with her.”

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The selections in the Art of Healing collection are available for sponsorship. Sponsor one of the individual prints and commemorate a family, loved one or organization on a plaque directly next to the children's book cover of your choice.

Robin Kelly saw the sponsorships as an opportunity to honor both her brother and late father, both pediatricians.

"This project was very near and dear to my heart because of my father and brother," she says.

Now, thanks to Kelly, there will soon be a plaque next to a print of Dr. Seuss' *Green Eggs and Ham* that reads, "In loving memory of Dr. Richard S. Kelly, Jr., and in honor of Dr. William H. Kelly."

Some prints have been selected to commemorate our community. These storybook selections provide the opportunity for businesses, groups, or individuals to make a smaller gift, beginning at \$25 and still support our cause. The names of those contributing to these pieces will be listed near the entrance of our Children's Emergency Department.

Your donation will ensure that Friends of Children can continue to provide programs that advance the medical care for our smallest patients, enhance the healing environment and provide services to the children and their families at Cape Fear Valley Health.

"Friends of Children is such a wonderful organization," Parfitt said. "This truly was a project of love."



The project will continue on even after the prints have been sponsored. Cape Fear Valley Health Foundation has used a generous donation of books from a local girl scout and a continuing partnership with United Way of Cumberland County to ensure that every child who leaves the Children's Emergency Department will do so with a new book tucked under his or her arm.

"It was Diane Parfitt's suggestion that every child get a book when they leave the Emergency Department," Richardson said. "This way, not only will the Art of Healing project provide relief during a very sensitive time, but there will also be a component that encourages children to read and that is what Diane wanted."

For more information on the Art of Healing collection, including photos of the selected work, or to sponsor a print among the collection, please contact Friends of Children Coordinator Rachel M. Richardson at (910) 615-1449 or [rrich2@capefearvalley.com](mailto:rrich2@capefearvalley.com).



# REJOICE, COMMEMORATE, SUPPORT: WALK *for* LIFE.

RIBBON WALK *by* JOSY PALMER

Have you been affected by cancer at some point in your life? Almost everyone has. Maybe a family member, friend, neighbor or someone at your church is dealing with cancer. Perhaps you are a survivor yourself.

I lost my grandfather to Non-Hodgkin's Lymphoma last year. As I remember the struggles my family and I endured during his illness, it helps to know there are organizations like Cape Fear Valley Health Foundation's Friends of the Cancer Center to provide support to cancer patients and their family members.

Members of the community can show their support on Saturday, Sept. 21, at the 8th Annual Ribbon Walk & Ride, which begins and ends at the Medical Arts Center in Downtown Fayetteville.

The purpose of Friends of the Cancer Center is to alleviate some of the stress that is placed on cancer patients and their families. A cancer diagnosis can come as a shock to patients and their loved ones. Treatments and financial obligations can add to that stress.

Fortunately, all proceeds from the Ribbon Walk & Ride go toward Friends of the Cancer Center's mission of helping cancer patients at Cape Fear Valley cope with their disease. This includes helping cancer patients with funds for prescription medicines, wigs, hats, scarves, transportation, dietary supplements, utilities and even rent. Friends of the Cancer Center offers emotional support and therapeutic outlets for both patients and their families and also provides free screening mammograms to those in need.

With funds raised by events such as the Ribbon Walk & Ride, Cape Fear Valley Cancer Treatment and CyberKnife® Center offers the Oasis Complementary Medicine Program, which provides numerous therapeutic exercises for patients. Services concentrate on the



Proudly presented by:



mind, body and spirit. Patients can receive a massage or reflexology at a nominal cost. Nutrition classes are also offered and patients may attend art therapy classes to therapeutically express feelings of depression or anxiety they may be experiencing.

A healthy spirit heals, and the Oasis Complementary Medicine Program is aimed at treating the areas that radiation and chemotherapy can't reach.

