

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

MAKING ROUNDS

SUMMER 2013



CAPE FEAR VALLEY HEALTH

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Michael Zappa M.D.
Emergency Medicine





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CAPE FEAR VALLEY HEALTH



Cape Fear Valley has earned
The Joint Commission's Gold Seal of Approval™



LETTER *from the* CEO

Every October we see special, pink-ribbon packages of cookies, pink ribbon t-shirts and tote bags. The stores are filled with Breast Cancer Awareness products for a disease that affects 1 out of 8 women in their lifetime.

Yet there is no such publicity for mental health, a problem that affects a quarter of the population in a given year. And just half get treatment.

Many suffer in silence. They don't tell their friends or co-workers. Some don't even tell their families. So it's no surprise that Mental Health Month comes and goes each May with little fanfare.

That's unfortunate, because help for many can be as close as their primary care provider.

Some sufferers will struggle with their mental health issues, experiencing crisis from time to time. They don't have many options. So they often end up in Cape Fear Valley's nine-bed Psychiatric Emergency Department.

On any given day, at any given time, we have 17 or 18 patients for those nine beds.

That is all about to change.

Cape Fear Valley has entered into an agreement with Cumberland County and Alliance Behavioral Health, the Managed Care Organization responsible for managing mental health care and substance abuse services reimbursed by Medicaid, as well as county and state funds.

This agreement allows Cape Fear Valley to add the missing piece to our community's existing mental health services: crisis intervention.

Individuals in crisis will be able to bypass the Emergency Department and go directly to the Roxie Center, 16 hours a day, 7 days a week, on a walk-in basis. This service will be available in the fall after renovations to the second floor of the Roxie Center are complete.

We estimate our Crisis Intervention model will reduce our psychiatric Emergency Department volume by 20 percent in the first year and up to 40 percent in the second.

More importantly, mental health patients in our community will finally have access to the full continuum of services – all on the campus of Cape Fear Valley Health.

Mental health may not have the dollars or publicity behind it that breast cancer has, but it is no less important.

I would like to thank our Cumberland County Board of Commissioners for entrusting us with the mental health needs of our community. I know our physicians and mental health professionals will provide the quality care they envision for our citizens.

I hope one day no one will suffer in silence from mental illness. Because help is available.

Mike Nagowski
CEO, Cape Fear Valley Health



There's nothing like a
BIG MOVE to start anew.

Cape Fear Valley Health is set to open a new, comprehensive community mental health center – including a round-the-clock crisis treatment unit – that will significantly change the way mental health services are provided locally.

As it currently stands, residents experiencing an emotional or behavioral crisis can get care primarily one of two ways: through the Cumberland County Mental Health Center in downtown Fayetteville or Cape Fear Valley's Emergency Department, which serves as a gateway to higher-level services offered by the health system.

In June, Cape Fear Valley signed an agreement to take over Mental Health Center operations from the county Health Department. That includes the outpatient facility's walk-in clinic, crisis counseling, therapy services, medication clinics, psychiatric assessments and referrals for follow up care in the community.

Under the agreement, those services will soon move to the Roxie Center, a 16-bed, substance abuse detox program, also managed by the health system for the county.

The move makes sense. It not only saves money, but also improves patient access to mental health services by creating a central location for multiple mental health services. Treatment can be better coordinated, services expanded, and wait times reduced.

The Roxie Avenue Center sits across the street from Cape Fear Valley's main campus and its Behavioral Health Care campus, which houses a 32-bed inpatient hospital and outpatient behavioral health center.

The Roxie Avenue Center's second floor will now house the Mental Health Center's former services. The staff will include psychiatrists, psychologists, psychiatric nurse practitioners, physician assistants, therapists and case managers. Patients in crisis would be seen up to three times or until their crisis is resolved and then referred to outpatient therapists in the community. Other patients will be seen for regular medication refills and monitoring.

The Roxie Avenue Center's first floor will continue to operate as a non-hospital patient substance abuse detox program and short-term crisis unit.

"We've always provided multiple levels of care," said Douglas Webster, Service Line Director for Behavioral Health Care, "but we were missing a key element: a walk-in clinic with crisis services open seven days a week."

The move will automatically address that need. Cape Fear Valley will open a new Crisis Evaluation and Observation Center this fall, also on the second floor of the Roxie Avenue Center.

Webster is excited because the new center will be the first in Cumberland County. Patients in crisis will not only get mental healthcare quicker, but also the most appropriate kind. This should help alleviate wait times in Cape Fear Valley's Emergency Department.

The ED often treats patients with mental health problems in its nine-bed psychiatric unit, even if the condition is less acute.

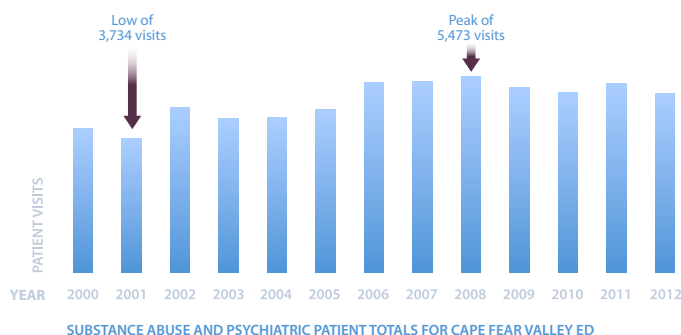


Douglas Webster
SERVICE LINE DIRECTOR
BEHAVIORAL HEALTH CARE

NATIONAL PROBLEM

Mental health patients continue to file into emergency rooms nationwide in increasing numbers, because they are uninsured, homeless or don't have anywhere else to go because of disappearing mental health resources in America. It's a national crisis.

From 2008 to 2011, mental health and substance abuse visits increased by 38 percent in North Carolina alone, according to the N.C. Hospital Association. Cape Fear Valley's Emergency Department has seen a steady increase in such visits, as well.



In 2001, the ED saw 3,734 substance abuse and mental health patient visits. That number climbed to a high of 5,473 combined visits in 2008 before falling to a combined 4,996 visits in 2012 – still well above the 2001 total.

To give a little background, the U.S. Supreme Court passed the Olmstead Act in 1999. It required states to place people with mental disabilities in the least restrictive setting possible and shift away from large hospital institutionalization. North Carolina passed similar legislation in 2001.

From 2001 to 2011, the number of people treated in the state's mental hospitals declined from more than 17,000 to less than 6,000. The number of people treated in community settings increased by 46 percent during the same time.



Private providers began popping up across the state to fill the need, but provider quality was at times an issue. An endless stream of changes in state policy changes, funding levels and leadership didn't help.

