

CAPE FEAR VALLEY HEALTH *and* WELLNESS MAGAZINE

MAKING ROUNDS

FALL 2014



CAPE FEAR VALLEY
HPN Cancer Center

Shrish Devasthali, MD



CAPE FEAR VALLEY HEALTH

www.capefearvalley.com



this is YOUR HOSPITAL...

You won't find another health system from the triangle to the coast with the scope of services offered at Cape Fear Valley. And you won't find one as committed to your family's health.

At Cape Fear Valley Health, we are proud to be nationally recognized in so many areas. Our accreditations and certifications demonstrate our commitment to quality care.

HEART ATTACK CARE :: Chest Pain Center Accredited by the Society for Cardiovascular Patient Care

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HEART ATTACK CARE :: Disease Specific Certification by The Joint Commission

.....

HEART FAILURE :: Disease Specific Certification by The Joint Commission

.....

STROKE CARE :: Disease Specific Certification by The Joint Commission

.....

CANCER CARE :: Accredited by the American College of Surgeons Commission on Cancer

.....

BREAST CARE :: Accredited by the National Accreditation Program for Breast Centers

.....

HIP & KNEE REPLACEMENT SURGERY :: Disease Specific Certification by The Joint Commission

.....

WEIGHT LOSS SURGERY :: Accredited by the American Society for Bariatric Surgeons

.....

PHYSICAL REHABILITATION :: Accredited by the Commission on Accreditation of Rehabilitation Facilities

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SLEEP MEDICINE :: Accredited by the American Academy of Sleep Medicine

MAKING ROUNDSSM

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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

Right now there are 5.8 million Americans living with heart failure. And another 670,000 are diagnosed each year.

Heart failure is a complicated chronic condition that can affect patients' quality of life. And it can be difficult to manage, resulting in 1 million hospitalizations each year.

That's why clinical treatment guidelines are so important. There's an actual science behind making the best clinical decisions for patients.

Panels of experts, convened by medical societies and certification boards, review scientific data and literature to create informed treatment recommendations, also known as best practices. The goal is to deliver consistent high-quality care to achieve better outcomes.

The keyword is "consistent." If you can reduce unwanted variations during clinical treatment processes, patient care quality will improve.

The Joint Commission is well known as the accrediting body for hospitals and healthcare organizations. It awards the Gold Seal of Approval to organizations that meet its strict national standards for healthcare and safety.

It also has a program for virtually every chronic disease and condition, as well as for more advanced, disease-specific categories. Called the Disease-Specific Care (DSC) certification program, it acknowledges an organization's commitment to quality care. Cape Fear Valley Health has received certification not only in Heart Failure, but also for four other clinical care programs: Hip, Knee, Advanced Stroke, and Acute Myocardial Infarction (heart attacks).

Five may not sound like a lot. But it is an extraordinary achievement, placing Cape Fear Valley 26th among all 5,000 hospitals in the nation.

Even having one certification is an achievement, in itself. Organizations are rigorously evaluated during on-site reviews for a myriad of things, such as clinical outcomes, how patients are educated, opportunities to improve, and whether the organization's leaders are committed to that improvement.

“Achieving 5 Joint Commission Disease-Specific Certifications places Cape Fear Valley 26th among all 5,000 hospitals in the nation.”

Most importantly, however, is whether an organization actually incorporates evidence-based guidelines into its daily clinical practices. Only when you establish a consistent approach to care, can you reduce the risk for errors. And reducing errors is, ultimately, the name of the game. It not only

improves quality scores, but also saves lives.

That's far more important than any certification Cape Fear Valley may receive. But I'm still proud to say that The Joint Commission has found our health system worthy of five different Disease-Specific Certification awards in recent years.

And I expect it will soon grow to seven. We are currently working toward Disease-Specific Certification in pneumonia and wound care as well.

Some hospitals may be content with maintaining the status quo, but not Cape Fear Valley.

Earning Joint Commission Disease-Specific Certification is the best assurance patients have that their hospital and medical staff are able to meet their unique and specialized needs.