Tara Brisson Hinton, Friends of the Cancer Center Coordinator, would like to see these services continue to expand in order to help even more patients through their journey with cancer. Doing so will require raising funds through events like the Ribbon Walk & Ride.

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*“This is a time to celebrate with all cancer survivors... We honor them and their fight against this horrible disease, as well as their caregivers, as we start off a weekend of hope and support for our patients right here at home.”*

— TARA HINTON

One of the best things about participating in this special event is that you are helping patients right here at home, in your community.

There are numerous ways you can support those who are fighting cancer. You can choose to walk by yourself, with a team or register as a survivor.

If you are up for a challenge, create a team and recruit others to join. You can come up with a creative name or name your team after someone you have lost to cancer.

All teams must be registered by Friday, Aug. 23, in order to be acknowledged on the team banner. The team that raises the most money before

Monday, Sept. 30, will receive The Crystal Trophy, with their team name engraved on it. Additionally, the top three teams will receive:

- ▶ Team photo submitted to *The Fayetteville Observer's Saturday Extra*
- ▶ A thank you letter from the Cape Fear Valley Health Foundation's Board of Directors and recognition at their Annual Meeting
- ▶ Certificate of Appreciation
- ▶ Team name listed on the Foundation's donor wall panel for the year

#### SOMETHING NEW THIS YEAR

A new element has been added this year. A school competition will be held for elementary, middle and high school teams participating in the walk. Students, staff, family and friends may



join the school teams. First, second, and third place teams will receive awards for the Most Money Raised and Most Registered Participants. Also, first place teams will receive their award at a special reception at the Cape Fear Valley Cancer Treatment & Cyberknife Center.

Cancer survivors may register for the event for only \$15 and receive an honorary Survivors T-shirt and a personal invitation to the Survivor's Reception.

The Second Annual Survivors Reception will be held at Sky View on Hay Street on Friday, Sept. 20 – the evening before the Ribbon Walk & Ride – from 7 to 9 p.m.

The 2012 reception was a delightful evening with more than 350 guests in attendance. All survivors, regardless of where they received their treatment, who register by Monday, Aug. 19, may bring a guest.



“This is a time to celebrate with all cancer survivors,” says Hinton. “We honor them and their fight against this horrible disease, as well as their caregivers, as we start off a weekend of hope and support for our patients right here at home.”

The reception will be an elegant affair with delectable food, live music, prizes and a photo booth, complete with accessories. Get silly and have fun with the photo booth accessories because you can have a print for a keepsake.

Artists of Cape Fear Valley’s Artful Reflections Program will display their artwork at the reception.

Survivors are not required to walk in order to attend the reception. Don’t miss out on an enjoyable night of entertainment and laughter.

More than 950 people participated in the 2012 Ribbon Walk & Ride, raising over \$79,000. Cape Fear Valley’s Friends of the Cancer Center is hoping to top that with a goal to raise \$100,000 this year.

We are already halfway to that goal, so I encourage you to participate in this year’s Ribbon Walk & Ride.



For more information on how to register or donate to support cancer patients at Cape Fear Valley Cancer and Cyberknife Center, please call (910) 615-1434 or visit [www.ribbonwalkforcancer.org](http://www.ribbonwalkforcancer.org).



**CAPE FEAR VALLEY  
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FRIENDS OF THE CANCER CENTER



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12

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FRIENDS OF CHILDREN



## PEDIATRIC INTENSIVE CARE UNIT *an* UPDATED ENVIRONMENT WORTHY *of the* CARE GIVEN

by DONNIE BYERS

What was once an overly dark and cramped hospital unit has undergone a stunning transformation.

Visitors and staff alike are raving about the newly renovated Pediatric Intensive Care Unit (PICU) at Cape Fear Valley Children's Center. The extreme makeover comes courtesy of a four-month renovation and expansion paid for in part by the Cape Fear Valley Health Foundation's Friends of Children Golf Tournament.