No one can argue emergency departments play a vital role in mental healthcare. Roughly one in four adults suffers some form of mental disorder in a given year. But ED mental health treatment is incredibly expensive for both hospitals and the communities they serve. The visits tie up hospital staff and limited resources in the nation's already overcrowded emergency departments for conditions that are often better treated at dedicated mental health facilities.

"It's like cutting your toe but going in for major surgery," Webster said. "ED care is the most expensive psychiatric care you can get. We're putting patients in at the highest level of care, because there's nothing lower."

REDUCING COSTS

Money, or lack of it, has been a major factor. Under mental health reform, state funding for services has risen and fallen like a roller coaster. It's gone from \$581 million in 2001-02 to a high of \$743 million in 2008-09 and back down to \$664 million in 2009-10.

The state has also gone to a different provider model in recent years. It went from a fee-for-service model to a set-cap model. The state will only pay a set amount each month for services provided to each patient. This has put an enormous strain on service providers.

State funding for mental healthcare is administered by regional Critical Access Behavioral Health Agencies (CABHAs), which are essentially managed care organizations. Allied Behavioral Healthcare of Durham oversees money for Cumberland, Durham, Wake and Johnson Counties.

Webster says Alliance supports Cape Fear Valley's plan to revamp the county's mental health treatment model, especially the new Crisis and Observation Center. Similar crisis centers have already been opened in Durham and Wake County.

Cape Fear Valley's center will allow patients in crisis to be evaluated for up to 23 hours before they are admitted for inpatient care, referred to a group home for counseling, or discharged home. The goal is to stabilize the patient in order to avoid admitting them or having them show up at Cape Fear Valley's Emergency Department unnecessarily.

"When people have to use the ED for a majority their mental health service needs, it is a very expensive system of care," Webster said. "Setting up lower-level services reduces cost-per-patient. These savings can expand our service capacity and serve more people."

Law enforcement will also benefit from the new crisis center. They often take disruptive and unruly people straight to jail or the psychiatric ED unit at Cape Fear Valley Medical Center, especially after hours. The crisis center will become an alternative, by offering psychiatric evaluations and crisis intervention.

The crisis center is expected to open later this year after renovations to the Roxie Avenue Center are complete and staff has been hired.

NEW CAPE FEAR VALLEY MENTAL HEALTH CARE TREATMENT MODEL

- › 9-bed Emergency Department Psychiatric Unit
- › 32-bed inpatient psychiatric hospital at Behavioral Health Center
- › Non-hospital detoxification and substance abuse treatment at Roxie Center
- › Facility-based crisis unit for 2 – 4 days of stabilization
- › 23-hour Crisis Evaluation and Observation Center at Roxie Avenue Center
- › Community Mental Health Center with walk-in crisis intervention (eventually will become a 24 hour/ 7 days a week operation at Roxie Avenue Center)
- › Medication and injection clinics at the Roxie Avenue Center
- › Outpatient therapy services at Behavioral Health Care

Man on a MISSION

Cape Fear Valley's new **ED DIRECTOR**
looks forward to change

Most people would cringe at the thought of starting a new job where there's never any downtime and seemingly no end to people wanting your attention. But not Michael J. Zappa, M.D.

Cape Fear Valley's new Executive Director of Emergency Services loves a good challenge. No, make that *really loves* a good challenge, which is why he agreed to take on the position.

A native of New York, his 20-year medical career includes time as a physician, healthcare executive and consultant. He founded his own successful private emergency physician group and urgent care center. He's also held leadership positions with the Florida College of Emergency Physicians and American College of Physicians.

It's a heavy-duty resumé, allowing him to feel equally comfortable in the boardroom or at the patient bedside. But the experience leads some to wonder why he signed on to such a relatively small market like Fayetteville.

To get his hands dirty, of course.



Michael Zappa, M.D.

EXECUTIVE DIRECTOR OF EMERGENCY SERVICES

Medical degree from State University of New York Downstate Medical Center, Brooklyn, New York

Emergency Medicine residency completed at the University of Florida Health Science Center in Jacksonville, Florida

Board certified by the American Board of Emergency Medicine

22 years of Emergency Medicine experience

Dr. Zappa joined Cape Fear Valley as a staff ED physician last year to keep his clinical practice current, since he has been consulting in recent years. But the executive director job opened up soon after his arrival. Getting the job meant he could not only practice emergency medicine, but also make a difference to co-workers and the community.

Like many emergency rooms across the country, Cape Fear Valley's ED faces a constant struggle with patient overcrowding for a number of reasons. They include a declining number of nearby hospitals, primary care physician shortages, and an ever-increasing number of uninsured and underinsured patients.

The formula has led Cape Fear Valley's ED to become one of the 100 busiest in the nation and easily the busiest in the state. It's not something most hospitals would go touting when looking for new leadership. But it definitely played well to Dr. Zappa's ears.

He spent most of his career as an emergency physician in Florida, running a department with roughly half the annual patient volume of Cape Fear Valley's ED. He loves every aspect of medicine, especially the immediate satisfaction of saving lives on a daily basis. It's the adrenaline junkie in him.

"I knew this was a busy place," he said, "but that can be the case anywhere. I saw a unique opportunity and the need for a coach and leader. The situation was primed for transformation. Who could resist the chance to help create a cultural transformation?"

The transformation includes a new vision for the ED, emphasizing improved patient throughput, enhanced patient care and building a better work team. In short, Dr. Zappa wants to make the department the kind of place where everyone not only works hard, but is also proud of what they do.

Leading by example, Dr. Zappa also wants his staff to better communicate with patients and families. The goal, he said, is for employees to treat the family members like their own.

"It's just the right thing to do," he said. "When we do all these things, it'll enhance patient and hospital staff satisfaction and ensure the financial survivability of this department."

The goals he's set forth are just that, however. Changes take time and Dr. Zappa knows it. He is content with daily progress and accountability and isn't looking for drastic changes overnight. Instead, he's looking for sustainable, lasting change.

“when we do all these things, it'll enhance patient and hospital staff satisfaction”

One of his first moves was to create different areas of focus for the ED based on patient acuity. Patients not needing extensive workups and treatment are seen in one area, while more serious patients are taken to another. This means patients are no longer competing for vital ED resources when a truly critical situation arises.

Early indications show the strategy is working.

Prior to this year, the ED's waiting area almost never emptied during a typical day. Dr. Zappa says the waiting area now routinely empties out by early morning. And almost 50 percent of the time, it's down to 10 patients or less, rather than the 30 to 40 patients waiting to be seen previously.