Mike Nagowski
CEO, Cape Fear Valley Health

Close To

Cancer treatment has just
gotten easier again in
Harnett County



Home



Laura Phillips knew she faced a long road ahead after being diagnosed with cancer earlier this year. But the road grew even longer when her medical oncologist, and his Dunn practice, abruptly closed up shop and left town.

The Carolina Cancer Centers of North Carolina facility was the only outpatient cancer treatment center in Harnett County.

The closing left Phillips and numerous other patients with a difficult decision: follow their former physicians to the Triangle, or find a new one in a neighboring county. Going without, wasn't an option.

Luckily, Phillips didn't have to decide.

Cape Fear Valley Health and Harnett Health agreed to work together to quickly re-open the clinic this summer. The 805-C Tilghman Drive location, across from Betsy Johnson Hospital, remains the same. But the name has changed to Cape Fear Valley Cancer Center at Harnett and comes with an all-new Cape Fear Valley Health staff to support it.

Cape Fear Valley's CEO, Mike Nagowski, said the decision to re-open was an easy one, since more than 2,400 cancer cases are diagnosed each year in Harnett County.

"We're very pleased to be able to provide such a vital service," Nagowski said, "to patients who would otherwise have to drive long distances for care."

Phillips, a Linden resident living near the Harnett County line, is certainly thankful. She tried driving to nearby Johnston County for treatment. But even that was too far of a drive. Now she sees Shirish Devasthali, M.D., at Cape Fear Valley Cancer Center at Harnett, and couldn't be happier.



We're going to make sure anyone who wants care is taken care of

"It was either drive one hour to Durham or drive 15 minutes here," she said. "For sick people, like me, driving is a pain."

Dr. Devasthali understands the dilemma. He says good healthcare is only beneficial when it's within reach.

"Many of the folks I treat are elderly," he said, "and traveling long distances is not something they want to do. They're much more compliant with treatment when the care is local."

The Fayetteville physician has 24 years of medical oncology and hematology experience. He attended

medical school in Moscow, before doing an internship in his homeland of India. Oncology training followed in Cleveland, before setting up private practice in Fayetteville. The decision was based on his wife being a Fayetteville native and the lack of medical oncology providers here at the time.

Ironically, Dr. Devasthali is charged with building up an oncology practice again in an area with too few providers. But he's up to the task.

"We're going to make sure anyone who wants care is taken care of," he said. "We'll accept the former patients and anyone else who wants to come see us."

Dr. Devasthali will be joined in Dunn by his long-time colleague, Tariq Nazir, M.D. The two worked together for 10 years in private practice before joining Cape Fear Valley's physician staff.

Dr. Nazir did his hematology and oncology fellowship at the University of Pittsburgh. He entered medical oncology because he wanted to help cancer patients beat their disease.



(from left to right)

**Kenneth Fink, M.D.,
Shirish Devasthali, M.D.
and Tariq Nazir, M.D.**

“More patients are now living with cancer than dying from it,” he said. “And for certain types of cancers, cures have actually been achieved in the last 20 years.”

Another medical oncologist, Mark Ketheeswaran, M.D., will also be joining the Cancer Center at Harnett location. He did his hematology and oncology fellowship at Bayside Medical Center in Springfield, Mass.

The Cancer Center at Harnett’s patients will have access to chemotherapy regimens, as well as an onsite pharmacy, laboratory services, support programs, oncology social workers and dietitians.

If needed, they’ll also be able to utilize Cape Fear Valley’s other award-winning treatment options and specialized equipment, including PET-CT, IMRT, IGRT, Mammosite, surgical oncology and CyberKnife at the health system’s main medical campus in Fayetteville.

Patients requiring radiation oncology services will be treated at Cape Fear Valley Cancer Center at Health Pavilion North, which is closer to Harnett County. It’s where Dr. Nazir and Dr. Devasthali will spend their time, if not in Dunn. They join Kenneth Fink, M.D., who welcomes the help at Health Pavilion North’s growing cancer treatment practice.