Renovations include structural layout changes, brighter, pastel-colored walls, and new equipment, furniture and lighting. The changes add up to an airy, modern feel that the old PICU could never achieve.

Foundation Board Vice President Thomas Costello said renovating the Children's Center PICU was a no-brainer.

"We saw how important it was that they have a new area," he said, "once we saw the old PICU."

The unit was once tucked away in a relatively small space in the Children's Center south wing at Cape Fear Valley Medical Center. It was nothing more than a patient bay with partitions for patient privacy. Elbowroom was nearly nonexistent due to all the monitoring equipment for patients.

Today, the PICU takes up the entire north wing of the Children's Center, with seven dedicated patient rooms and a new nurses station. Gone are the outdated privacy curtains, with just the equipment and monitors remaining. The difference now is that there is plenty of room to mill about because the rooms are much larger.

Outside, the unit walls are painted a cool mint green or baby blue. Deeply grained wood cabinetry and brushed nickel accent pieces finish off the look. The design transforms the PICU into one of the most attractive and modern-looking units in the entire health system.

Mina Hafzalah, M.D., loves the new look. The pediatric critical care physician frequently works on the floor and remembers how cramped the old PICU was.

"The old unit was cute," Dr. Hafzalah said, "but it's beautiful now."

She is especially impressed by how easy it is to peer into a patient room now because of all the glass doorways. Staff had to physically move aside curtain dividers in the old PICU.

Melissa Grogan of Pembroke never saw the old unit, because she normally

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*“It’s been a long-time coming... We’ve always provided the same level of service other top-notch PICU facilities have been providing. Now we just have the same kind of top-level workspace to do it in.”*

— DR. EFRAIN SANCHEZ-RIVERA

takes her son 11-year-old son, Kiedis Hunt, to the hospital in Lumberton. But Kiedis was transferred to Cape Fear Valley’s PICU after he was unexpectedly diagnosed with severe type-1 diabetes.

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The mother was able to easily move around her son’s spacious room, while updating friends and family over the phone about her son’s treatment.

“It’s nice in here,” Grogan said. “Really nice! I like it.”

Dr. Efrain Sanchez-Rivera agrees. The pediatric critical care physician has worked in the PICU since 2006, and doesn’t miss the old unit one bit. He

says the PICU staff has always provided high-level care to patients but was hampered by the old unit’s diminutive workspace.

“It’s been a long-time coming,” Dr. Sanchez-Rivera said. “We’ve always provided the same level of service other top-notch PICU facilities have been providing. Now we just have the same kind of top-level workspace to do it in.”

Bruce Dantzler was the project manager who helped oversee the PICU’s renovation. He says every bit of available floor space was revamped in order to provide a better patient experience.

“It was totally gutted,” Dantzler said. “They didn’t change the dimensions of the hallway, but the new color scheme and lighting makes a difference. And the rooms are significantly larger than the old bays.”

The makeover doesn’t end with the PICU. The rest of the Children’s Center floor is currently under construction to look just as nice and modern. But it will take time and money.

The Cape Fear Valley Health Foundation is helping pay for the renovations with money raised through its annual golf tournament and donations. All told, the Foundation has raised \$1 million over the last decade for child-related causes at Cape Fear Valley.

They include new equipment and upgrades to Cape Fear Valley’s Neonatal Intensive Care Unit and Children’s Emergency Department.

The Children’s Center renovation is expected to take longer than the PICU, because of its size and patient census. Workers will have to do the work one section at a time.

Two to four rooms could be under renovation at any given time. Work has already begun on updating the center’s main nursing station. The entire project is expected to be complete by fall.

For an opportunity to help support this project, please contact the Health Foundation at 910-615-1285

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## TEE IT UP *for the* KIDS

THE CAPE FEAR VALLEY HEALTH FOUNDATION'S FRIENDS of CHILDREN GOLF CLASSIC *benefits* CHILDREN

by GINNY DEFFENDALL

Like a fine wine, some things get better with age. The Cape Fear Valley Health Foundation's Friends of Children Golf Classic, in honor of L.B. Floyd, is one such thing.