The ED still has days where it is filled beyond capacity. But data shows total length of time spent in the ED per patient has fallen one and a half hours, on average, since the leadership change.

"We've still got a ways to go," Dr. Zappa said, "but we're going to take it one day at a time to meet all of our goals."



Eating to **REDUCE** Your Risk of Cancer

There's no big secret to the benefits of living and eating healthier. Do it and you'll look better, feel better and reduce your risk of certain diseases, such as diabetes, heart disease and cancer. The American Institute for Cancer Research (AICR) offers a Top 10 list for ways to reduce cancer risk that not only makes sense, but is also easy to follow.

1] Be as lean as possible without being underweight.

The goal is to be at the lower end of the healthy Body Mass Index (BMI) range, which you should identify with the help of your physician. Being lean reduces your risk of other chronic diseases, like type 2 diabetes and heart disease.

2] Be physically active for at least 30 minutes a day.

An active lifestyle is better when it comes to losing weight or avoiding weight gain. Gyms aren't necessary, either. Walking is great exercise. Short bouts of exercise that add up to 30 minutes a day are just as beneficial as 30 non-stop minutes.

3] Avoid sugary drinks and limit intake of foods high in calories.

Sugary drinks and energy-dense foods are high in calories and/or fat and usually low in beneficial fiber. Large consumption of such foods can lead to weight gain from all the calories, which is unhealthy. Occasional consumption is OK. Increase "low-energy dense" foods like fruits and vegetables instead. They reduce cancer risk and help keep your waistline slimmer.

4] Eat more of fruits, vegetables, whole grains and legumes.

The AICR recommends all meals be based on plant foods and suggest a two-thirds formula. Each meal should be at least two-thirds vegetables, fruits, whole grains and legumes, such as dry beans or peas. These are rich in fiber, which has been linked to reduced risk of cancer.

5] Limit red meat consumption, such as beef, pork and lamb, and avoid processed meats.

There is evidence that red meat causes colon cancer and processed meats may contain cancer-causing substances that can damage cells and lead to cancer. Processed meats are preserved through curing, adding lots of salt or using artificial preservatives. Luncheon meats include ham, salami, bacon, hot dogs, smoked sausage and Vienna sausages. Limiting these will help reduce your risk of cancer.

6] Eliminate or limit alcoholic beverages.

There is evidence that alcohol increases the risk of cancer of the mouth, pharynx, larynx, esophagus, breast and colon. Conflicting evidence suggests that modest amounts of alcohol can help protect against coronary heart disease, however. The AICR recommends people not drink. But if they do, men should limit alcoholic beverages to two a day. Women should limit them to one a day.

7] Limit consumption of salty foods and foods processed with sodium.

High salt intake can increase the risk of stomach cancer and high blood pressure. It can also lead to damage of the stomach lining. Daily salt intake should be less than 2,400 milligrams. Microwave meals, fast food, luncheon meats, canned foods and any foods preserved with salt are very high in sodium and should be limited.

8] Don't rely on supplements to protect against cancer.

There is evidence that high-dose supplements of some nutrients can affect certain cancer risks. The best way to get nutrients is through food. Plant-based foods, like fruits, vegetables, whole grains and dry beans are not only high in vitamins, minerals and fiber, but may also contain cancer-fighting compounds.

9] New mothers should breastfeed up to six months and then add other liquids and foods for their babies.

There is evidence that breastfeeding can help protect mothers against breast cancer. It can also protect babies from excess weight gain, which can lead to adult obesity. Being overweight in adulthood can increase cancer risk.

10] Cancer survivors should follow post-treatment recommendations.

Once treatment is completed, cancer survivors should closely follow doctor's orders regarding recommendations for diet, physical activity and maintaining a healthy weight to reduce risk of cancer. Doing so can also reduce the risk of other chronic diseases like diabetes and heart disease.

For more information, go to the American Institute for Cancer Research website at www.aicr.org.



at the Umoja Festival

Each year, Fayetteville's African American community comes together in a celebration of unity known as the Umoja Festival. This year's 23rd annual festival will bring festivalgoers together for fun ways to learn about African American culture, such as dancing, food and story tellers.

The event will be held on Saturday, Aug. 24, at Seabrook Park across from Fayetteville State University.

Cape Fear Valley Health and the African Physicians Association of Fayetteville will once again offer a free clinic and health fair to attendees. The events will be held inside Smith Recreation Center, from 10 a.m. to 2 p.m.

The free clinic is intended for the uninsured or underinsured and will offer blood pressure screenings, cholesterol checks, blood sugar testing, EKG readings (if needed) and a brief consultation with a physician. No prescriptions will be written. Appointments for the clinic must be made in advance by calling CareLink at (910) 615-LINK (5465).

This is the second year the African Physician Association is participating. The association consists of primary care physicians and subspecialists, including endocrinologists, nephrologists, dentists and cardiologists. At least 15 physicians are expected to be in attendance, and nearly every subspecialty represented.



Sylvester Ejeh, M.D.
CARDIOLOGIST,
CUMBERLAND CARDIOLOGY

Sylvester Ejeh, M.D., is a cardiologist with Cumberland Cardiology and one of the organizers of the African Physician Association's free clinic at the Umoja Festival. He says members routinely volunteer their time to charitable organizations, like The CARE Clinic, out of sincere gratitude to their new home.

"We've all received a lot from this country," Dr. Ejeh said. "Now we want to reach out and give back, by providing care to the underserved community."

Last year, the Umoja Festival attracted more than 1,000 people to its health fair and roughly 200 uninsured or underinsured people to the health clinic. The event differs from other health fairs because it allows attendees to immediately consult with a physician concerning any abnormal test results.

Dr. Ejeh says knowing your blood pressure, blood sugar and cholesterol levels, as well as kidney functioning, is vital to good health.

"These are basic numbers," he said, "but they account for most of the health problems people experience in the U.S."

The numbers are especially imposing to African Americans. Of the 15 leading causes of death in America, African Americans have higher rates than Caucasians for 12 of them. They include heart disease, diabetes, cancer and stroke.

Heart disease is the leading cause of death among minorities, according to the Department of Health and Human Services' Office of Minority Health. African-American adults are also 50 percent more likely than non-Hispanic White adults to have a stroke.

Furthermore, North Carolina sits in the stroke belt, an 11-state region in the southeast that has an unusually high rate of stroke and cardiovascular disease. The numbers add up to a growing health disparity within the local African-American community.

“participating in health screenings, like those offered free at the Umoja Festival, can alert you to any potential problems”

Blood pressure and lipid screenings, as well as EKGs, available at this year's health clinic can alert people to possible heart or blood pressure problems. Early detection is often the key to successfully fighting these diseases.