“Their arrival is timely,” Dr. Fink said. “I foresee a smooth transition, as we merge our teams together. It’ll help enhance our capabilities and service in caring for some of the sickest individuals in our community.”

at the cancer center

MEDICAL ONCOLOGISTS

Kamal Bakri, M.D.,
MEDICAL DIRECTOR *for* MEDICAL ONCOLOGY

Sajjad Malick, M.D.

Kenneth Manning, M.D.

Kenneth Fink, M.D.

Shirish Devasthali, M.D.

Tariq Nazir, M.D.

Mark Ketheeswaran, M.D.

RADIATION ONCOLOGISTS

Hugh Bryan, M.D.,
MEDICAL DIRECTOR *for* RADIATION ONCOLOGY

Istvan Pataki, M.D.

Sally Sockwell Smith, M.D.

Thomas Walden, M.D.

TREATMENT LOCATIONS

**Cape Fear Valley Cancer Treatment
& CyberKnife Center**

Medical Oncology (910) 615-6910

Radiation Oncology (910) 615-5894

**Cape Fear Valley Cancer Center
at Health Pavilion North**

(910) 615-3840

Cape Fear Valley Cancer Center at Harnett

(910) 230-7800



Playing It Safe



It's never enough when
it comes to treating
cancer patients

Treating cancer takes a dedicated team of healthcare **professionals** to make sure everything goes right. Yet, some team members are rarely noticed, because they work behind the scenes. Pharmacists are a perfect example.

Pharmacists personally handle every dose of chemotherapy medication administered to patients at any of Cape Fear Valley's three Cancer Center locations. And it's all done behind closed doors.

“Patients count on us every day to make sure we’re keeping them safe during their entire treatment,” said Billy Kirby, PharmD. “That’s a task we don’t take lightly.”

Cape Fear Valley’s three cancer centers are at Health Pavilion North in northern Cumberland County, Cancer Center at Harnett in Dunn, and at the health system’s Cancer Treatment & CyberKnife Center main campus in Fayetteville.

Kirby joined the main campus Cancer Center in 1997 after a major expansion, which included a new, onsite pharmacy. Since then, he’s watched Cape Fear Valley’s Cancer Center grow into one of the top 10 busiest in the state.

Upwards of 65 patients a day receive infusion therapy at Cape Fear Valley’s main campus and Health Pavilion North.

“When I started, there were just 20 to 25 medications on our shelves,” Kirby said. “Now we have more than 80 to choose from. And these medications are so much better than they used to be.”

While still toxic, today’s chemo drugs are less harmful to patients. Most of them incorporate additives to help boost patient immune systems to reduce nausea.

Every day, Kirby and his Cancer Center colleagues receive prescription orders for patient treatment plans from medical oncologists. The plans detail how much chemotherapy medication to administer.

Once the proper dosage is determined, the prescription is sent to a second pharmacist for review. Double-checking reduces the risk of error.

“Chemotherapy at Cape Fear Valley is never administered to patients without being reviewed by two pharmacists,” Kirby said. “This is a safeguard that doesn’t always happen in the private sector.”

Cape Fear Valley’s Cancer Center Pharmacies are equipped with the latest in safety equipment to keep



Billy Kirby, PharmD

both patients and employees safe. The equipment includes vertical flow hoods, which allow air to circulate inside the hood once before being filtered out of the work area. The “closed system” is used to prevent chemotherapy medication vapors from escaping while not only being mixed, but also when given to the patient.

“patients count on us every day to make sure we’re keeping them safe during their entire treatment”

Once a drug is ready to be administered, safeguards are in place to prevent it from being given to any patient except the correct one. They include two nurses verifying medication, dosage and proper patient identification at the patient bedside. The attending pharmacist also monitors the patient’s medications and lab values to ensure the dosage is correct.

Whether it’s new chemotherapy drugs or the latest in safety equipment, Cape Fear Valley is always looking for ways to keep the patient safe, according to Chris Tart, Outpatient Pharmacy Services Director.

“There’s no room for making mistakes,” Tart said, “because we’re working with such potent drugs.”