This year's 18<sup>TH</sup> Annual Golf Classic, presented by Rick Hendrick Toyota, Construction Systems, Inc. and Valley Auto World BMW, looks to be the best year yet.

The Golf Classic will be held on October 24 at Highland Country Club in Fayetteville. This may be the second year the tournament will occur at Highland, but the golfers will be playing on a brand new golf course.

"We normally hold the tournament in May," said Rachel Richardson, Cape Fear Valley Health Foundation's

Friends of Children Coordinator. "We moved it back to October to give our golfers a chance to experience the newly-renovated course at Highland Country Club."

Highland's course is being completely renovated, with a newer variety of bentgrass supported by USGA soils, drainage and subsurface design. The reshaping and contouring to original size will recapture the original 1945 design by the legendary Donald Ross.

All of the greens will experience an entire transformation and be rebuilt to USGA specifications. These new greens will be seeded with newer bentgrass blends that are characterized by a deeper green color, higher shot density for superior putting and a higher ability to sustain traffic.

Last year's event was completely filled with 132 golfers. With a course this lush and inviting, the Foundation is expecting even more golfers this year.

"This year will be bigger than ever," said Richardson. "We've expanded into two flights, one in the morning and one in the afternoon to accommodate more golfers."



Tom Costello and Duane DeGaetano, members of Cape Fear Valley Health Foundation Board of Directors and co-chairs of the Friends of Children Golf Classic, agree that the second flight is much needed.

"We can accommodate 204 golfers this year," says DeGaetano. "The tournament was so popular last year, we ran out of space and had to turn some golfers away. This year we want to accommodate everyone. It's a great event and going to be a great time."

Registration for the morning flight will begin at 7:30 a.m., with a shotgun start at 8:30 a.m. Golfers in the afternoon flight can begin registering at 10:30 a.m. before enjoying a lunch with the morning golfers. The afternoon flight's shotgun start will occur at 1:30 p.m.





After the tournament, there will be a beer and wine tasting at 5:30 p.m., followed by dinner and entertainment at 6:30.

At the dinner, the winners of this year's exciting raffles – two luxurious vacations – will be announced [see page 15].

"The raffles are new, and we are very excited about them," said Richardson. "For \$100 someone will win a trip for four to either Napa Valley or Pebble Beach."

The chances of winning are high, too, as there are only 400 tickets available for each trip.

"Pebble Beach is every golfer's dream," said Vince Benbenek, Vice President of Marketing at Cape Fear Valley Health. "This trip will give four people three rounds of championship golf, with cart, at Pebble Beach, the Links at Spanish Bay and Spyglass Hill."

Wine enthusiasts can enter a second raffle for a dream vacation for four to Napa Valley. This package includes four nights' luxury accommodations at the Fairmont Sonoma Inn and Spa, a \$1,000 Spa Experience gift certificate for each person, two wine and cheese experiences and one \$600 airfare voucher per person.

"The raffles are a great opportunity for those who want to give more and maybe win a great vacation," said DeGaetano. "I think the value for the dollar is tremendous. And the opportunity is sizable, as there's a 1-in-400 chance of winning."

As owner of Construction Systems, Inc., Duane DeGaetano has turned the Golf Classic into a company event.

"We wanted a place where we could make a difference in the community," he said. "This offers us that. We usually close down for the day so everyone has an opportunity to go to the event."

In fact, you may see Construction Systems, Inc., employees all over Highland Country Club on October 24.

"We give them the opportunity to be as hands-on as they like," DeGaetano said of his employees. "Some will help set up signs, or volunteer at the dinner; we may even see some driving the beverage cart!"