Blood sugar tests and Body Mass Index (BMI) measurements can also help identify the risk of diabetes, which is more prevalent among Hispanics and African Americans. The disease can lead to complications, such as eye, kidney and coronary artery disease, if left untreated.

"We'll see a lot of people who belong to a minority group who may not have access to healthcare," Dr. Ejeh said. "Participating in health screenings, like those offered free at the Umoja Festival, can alert you to any potential problems. But you should always follow up with your doctor."

The free clinic requires prior registration. The health fair does not. Attendees can stop by and learn their blood type with the help of Cape Fear Valley Blood Donor Center staff. They can also learn hands-only CPR and get on-the-spot HIV testing. The tests are free, confidential and can provide results within minutes.



CAPE FEAR VALLEY HEALTH



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CAPE FEAR VALLEY HEALTH : *NEW physicians*



EMERGENCY MEDICINE

Jose Plaza, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Center Emergency Department. He received his medical degree from the University of North Carolina in Chapel Hill. Dr. Plaza completed a residency in emergency medicine at Thomas Jefferson University Hospital in Philadelphia, Penn. He is board certified in emergency medicine.

Arthur Tascone, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Center Emergency Department. He received his medical degree from State University of New York in Stonybrook, N.Y. Dr. Tascone completed a residency at Los Angeles General – USC Medical Center in Los Angeles, Calif. He is board certified in emergency medicine.

Theresa Terlecki, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley Medical Center Emergency Department. She received her medical degree from Wayne State University School of Medicine in Detroit, Mich. Dr. Terlecki completed a residency in emergency medicine at Henry Ford Hospital in Detroit, Mich. She is board certified in emergency medicine.

HOSPITALISTS

Kalyana Boddapati, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley's hospitalist group. He received his medical degree from Vinayaka Missions University in India. Dr. Boddapati completed a residency in internal medicine at Wayne State University in Detroit, Mich. He is board certified in internal medicine.

Purushotham Gorrey, M.D., has been approved for the Associate Staff and has joined Cape Fear Valley's hospitalist group. He received his medical degree from Gandhi Medical College in Hyderabad, India. Dr. Gorrey completed a residency in internal medicine at Chicago Medical School in North Chicago, Ill. He is board certified in internal medicine.

PEDIATRICS



Olga Johnson, M.D.

Olga Johnson, M.D., has been approved for the Associate Staff and has joined Fayetteville Children's Clinic. She received her medical degree from People's Friendship University of

Russia in Moscow, Russia. Dr. Johnson completed a residency in pediatrics at East Carolina University Brody School of Medicine – Vidant Medical Center in Greenville. She is board certified in pediatrics.

CAPE FEAR VALLEY HEALTH : **PHYSICIAN** *briefs*

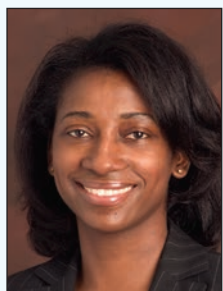
William Lawrence, M.D.

William R. Laurence, Jr., M.D., has moved his family practice to Health Pavilion Hoke Primary Care at 300 Medical Pavilion Drive, Suite 150. To make an appointment, please call (910) 904-8025.



S. Gillianne DeFoe, M.D.

S. Gillianne DeFoe, M.D., recently had an article published in the June 1, 2013, issue of *Oncology*. The article was titled “Dosimetric Parameters Predictive of Acute Gastrointestinal Toxicity in Patients with Anal Carcinoma Treated with Concurrent Chemotherapy and Intensity-Modulated Radiation Therapy.” Dr. DeFoe practices at Cape Fear Valley Cancer Treatment and CyberKnife Center.



Delores Johnson, M.D.

Delores Johnson, M.D., has moved her practice to Health Pavilion Hoke OB/GYN at 300 Medical Pavilion Drive, Suite 250, in Raeford. To make an appointment, please call (910) 904-8035.



Michael Leke, M.D.

Michael Leke, M.D., has moved his vascular surgery practice, Sandhills Surgical Associates, to 3410 Village Drive, Suite 200. To make an appointment, please call (910) 401-0202.



Kari Lake, M.D.

Kari Lake, M.D., has moved her pediatric practice to Health Pavilion Hoke Primary Care at 300 Medical Pavilion Drive, Suite 150. To make an appointment, please call (910) 904-8025.

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**CAPE FEAR VALLEY
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Bladen County Hospital GOES DIGITAL

Bladen County Hospital technology took a major leap forward recently with the launch of its new medical records system. The change will allow the 61-year-old facility to truly leave pen and paper behind.

The new system improves patient care by allowing easier caregiver access to patient information at any time, from anywhere in the hospital. This means hospital employees will no longer have to handwrite notes and reports or scrounge through metal filing cabinets.

The hospital's nursing and clinical staff can now enter and review orders, read nursing and clinical documents, track Emergency Department patients, and view patient lab and radiology results – all with the click of mouse and few short key strokes.

A new hospital registration and financial billing system was also installed, as was a new electronic prescription-writing system. Physicians can now electronically send a patient's prescription to local pharmacies, instead of picking up the phone or scribbling out a paper copy.

The new prescription-writing system will also allow physicians to review patient medication histories before prescribing new medication during the admission process.

It took more than a year of planning before the entire medical records system "went live" on June 1. Every member of Cape Fear Valley's 80-person Information Services and Technology Department played a role in the project to some degree. Members of Cape Fear Valley's Patient Financial Services and Health Information Management departments also played a major role.

"It was a huge, phenomenal initiative," said Betty Brown, Director of Nursing Informatics at Cape Fear Valley. "Bladen went from a largely all-paper process to an automated one overnight."

An on-site troubleshooting team was deployed to help Bladen County Hospital employees with any learning curves since the system was entirely new. The team provided 24-hour technical support for nearly a week.

Other Cape Fear Valley hospitals and facilities already use most of the system's components and software. This will allow Bladen County Hospital to share records within the health system's other hospitals and facilities, seamlessly and privately.

Such a massive undertaking often makes more sense to implement in phases. But increasing federal regulations overseeing patient medical records necessitated Bladen County Hospital's project all at once.

As a result, the Elizabethtown hospital is guaranteed to have an up-to-date patient information system that can easily expand and network with others for years to come.

"Our patients will benefit no matter where they are," said Dan Weatherly, Bladen County Hospital president. "We're very excited to offer this service."





From Tennis Ball to Bucket Lists

Some physicians just
know how to **RELAX**



Mark Kasari, M.D.