“If you look at our processes and how many steps there are, it all seems very complicated. But it’s what we think is absolutely necessary to keep everyone as safe as possible.”

Solving the Problem

Cape Fear Valley's new Child Behavioral Services program is here to help

Autism is a growing problem in the U.S. with no end in sight.

The brain disorder affects 1 in 68 children, making it more common than childhood cancer, cystic fibrosis and multiple sclerosis combined. It is the most common condition in a group of developmental disorders known as autism spectrum disorders (ASD).

Children with autism can be affected in three areas: verbal and non-verbal communication; social interaction; and repetitive behaviors. They can also have sensory problems or obsessive traits, ranging from mild to severe.

No one really knows what causes autism, and it can go undiagnosed for years in its milder forms. Some theories point to a genetic link affecting the way the brain processes language and communication. As a result, autistic children have problems comprehending what they hear, see and sense, according to Kenneth Fleishman, M.D.

"They're kind of in their own world," he said. "You have to engage them frequently. If you don't, they can be distant or even robotic during conversation."

Dr. Fleishman is a child psychiatrist and a nationally respected expert on autism. He's spent the last 20 years working with autistic children at Emory University in Atlanta, Ga. The Fayetteville native recently moved back

to the area to head Cape Fear Valley Health's new Child Behavioral Services program.

Launched this summer, the program looks to continue providing behavioral health services to area children who need it. The county previously provided such services at the now-closed Bradford Avenue mental health clinic. But those services were often limited in scope and funding, due to continual state and federal budget cuts for mental healthcare.

Dr. Fleishman says Cape Fear Valley's goal is to grow its children's behavioral program over time, because it's a valuable service to the community. He and his staff of child therapists will treat autistic children, as well as patients with:

- Developmental delays
- Emotional issues
- Mental illness, including schizophrenia, bipolar disorder and depression
- Panic attacks
- Anxiety disorders
- Attention Deficit Hyperactivity Disorder (ADHD) and ADD
- Eating disorders

Children and adolescents can be referred to the program through pediatricians, school officials, behavioral healthcare providers, Emergency Department staff and the patient's own family. Dr. Fleishman will initially consult with new patients and their family, determine if medication is needed, then decide if ongoing treatment is needed. All the treatments are provided on an outpatient basis.

The Child Behavioral Health Services program recently moved from Cape Fear Valley's main Owen Drive campus to the fourth floor of 711 Executive Place.

Children in immediate crisis can still be screened and evaluated at the Community Mental Health Center at Cape Fear Valley, which has a walk-in crisis evaluation center. The Roxie Avenue facility screens children ages 3 to 18 from 8 a.m. to 8 p.m., Monday through Friday, and 8 a.m. to 4 p.m. on Saturdays and Sundays.

Doug Webster is the Service Line Director for Behavioral Health Services at Cape Fear Valley Health. He says the Child Behavioral Services program moved off the health system's main Owen Drive campus because of rapid expansion and the need for more space.

"Treating children can involve many family members," Webster said. "That requires bigger offices, so you can have family consultations. The better the treatment we provide, the better it is for our community in the long term."

The Child Behavioral Services program recently added a second child psychiatrist toward that goal. The physician, Parkavi Chellappa, M.D., completed her fellowship in child and adolescent psychiatry at Cedars Sinai Medical Center in Los Angeles, Calif. She is board certified in psychiatry.

In years past, children needing crisis intervention often ended up in Cape Fear Valley's Children's Emergency Department. Now parents can have their children seen at the Community Mental Health Center at Cape Fear Valley, which is faster and more cost-effective.

Dr. Fleishman's arrival to the area is good news for families with autistic children. Statistics show autism is more prevalent in North Carolina, affecting 1 in every 58



**Kenneth Fleishman, M.D.,
and Parkavi Chellappa, M.D.**

children. Statewide, there are more than 60,000 people living with some form of ASD, according to the Autism Society of North Carolina.

Since ASD covers a wide "spectrum," it takes a trained eye to properly make a diagnosis. ASD signs and symptoms can include repeated behaviors or an inability to understand changes in daily routines. Those with ASD also have different ways of learning, paying attention or reacting to things.