As a member of the Cape Fear Valley Health Foundation Board, DeGaetano has seen first hand the good Friends of Children has done for the pediatric patients at Cape Fear Valley Health.

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*Presenting Sponsors:*



Since 1993, the Friends of Children Golf Classic has raised more than \$1.5 million to help with a variety of pediatric needs and programs. These funds were used to purchase orthopedic surgical instruments and state-of-the-art Neonatal Intensive Care Unit beds, renovate the Pediatric Emergency Department and support the pediatric services at the Cape Fear Valley Diabetes and Endocrine Center. Most recently, Friends of Children was able to assist in the renovation of the Pediatric Intensive Care Unit at Cape Fear Valley Medical Center.

This year's beneficiary of funds raised through the Golf Classic will be an interactive playroom for pediatric patients at Cape Fear Valley's Children's Center.

Licensed Recreation Therapist Jessica Velez understands how important a room like this is to children in the hospital.

"When a child is in the hospital," Velez said, "they are away from their home environment and play becomes very important. It gives them a way to express anger, frustration and stress in a healthy environment. I try to pull them out of their room to play as often as possible."

The new playroom, currently under design by RPA Design, will have a painting station, reading corner, game consoles and movies that children can take back to their rooms to watch.

*"When a child is in the hospital, play becomes very important. It gives them a way to express anger, frustration and stress in a healthy environment."*

— JESSICA VELEZ

It will also have an area where therapists can conduct physical and occupational therapy with the children.

"As a recreation therapist, I sometimes have to show these children how to complete day-to-day tasks, such as eating and brushing your teeth," Velez said. "But I need to show them how to do fun stuff too, because they need some fun while they are in the hospital. Every child on the unit gets play therapy."

The addition of the playroom will give the children a chance to divert their energy and allow them to still be a kid, during their recovery. The healing powers of this opportunity are immeasurable.

With the support of Cape Fear Valley Health Foundation and Friends of Children, through events such as the Friends of Children Golf Classic, a real difference is being made in the lives of children in our health system and in our community.

You, too, can make a difference, by pledging your support. To learn more about the tournament, or to purchase raffle tickets for the vacation of a lifetime, please call the Cape Fear Valley Health Foundation's Friends of Children at (910) 615-1449 or email [FriendsofChildren@capefearvalley.com](mailto:FriendsofChildren@capefearvalley.com).

## SMALL WONDERS *in the* NICU *making a* DIFFERENCE

by GINNY DEFFENDALL

Julie Whitten was especially excited about celebrating Mother's Day this year. Last year, her pregnancy hung in the balance, and Mother's Day was bittersweet.

She and her husband, U.S. Air Force Captain Lee Whitten, moved to Fayetteville in March 2012. She was 15 weeks pregnant and things seemed to be going well with the pregnancy. She had received good prenatal care, had been taking care of herself, and everything seemed normal.

But near the first of May, Julie started having contractions. She thought they were just Braxton Hicks contractions – nothing to worry about.

"I had a checkup that Wednesday and everything looked good," she remembers. "But that Friday evening I was in the hospital at Womack Army Medical Center."

Despite being only 22 weeks along, Whitten was in labor.

"That's not even what they call viability," Julie said. "The Womack staff couldn't tell me what would happen. They said, 'Maybe you'll go home' or 'You might be having a late miscarriage.'"

Julie remained hospitalized at Womack for a week while they observed her. At 23 weeks, it was determined that one of the babies had dropped low and she was transferred to Cape Fear Valley Medical Center, where a Level III Neonatal Intensive Care Unit (NICU) was available to deliver and care for such premature babies.

So, despite being due on Sept. 14, Julie Whitten delivered twin boys Connor and Alex on May 27, 2012, at just 24 weeks.



Connor weighed just one pound and six ounces. Alex weighed an ounce less.

"It's amazing," said Scott Cameron, Jr., M.D., a Neonatologist with Cape Fear Valley Health, when he and the Whittens reunited in May 2013. "When they were born, they were just the size that one of their legs is now!"