CAPE FEAR VALLEY BOARD OF TRUSTEES
CUMBERLAND COUNTY MEDICAL SOCIETY DESIGNEE

When you're a physician, downtime is downtime,
no matter how laid back or crazy the activity.

Lots of doctors make a beeline for the nearest golf course when the weekend rolls around. But some have absolutely no interest in wandering the links with putter in hand. That would be Mark Kasari, M.D.

Instead, his leisure weapon of choice is an oversized tennis racket and a court to play on. And don't forget the bucket of yellow balls. Because tennis without balls is a pretty futile concept.

The Gathersburg, Maryland native started playing while in college but quit when his children, Alex, 11, and Mira, 13, came along. Lucky for him, his offspring have picked up the sport. So now you can catch all three on any given day gingerly hitting lobs at each other – with an emphasis on “gingerly.”

“You have to work extra hard as you get older,” said Dr. Kasari, 43, with an open laugh. “But it doesn’t cost anything and you can play at the local parks. I’m really starting to enjoy it again.”

His wife, Sweta, a tennis novice, hasn’t quite gotten into to the swing of things yet. But she is practicing, so tennis is becoming a true family affair in the Kasari household.

Dr. Kasari and Sweta married after he finished medical school at Saba University of Medicine in Saba, Netherlands-Antilles. The small, but rather scenic, Caribbean island is the smallest municipality of the Netherlands.

After getting his degree, the physician resident chose to specialize in interventional nephrology. The emerging subspecialty is so new that Dr. Kasari was just the 28th person to be certified in the field in the U.S.

Carolina Kidney Care identified his rare talents before recruiting him to Fayetteville 10 years ago. He’s been here ever since. From the looks of things, he won’t be going anywhere either.

Diabetes is running rampant in the Southeast, as is obesity, high blood pressure and high cholesterol. Have all four and you have “metabolic syndrome,” a condition that destroys kidney and blood vessel function over time.

If it happens, patients must undergo regular dialysis treatments to stay alive. But the veins where dialysis ports are inserted eventually fail, one after the other. That’s where interventional nephrologists come in. They work to create and maintain vascular access for hemodialysis patients.

“There’s just a tremendous amount of renal failure in the south,” he said. “It’s phenomenal, so the opportunities to practice are still here. Besides, I wouldn’t want to leave.”

His wife certainly hopes not. Sweta has taken to actively volunteering in the community, helping serve food at Salvation Army food kitchens. She got involved through her church, the Hindu Bhavan in Fayetteville. Her husband eventually began helping in the kitchens, as well.

He also volunteers his talents to his children’s school, Max Abbott Middle School, providing free sports physicals. In turn, Sweta volunteers with the school PTA.

If he’s not volunteering, then Dr. Kasari is probably at the gym exercising or scrutinizing his bucket list for what to try next. He considered getting a motorcycle operator’s license, since he had a dirtbike when he was younger. But he chuckles and asks, “What good is a license without a motorcycle?”

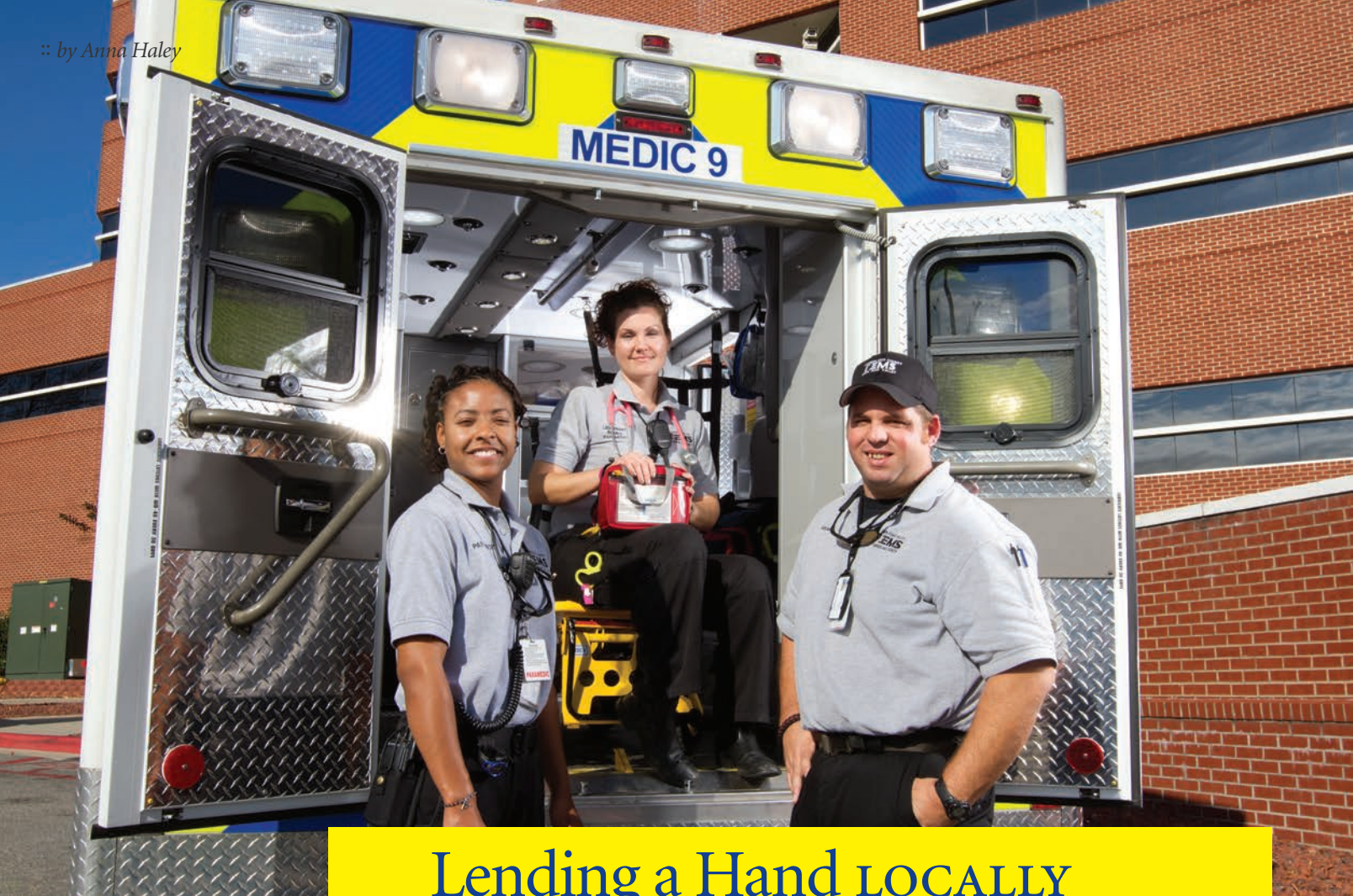
The aspiring motorcyclist has already checked off scuba diving in the Caribbean and skydiving with friends in South Carolina. He looks at the parachuting experience as a singular event, never to be repeated again for good reason.