Children with classic autism often appear aloof or uninterested in others. Children with milder forms of ASD, such as Asperger's Syndrome, want to fit in and socially interact with others, but don't know how. They can have good language and cognitive skills, but may avoid eye contact or not understand the use of hand gestures during conversation.

ASD patients often have a hard time in school. These children are not only easily distracted, but can also have problems controlling frustration or anger. As a result, they lash out or strike others and can be subsequently labeled violent or troublemakers. But the actions are often a defense mechanism when children don't feel safe.

Dr. Fleishman says a family history of mental illness, childhood depression or abuse may be underlying factors. He wants his program to begin working with area school counselors, for this reason.

"People who work in child behavioral healthcare can help in the school system," he said, "and ensure kids get the attention they need. Our ultimate goal is to meet those needs."



ON TARGET

Hoke Hospital is coming along nicely

Cape Fear Valley's new hospital in Hoke County may still be a work in progress, but the progress is right on schedule.

Construction on the two-story structure is humming along toward its targeted end-of-year completion date. Once operational, it will become Hoke County's largest and only full-service, acute-care hospital.

The 41-bed facility is being built to meet the growing needs of both Hoke and southwestern Cumberland counties. The region is experiencing some of the strongest growth in the nation, thanks largely to neighboring Fort Bragg and the influx of new families.

Donald Porter is the Executive Director of the Raeford-Hoke Economic Development Commission. He says area residents will embrace the hospital, because of the convenience and community pride.

"To finally get a full service hospital, it just means so much to the citizens," Porter said.

The hospital will provide five core services: inpatient, outpatient, surgical, maternity and emergency care. The facility itself will incorporate:

- 21 acute medical/surgical beds
- 4 intensive care beds
- 16 obstetric/post-partum beds
- 4 labor and delivery suites
- 1 C-section room
- 9 Observation beds
- 16-bed, 24-hour Emergency Department
- 2 shared-use inpatient/ambulatory operating rooms

The wide scope of services will allow patients to be seen and treated on site, instead of having to be transported out of the county for many services. The hospital will sit adjacent to and directly behind Health Pavilion Hoke on the outpatient center's medical campus, near Johnson Mill



Road and U.S. 401. Combined, the facilities represent a nearly \$100 million investment in Hoke County by Cape Fear Valley Health.

Health Pavilion Hoke's 51,000-square-foot south wing opened March 2013. It houses an ExpressCare walk-in clinic, Hoke Primary Care, Hoke OB/GYN, outpatient imaging, retail pharmacy services and specialty services. The 55,000-square-foot north wing has yet to open, but will eventually house an emergency department, imaging rooms and physical therapy areas.

The hospital will need to hire 100 to 150 people before it can officially open to patients in early 2015. Cape Fear Valley held a job fair on the Health Pavilion Hoke campus on Oct. 9. Applicants were able to interview with hiring managers and learn about the benefits of working for one of the state's largest health systems.

Positions to fill include:

Nurses, including medical/surgical, mother/baby, ICU, Emergency Department and OR

Radiology Technologists

Laboratory Technologists and Phlebotomists

Physical Therapists and Physical Therapy Assistants

Occupational Therapists and Occupational Therapy Assistants

Respiratory Therapists

Pharmacists

Information Systems & Technology Staff

Environmental Services Technicians

Food & Nutrition Staff

Unit Secretaries and Patient Access Representatives

The general public will have a chance to see the Health Pavilion Hoke campus on Oct. 18, from 10 a.m. to 2 p.m., during HokeFest. The free event is being held to introduce residents to the outpatient center and hospital.

Facility tours will not be available, but attendees will be able to enjoy free food, music, health screenings, and educational exhibits.

Children will be able to enjoy mobile video game trucks and bounce houses. Families can try out the silly props in the photo booths to create lasting memories.

Make Room for the Babies

Maternity and OB/GYN services are expected to play especially big roles at the future hospital. That's good news for young families gravitating to the area, thanks to plentiful new housing and retail growth. In the past, such families had to travel to either Cape Fear Valley Medical Center or Womack Army Medical Center to deliver babies.