In fact, as Connor and Alex Whitten near their first birthday, they have surpassed medical expectations. They

have had no rehospitalizations, have experienced amazing lung development and are doing extremely well. They even have regular sleeping schedules.

"That's really unheard of," said Dr. Cameron. "Extremely low birth weight babies are at increased risk for infection and rehospitalization. They also tend to have altered sleep-wake cycles from having lived in the intensive care environment for several months."

Not the Whitten boys. They are in bed each night by 8 p.m. and sleep until 8 a.m. But life wasn't always so easy for these young twins.

When babies are born as young as the Whittens, their lungs are not fully developed. Their lungs lack surfactant, which prevents our lungs from collapsing with each exhalation. Both babies had to receive artificial surfactant drugs and be placed on respirators until their lungs could mature.



"There are some therapies that we worry can cause developmental issues," said Dr. Cameron.

"We didn't know what their developmental prognosis would be," said Lee. "It's been amazing. You can see how it is at home. We're trying to keep them from climbing the stairs!"

Looking at the smiles on the twins' faces, it is hard to imagine the struggles they endured upon birth.

Connor developed a blood infection at nine days old, which threw him into sepsis, or a whole-body inflammatory state. He also had pneumonia that required him to go on a powerful ventilator that delivered a special nitric oxide gas.



"Connor's condition was very, very serious," said Dr. Cameron. For premature babies, who have an underdeveloped immune system, it is a very scary situation."

The boys' grandparents arrived and the family kept vigil in the Cape Fear Valley NICU. Lee and Julie were set up in the Rooming-In Room to get some much-needed rest while staying close to their babies.

Proceeds from the Friends of Children Golf Tournament funded the Rooming-In Room to allow parents of NICU infants to spend the night with their babies in a home-like setting, with staff close at hand, before taking

them home for the first time. It can also be used in times such as this, to give parents a place to close their eyes for a few minutes, without leaving the hospital.

"That was a true blessing," says Lee, "to have a place to go to get one or two hours of sleep. It meant a lot to us."

Connor began to improve. But both babies had a long road ahead before leaving the NICU. For months, the twins stayed in Giraffe Platform Beds purchased with funds raised at the Cape Fear Valley Health Foundation Friends of Children Golf Classic.

Giraffe Beds are designed to increase the baby's odds of survival. They have a warming incubator, a rotating mattress and a built-in scale.



*“Giraffe beds are amazing... The staff would do everything in those beds, even weigh the boys without moving them. My mom called them their terrariums.”*

— JULIE WHITTEN

“Those beds are amazing,” said Julie Whitten. “The staff would do everything in those beds, even weigh the boys without moving them. My mom called them their terrariums.”

Lee laughs and nods his head, agreeing, “I guess they are as close to being in the womb as we can get.”

And it is indeed very close.

“Before we only had radiant warmers,” said Dr. Cameron. “The Giraffe Beds have a radiant warmer as well as a humidification system to help prevent the baby from losing too much water from the body. They are amazing beds.”

After five long months in the NICU, Connor was released to go home. His brother, Alex, followed him two weeks later. At last the Whittens could be home together.

“I can’t tell you how hard that was after they were born,” said Julie. “That was one of the hardest parts to be sent home without my babies and to see all the other women leaving with their babies, knowing mine were still upstairs.”

But now the family is together and Julie and Lee Whitten are actually grateful for the struggles their family endured.



“It’s a tough thing we went through, but we both say we wouldn’t change a thing,” Lee said. “It made us better, stronger, more compassionate people.”

Julie wants to thank the staff and the doctors that cared for Connor and Alex during their stay.

“I think they made all the difference,” she said. “If I was worried about the smallest thing, they would go and bring back the doctor. You know, you can have the exact level of care at many places, but it really helps to trust your nurses and doctors. They really do feel like part of the family.”