For one: he had to jump by himself. There was no instructor to do a tandem jump with. Then there was that whole walking-out-on-the-wing-to-jump thing. There was also that unavoidable fear of colliding with someone else’s parachute the whole time, which could have immediately led to a freefall death.

“It was a good experience,” Dr. Kasari said with an even louder laugh. “But once it was done, it was done. I have no desire to go back.”

Even when faced with the prospect of picking up golf instead.





Lending a Hand **LOCALLY**

Cape Fear Valley Health Foundation is
MAKING A DIFFERENCE in our community

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 works by allowing 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.

“Time saved, means saved heart muscle,” Pearce said. “You ultimately improve the patient’s survivability and quality of life, too. We wouldn’t have been able to do it without the system or the grant.”

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.

One way you can make a difference is by going Greek for a day! 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, of course, the delectable Greek dishes that have made the festival famous.

“This really is your chance to experience a taste of Greek culture and religion,” Dr. Poulos said.

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.

Cape Fear Valley Blood Donor Center’s bloodmobile will also be present Saturday, from 1 to 5 p.m. This is the fifth year the bloodmobile has participated, saving an estimated 240 lives.

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 or call (910) 615-LINK.



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



CAPE FEAR VALLEY
HEALTH FOUNDATION
FRIENDS OF CHILDREN



Something Old, Something New, **PEDIATRIC INTENSIVE CARE** never looked so good.

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 that includes 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.

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.



Efrain Sanchez-Rivera, M.D.

PEDIATRIC CRITICAL CARE PHYSICIAN
CHILDREN'S ACUTE CARE



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.

She is especially impressed 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.

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

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

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 won't end with the PICU. The rest of the Children's Center floor will be made over to look just as nice and modern. But it will take time, planning 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.

Thomas Costello is vice-president and general manager at Rick Hendrick Toyota of Fayetteville. He also works with the foundation as its board vice-president. He 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 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 moment. Work has already begun on updating the center's main nursing station. The entire project is expected to be complete by fall.

Until then, patients and visitors can expect to see construction workers milling about during weekdays. It will all be worth it when the finished project looks just as nice as the made-over PICU.

professional recognition

PROFESSIONAL NURSING PRACTICE award



Tiffany Potter



Allison Strickland



Judy Michael

Tiffany Potter

CHILDREN'S EMERGENCY DEPARTMENT

"Tiffany is dedicated to patient care and satisfaction. She always cares for her patients and her families with a smile on her face and treats them like they are the only patients she has."

Nominated by Rebecca Bascomb

Allison Strickland

BLADEN SURGICAL SERVICES

"Allison possesses strong, sound clinical judgment and has developed a 'nursing voice' to advocate for patients ensuring quality care is always rendered. Her knowledgeable, skilled nursing practice and smile lets everyone know she is 'on duty'."

Nominated by Terri Duncan, RN Bladen Education

Judy Michael

SHORT STAY SURGERY

"Judy maintains a personal high standard of professional practice. She is extremely thorough and conscientious, striving to achieve the highest level of patient safety. We often joke that 'nothing gets by her.' She surpasses all the required qualifications for this award."

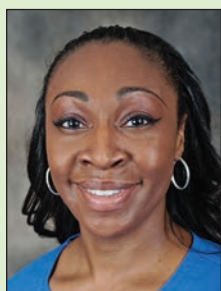
Nominated by Kelly Chavis, RN & Carol Tyler, RN Short Stay

Geneva Blue

HOKE PRIMARY CARE

"Geneva is soft spoken, kind, thoughtful, compassionate, professional and dependable. She knows what is needed before anyone can even ask for her assistance. She is always there to help her 'sisters in nursing' and her compassion and kindness extends to the clinical staff as well. She is so well trained it is 'pure instinct'."

Nominated by Winnie Daws, Hoke Pavilion Primary Care Clinic



Geneva Blue



Sheri Dahman



Phyllis Daniels-Alston



Sylvia Thompson



Beth Langley



Brittanie Colborn

Not Pictured:
Julie Bowler
Lawanda White



Valerie Rodriguez

NURSING LEADERSHIP *award*

Sheri Dahman

NURSING SUPERVISOR

“Sheri serves as the ultimate patient advocate, often handling those patients ‘caught in the system,’ the seemingly invisible but ever-present patients who cycle into and out of our healthcare system. Sheri has a unique ability to see beyond the situation and into the person, which contributes to a level of trust and cooperation that facilitates agreement.”

Nominated by Melissa King, RN PACU PCM

Phyllis Daniels-Alston

5 SOUTH PATIENT CARE MANAGER

“Her leadership style is genuine and refreshing. She is passionate about the care of patients on 5 South and has clear expectations for each of the staff members. ‘Team work is paramount’ and ‘everybody is somebody’ are some of the values that you can hear her say from day to day. She is available to staff and patients alike to encourage, to mentor and to comfort.”

Nominated by Kate Fassnacht, RN 5 South

Sylvia Thompson

BLADEN MEDICAL/SURGICAL UNIT

“Sylvia has been influential in promoting and attaining an excellent working relationship with her co-workers through her pleasant demeanor and professionalism. Her words reach the place inside us that is frightened and nervous. To be hugged by her is to be close to heaven.”

Nominated by Terri Duncan, RN Bladen Education

Beth Langley

NURSING ADMINISTRATION

“Beth is always the ‘go-to’ person when it comes to support, guidelines or answering any questions to help nurses with promoting a healthy work environment and advancement. She is a true agent of change in our healthcare delivery here at Cape Fear Valley. She continues to advocate for all nurses on an hour-to-hour basis.”

Nominated by Stephanie Dove, RN Post Anesthesia Care Unit

RISING STAR *award*

Brittanie Colborn

HIGHSMITH-RAINEY SPECIALTY HOSPITAL 4TH FLOOR

“Her positive attitude and strong work ethic is admirable and worthy of praise. She can be heard in the hallways encouraging and engaging her patients in their own care. She takes time to explain in great detail the reasons for specific and specialized treatment plans prescribed.”