The new hospital's maternity wing will be located on the second floor. That will allow OB/GYN physicians and staff from Health Pavilion Hoke's second floor OB/GYN practice to be just a short walk away, through a connecting patient corridor.

Labor rooms will be more patient-oriented with birthing balls and bathtubs to let expectant mothers relax while in labor. The facility will also have two full-time midwives on staff. The goal is to offer mothers a less invasive and more natural birthing experience, instead of relying on epidurals and surgery.

What the hospital will not offer is neonatal intensive care services. Mothers expecting multiple babies or who are at-risk of having complications will deliver at Cape Fear Valley Medical Center instead.

On the clinic side, Hoke OB/GYN will offer patients everything from routine gynecological exams and family planning services to sterilization procedures and hysterectomies. The surgeries will be done in the hospital's main operating rooms on the first floor.

Delores Johnson, M.D., is currently Hoke OB/GYN's lone physician, but one or two more are expected to join the practice before the new hospital opens.

"We're going to be a smaller hospital, but still offer a full spectrum of services," said Ada Ventura-Braswell, M.D., medical director for both Cape Fear Valley OB/GYN and Hoke OB/GYN. "We're hoping other physicians in the area will want to deliver babies out here, as well."





Highsmith-Rainey Surgicare

(A Secret, No More.)

Billiemarie Wilson knew she was losing her eyesight due to a worsening cataract in her right eye. Yet, she kept putting off eye surgery because of all the concerns she had.

How long would it take? Would it hurt? Would having surgery even help?

All of the Stedman retiree's questions were answered after finally undergoing surgery at Highsmith-Rainey Specialty Hospital in June.

The surgeon quickly removed her clouded eye lens and replaced it with an artificial one. It took just nine minutes. Wilson was so upbeat afterward, she tried to sit up on the operating table before staff could help her up.

"That didn't hurt at all," she said. "I guess I was afraid because I didn't really understand it."

Sheel Patel, M.D., an ophthalmologist with Cape Fear Eye Associates, performed the operation.

He said it's natural to be nervous, but people shouldn't forgo their eyesight if it can be helped.

"Cataract surgery and the healing process have improved tremendously over the past few decades," he said. "It's become an extremely efficient and successful outpatient procedure, which improves the quality of life for millions of patients each year in the U.S."

Dr. Patel performs a number of cataract surgeries and corneal transplants at Highsmith-Rainey SurgiCare, an outpatient surgery center, which caters to elective and specialty procedures. That may surprise some physicians, since Highsmith-Rainey Specialty Hospital has made more of a name for itself as a long-term, acute care hospital.

But every day, surgeons like Dr. Patel quietly make their way to the downtown Fayetteville hospital to perform a variety of procedures.



They include plastic, dental, podiatry, urology and ear, nose and throat surgery.

Debra Egan, SurgiCare's patient care manager, said patients can have surgery in the morning and be home by afternoon, since they are all outpatient procedures.

"The hospital is accessible, parking plentiful, and we have a really nice family atmosphere other hospitals typically don't have," Egan said. "It's just different here."

That difference has led many of Fayetteville's top specialists to already tab Highsmith-Rainey as their favorite surgical facility. One reason why is because SurgiCare has a smaller, tight-knit staff of 20 nurses, surgical technologists and access coordinators. Physicians often know staff members by first name.

Saira Saini, M.D., a plastic surgeon with Carolina Plastic Surgery of Fayetteville, has been performing plastic surgery at Highsmith-Rainey since 2009. The procedures include breast reductions and augmentations, tummy tucks and liposuction, as well as cancer reconstructive procedures. She keeps using the downtown facility because her patients rave about the personalized care.

“There’s lots of one-on-one patient care,” Dr. Saini said. “The same nurse that checks in the patient is oftentimes the same nurse who puts in the patient’s I.V.”

Highsmith-Rainey’s convenient location and lesser foot traffic are also appealing. Physicians don’t have to navigate a myriad of floors and units to get into surgery, like at bigger hospitals. This applies to patients, too.