## make a DIFFERENCE at the 23rd annual GREEK FESTIVAL

Friday, Sept. 6, through Sunday, Sept. 8.  
at Saints Constantine and Helen  
Greek Orthodox Church  
614 Oakridge Avenue, Fayetteville

# \$1 OFF

any Greek Foods or Pastries  
at any booth at the Greek Festival  
with this coupon.

*\*Excluding drinks*

The festival will donate \$1 for each  
redeemed coupon to  
Cape Fear Valley Health Foundation's  
Friends of Children



## GOING GREEK *for a day!*

When it comes to making an impact in the community, Cape Fear Valley Health Foundation can always be counted on to make a difference.

The health system's charitable arm has for years graciously donated money and resources to important hospital causes. Case in point: Cape Fear Valley Emergency Medical Services' new LIFENET system.

In 2012, the Foundation granted the department \$76,000 to purchase the life-saving equipment to better treat heart attack patients. It allows paramedics to transmit real-time EKG data ahead to Emergency Department physicians so specialized treatment teams can be ready for patient arrival.

Brian Pearce, Director of Cape Fear Valley Emergency Services, says LIFENET pays for itself on daily basis in human lives. The system drastically reduces the time from when a patient

first experiences chest pain to the time when he or she is treated at the hospital with heart catheterization.

Large or small, the Foundation continually looks for ways to improve the lives of patients. But the organization can't do it alone. It relies on donations from caring individuals, businesses and community organizations. When people contribute, they make a difference in the lives of others.

Grab your friends and family and attend the 23rd Annual Greek Festival at Saints Constantine and Helen Greek Orthodox Church in Fayetteville. The event is Friday, Sept. 6, through Sunday, Sept. 8., at 614 Oakridge Ave.

John Poulos, M.D., one of the event's organizers, says this year's Greek Festival looks to be the biggest and best yet. There will be new attractions, plenty of booth displays, children's activities and,

*"This really is your chance to experience a taste of Greek culture and religion."*

— JOHN POULOS, MD

of course, the delectable Greek dishes that have made the festival famous.

Cape Fear Valley Heart & Vascular Center will provide free health screenings and hands-only CPR training on Saturday, from 11 a.m. to 4 p.m. Children age 10 and older are invited to learn the life-saving skill, as are adults. Participants will receive a special giveaway.

Festivalgoers can use the coupon on this page to purchase Greek foods and pastries. In turn, organizers will donate \$1 to Cape Fear Valley Health Foundation's Friends of Children for every coupon redeemed. Be like the Foundation and make a difference in your community! Mark your calendar today and plan to attend this year's Greek Festival!

For more information, go to [www.capefearvalley.com](http://www.capefearvalley.com) or call (910) 615-LINK.

## 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.

If you do not want to receive future fundraising requests supporting Cape Fear Valley Health Foundation, please call our office at (910) 615-1285 or email us at [foundation@capefearvalley.com](mailto:foundation@capefearvalley.com) and leave a message identifying yourself and stating that you do not want to receive fundraising requests.

You may also mail your request to P.O. Box 87526, Fayetteville, NC 28304.

- 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

DONATE ONLINE AT:  
[www.cfvfoundation.org](http://www.cfvfoundation.org)

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) 615-1285.



*making a* DIFFERENCE

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SATURDAY, SEPTEMBER 21, 2013

8<sup>TH</sup> ANNUAL RIBBON WALK *and* RIDE

*begins and ends at the* MEDICAL ARTS CENTER *in* DOWNTOWN FAYETTEVILLE

THURSDAY, OCTOBER 24, 2013

FRIENDS *of* CHILDREN GOLF CLASSIC

HIGHLAND COUNTRY CLUB

SATURDAY, JANUARY 25, 2014

CIRCLE *of* FRIENDS GALA

HIGHLAND COUNTRY CLUB



*for more* INFORMATION: [www.cfoundation.org](http://www.cfoundation.org)