Nominated by Leigh Griffin, RN, HRSH Clinical Educator

Valerie Rodriguez

6 SOUTH

“Valerie started out as a very shy, but very eager-to-learn, nurse. Over the past year, I count it an honor to have been able to watch her blossom into the wonderful, confident and dedicated nurse that she is today. She has such passion for what she does. She takes every day as an opportunity to learn something new, do something better than she did it yesterday, and make sure that each and every one of her patients knows that she cares.”

Nominated by Casharol Robinson, 6 South

Julie Bowler

CARDIAC SURGERY INTENSIVE CARE UNIT

“Julie excels at every challenge that she comes across. She has been a nurse for almost a year. However, when you see her in action in the unit you would think she had been a nurse for a long time. Her patients are her top priority.”

Nominated by Julie Scott

Lawanda White

BLADEN MEDICAL/SURGICAL UNIT

“Lawanda brings a calmness to the unit, a ‘let’s get it done together’ attitude. Caring and compassion are among her greatest strengths, as evidenced by her commitment to her patients, her team and her organization. What a gift she has been to our organization!”

Nominated by Terry Duncan, RN Bladen Education



Home of the Brave

On the Border Mexican Grill and Cantina and Beasley Broadcast Group hosted the annual Pre-Fourth of July Blood Drive. This year's event was the most successful to date. Nearly 100 pints of blood were collected, which can save up to 300 lives. The annual blood drive helps recruit volunteers and blood donations for local patients when donations traditionally decline due to hot summer weather, vacations and summer schedules. Donors received a Home of the Brave T-shirt, food and ice cream.

Premium Specialty Center Designations

United Healthcare has designated Cape Fear Valley as a UnitedHealth Premium Specialty Center for the following:

- **Premium Cardiac Surgery Center** with a Three-Star Quality Rating
- **Premium Rhythm Management Center** with a Three-Star Quality Rating
- **Premium Interventional Cardiac Care Center** with a Two-Star Quality Rating

The quality results were based on assessments from completed quality surveys and patient outcome data. Three Stars is the highest rating possible.

United Healthcare is one of the nation's largest healthcare insurance providers. Cape Fear Valley's three designations will be listed in United Healthcare's online directories, as well as in marketing materials sent to consumers, employers and physicians.

Stroke and Heart Failure Awards

Cape Fear Valley Health has won bronze awards from the American Heart Association (AHA) for Stroke and Heart Failure treatment. The awards were bestowed under the AHA's Get With The Guidelines® program, which measures how closely hospitals follow the latest, evidence-based treatment guidelines for stroke, heart failure, resuscitation and atrial fibrillation.

This is the first year the health system participated in the heart failure and stroke categories. Cape Fear Valley's two awards were for the first quarter of 2013. Winners must maintain an 85-percent treatment benchmark during the entire quarter to receive a bronze award. Hospitals can earn a silver award for maintaining performance for a year and a gold award for maintaining performance over two years.

Volunteers of the Year

Cape Fear Valley Health has named its Volunteers of the Year.

Mitzi Blanchard, a volunteer since 2009, is the Volunteer Services Volunteer of the Year. **Patricia McClanahan**, a volunteer since 2007, is the Cape Fear Valley Auxiliary Services Volunteer of the Year. **Jule Gainous**, a volunteer since 1997, is the Highsmith-Rainey Volunteer of the Year. And **Anne Binkley**, a volunteer since 2011, was named Bladen Healthcare's Volunteer of the Year. All the volunteers won for going above and beyond their required duties, and were nominated anonymously by their peers.



Mitzi Blanchard



Jule Gainous

Partners For Life

Cape Fear Valley Blood Donor Center partnered with Cumberland County high schools this past school year to raise nearly 3,000 units of blood under the Partners for Life program. This means one in three Blood Donor Center donations come from a local high school student! The ratio was one in five during the 2011-12 school year. Similar Partners for Life programs collected 288 units of blood in Bladen County and 295 units of blood in Hoke County.

The Blood Donor Center awarded cash incentive prizes to schools that recruit the most donors. Reid Ross Classical School, Gray's Creek High School and Jack Britt High School came in first place in Cumberland County. Cross Creek Early College High School, Terry Sanford High School and Cape Fear High School tied for second place. West Bladen High School and East Bladen High School in Bladen County won prize money, as did Hoke County High School in Hoke County.



Patricia McClanahan



Anne Binkley

*named a TOP 100 HOSPITAL with GREAT
NEUROSURGERY and SPINE PROGRAMS*
— BECKER'S HOSPITAL REVIEW

CAPE *able*

of **BRINGING YOU HOPE and HEALING**

If you or a loved one has a neurological problem, you may not know where to turn. You may even think you need to travel out of town to an academic medical center for treatment. Cape Fear Valley Neurology and Cape Fear Valley Neurosurgery offer comprehensive treatment and surgery right here in Fayetteville:

Headaches : Dementia : Movement Disorders : Neuropathies : Neuromuscular Diseases
Stroke and TIA : Epilepsy and Seizures : Trigeminal Neuralgia
Brain Tumors : Aneurysms : Simple and Complex Spinal Disorders : Neurosurgical Management of Pain

Together these specialists bring hope and healing to patients from all over the Cape Fear Region and beyond.

Call to learn more about your treatment options. (910) 615-3350.



CAPE FEAR VALLEY
NEUROSURGERY *and* SPINE

www.capefearvalley.com/neuro

Community

CAPE FEAR VALLEY HEALTH *in the* Community

CLASSES

ARTHRITIS OF THE HIP & KNEE

Thursday, August 29

Thursday, Oct. 31

6:30 – 7:30 p.m.

Cape Fear Valley Education Center

3418 Village Drive

FREE! Does arthritis cause you pain and limit your mobility? An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments. Light refreshments will be offered.

To register, call (910) 615-LINK (5465).

CANCER SURVIVORSHIP WORKSHOP: COMMUNITY RESOURCES

Tuesday, Sept. 10

6 – 8 p.m.

Cancer Center Conference Room

FREE! For more information or to register, please call (910) 615-6791.

BREASTFEEDING CLASSES

Wednesdays, Sept. 4, 18

Wednesdays, Oct. 2, 16, 30

6 – 7:30 p.m.

FREE! Classes are taught by an International Board-Certified Lactation Consultant. Fathers are welcome and encouraged to attend.

To register, call (910) 615-LINK (5465).

PREPARED CHILDBIRTH CLASSES

Monday, Sept. 16, 23, 30 & Oct. 7

Monday, Oct. 21, 28 & Nov. 4, 11

Monday, Nov. 25 & Dec. 2, 9, 16

6 – 9 p.m.

\$30 per couple

This series of four classes will help you and your birthing partner prepare for your special delivery!

To register, call (910) 615-LINK (5465).

SATURDAY ACCELERATED CHILDBIRTH CLASSES

Sept. 7, Oct. 5, Nov. 2, Dec. 7

9 a.m. – 5 p.m.

\$30 per couple

To register, call (910) 615-LINK (5465).

FAMILY BIRTH CENTER TOURS

Tuesdays, Aug. 27

Tuesdays, Sept. 3, 10, 17, 24

Tuesdays, Oct. 1, 8, 15, 22, 29

Tuesdays, Nov. 5, 12, 19, 26

5 – 6 p.m.

FREE! Take a tour to see the safety and security of the Family Birth Center. Fathers are encouraged to attend.

To register, please call (910) 615-LINK (5465).

CAPE FEAR VALLEY SUPPORT GROUPS

Coming Together Children's Support Group helps children whose family members are undergoing cancer treatment. Parents are invited to attend and learn how they can best assist their children during this difficult time. This group meets on the third Thursday of the month (except June, July & August), from 6 to 7:30 p.m., in the Cape Fear Valley Cancer Center conference room. **For more information or to register, please call (910) 615-6791.**

The Look Good, Feel Better program meets on the third Monday of the month, at 9 a.m., in the Cape Fear Valley Cancer Center conference room and 9 a.m. in the Health Pavilion North Cancer Center. Licensed cosmetologists help women with cancer learn how to apply make up and style wigs or scarves to compensate for the changes in the skin and hair that cancer treatment may cause. **To register, please call (910) 615-6791 and ask for the Oncology socialworker. You can also learn about coming educational workshops.**

A.W.A.K.E., a support group for those with sleeping disorders and their family members. Meets every third Tuesday in January, March, May, July and September, from 6 to 7 p.m., in the Carolina Room of the Cape Fear Valley Education Center at 3418 Village Drive. **For more information, please call (910) 615-3200.**

Mended Hearts, a support group for those who have had heart surgery and their family members, meets every second Thursday of the month at 5:30 p.m. in the Cardiac Rehab Classroom at Cape Fear Valley Rehabilitation Center. **For more information, please call Rae Ashley at (910) 615-6580.**

Defibrillator Support Group meets on the second Thursday of January, April, July and October, from 6:30 to 8 p.m., in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call Laurie Costello at (910) 615-8753.**

Stroke Support Group meets on the third Wednesday of the month at 4 p.m., in the Physical Therapy Gym at Cape Fear Valley Rehabilitation Center. **For more information, please call Vicky Parker at (910) 615-6972.**

Spinal Cord Injury Support Group meets on the first Monday of the month at 3 p.m. in the Patient Cafeteria at Cape Fear Valley Rehabilitation Center. **For more information, please call James Jones at (910) 615-4051 or Shequitta Massenburg at (910) 615-6066.**

Congestive Heart Failure Support Group meets on the first and third Thursday of the month, from 3:30 to 4:30 p.m., in the Cardiac Rehab Classroom at Cape Fear Valley Rehabilitation Center. **For more information, please call Jay Pedersen, RN, BNSc., at (910) 615-4809.**

community

COMMUNITY SUPPORT GROUPS

Alzheimer's Caregiver Support Group, for those caring for loved ones with Alzheimer's disease. Meets on the third Tuesday of the month at 2 p.m. at Life St. Joseph of the Pines at 4900 Raeford Road. **For more information, please call Sam Hutchinson at (910) 615-1633.**

Arthritis Support Group meets on the fourth Monday of the month (except February, July and December) at 7 p.m. at Cape Fear Valley Rehabilitation Center, Auditorium Room A. **For more information, please call Diana Coppernoll at (910) 488-9352.**

Bereavement Support Group meets at Cape Fear Valley HomeCare and Hospice in the Bordeaux Shopping Center Professional Center, Suite 203, at 1830 Owen Drive, on the first and third Thursdays of the month from noon to 2 p.m. The group is for those who are coping with the death of a loved one. **For more information, please call (910) 609-6710 or (910) 689-2395.**

Compassionate Friends, a support group for families who have experienced the death of a child, meets on the first Tuesday of the month at 7:30 p.m. in Room 102 of the Medical Arts Center at 101 Robeson Street. **For more information, please call Jennifer German at (910) 245-3177.**

Fayetteville Brain Injury Support Group meets on the second Tuesday of the month at 6:30 p.m. in the Patient Dining Room at Cape Fear Valley Rehabilitation Center, located behind Cape Fear Valley Medical Center in Fayetteville. **For more information, please call Ellen Morales at (910) 486-1101.**

Marfan Syndrome Support Group meets the last Saturday of the month, from 2 to 5 p.m., in Cape Fear Valley Rehabilitation Center Auditorium B. **For more information, please call Karen Moore at (910) 583-5518.**

Scleroderma Support Group meets on the third Saturday of the month, at 10 a.m., in Room 102 of the Medical Arts Center at 101 Robeson Street in Fayetteville. The group does not meet in July or December. Scleroderma patients and their loved ones are invited for support and information about the disease. **For more information, please call Donna Thomas at (910) 308-9792 or Kim Sublett at (910) 237-2390 or via email at fayettevillescleroderma@gmail.com.**

Parkinson's Disease Support Group meets on the second Saturday of the month, at 10 a.m., in Room 102, at the Medical Arts Center at 101 Robeson Street. No meetings in July or August. **For more information and location confirmation, please call Kent Rosborough at (910) 483-1975 or (828) 606-1921.**



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RIBBON WALK & RIDE

**SATURDAY
SEPT. 21**

at the MEDICAL ARTS CENTER
in DOWNTOWN FAYETTEVILLE

.....
**SURVIVOR'S
RECEPTION**
FRIDAY, SEPT. 20
at the SKY VIEW on HAY

to benefit

CAPE FEAR VALLEY HEALTH FOUNDATION'S
FRIENDS of the CANCER CENTER

Register Online Today!

www.ribbonwalkforcancer.org

FOR MORE INFORMATION CALL 615-1434

GET YOUR TEAMS TOGETHER!

Join us on Saturday, September 21 to support local cancer patients, right here in our community. The generous support you give will make a difference in the lives of hundreds of cancer patients and their families. "Crystal Ribbon" trophy awarded to the Ribbon Walk & Ride team that raises the most money.



CAPE FEAR VALLEY
HEALTH FOUNDATION
FRIENDS OF THE CANCER CENTER



*The 8th Annual Ribbon Walk & Ride
proudly presented by:*