“We do a lot of plastic and cosmetic surgery here,” Egan said. “It’s a good place to do it, because we can offer quite a bit of privacy. The patients can also get in and out pretty fast.”

Cataract patients at Highsmith-Rainey will also have a new, advanced surgical option, thanks to recently purchased equipment. The LenSx® Laser System allows for very precise laser incisions and astigmatism treatment instead of manual incisions.

“It takes all the guesswork out of it,” Egan said. “It’s very precise.”

SurgiCare also handles almost all of Cape Fear Valley Health’s urology and dental surgery caseload, including pediatric cases. Many dentists choose Highsmith-Rainey for pediatric dental surgery and extractions because of the availability of operating room anesthesia.

A smaller procedure room is also available to physicians, as well as an overnight observation unit when patients are unable to go home right after surgery.

All the amenities and convenience may be news to some, but certainly not to Lantz Wilkinson. The Highsmith-Rainey surgical technologist has worked at SurgiCare for years and sees what kind of an impression it makes on a daily basis.

“This place really is a special place,” he said. “It’s Fayetteville’s best-kept secret.”

“There’s lots of one-on-one patient care. The same nurse that checks in the patient is oftentimes the same nurse who puts in the patient’s I.V.”



Saira Saini, M.D.



Sheel Patel, M.D.



DEEP SLEEP

Getting it doesn't always come easy

Sleep does a body good, but not everyone can get enough. Most people who nod off during the day or routinely feel exhausted could just try turning in earlier. But for some, the problem can be much deeper.

Sleep apnea is a common sleep disorder that affects 100 million people worldwide. It causes intermittent pauses in breathing or shallow breathing during sleep. The pauses can last a few seconds or minutes and occur 30 or more times per hour.



Sufferers typically start breathing again, but usually after a loud snort or choking sound. More men are affected than women. Risk factors include obesity, large necks, round faces and daytime sleepiness.

The disorder comes in three forms: obstructive, central and mixed. Obstructive sleep apnea occurs due to physical blockage of the airway. Central sleep apnea occurs when the brain fails to send the right signals to the lungs. Of the three, obstructive sleep apnea, or OSA, is the most common.

This type occurs when the tongue and soft palette in the roof of the mouth relax and drop down, obstructing the airway. The obstruction hinders air getting into the lungs, causing the soft tissues to vibrate. This leads to the characteristic snoring that many sleep apnea sufferers experience.

“It’s like when you let the air out of a balloon,” said Sam Fleishman, M.D., Director of Sleep Medicine and Behavioral Health at Cape Fear Valley Health. “When you hold the neck and release the air, it makes a flapping sound.”

Sleep apnea can lead to serious health issues if left untreated, including heart disease, stroke and heart arrhythmia. It can also lead to chronic high blood pressure.

The blood pressure problems result from insufficient fresh oxygen getting into the lungs. At the same time, the lungs can’t expel the carbon dioxide that has collected in the body.

“This sends an alert to the brain, which releases adrenaline throughout the body,” Dr. Fleishman said. “This drives up your blood pressure. The more severe the sleep apnea, the more the airway obstruction, and the less likely the blood pressure will dip back down to normal.”

Another associated danger is diabetes. Between 50 to 70 percent of people with type 2 diabetes experience sleep apnea. When people don’t get enough sleep, their leptin levels go down. Leptin is the hormone that tricks the body into feeling full after meals.

When leptin levels decrease, people eat more and crave sweets and carbohydrates. The extra calories lead to weight gain, then insulin resistance and eventually diabetes.

If left untreated, sleep apnea can lead to premature death – especially among African Americans, Asian-Pacific Islanders and Hispanics. Statistics show nearly 40,000 Americans die from sleep apnea-related health issues every year.

“if left untreated, sleep apnea can lead to premature death”

Lack of sleep can also put others at risk. The National Highway Traffic Safety Administration estimates driving while sleepy leads to more than 1,500 deaths, 70,000 injuries and 100,000 accidents each year in the U.S.

Dr. Fleishman says treating sleep apnea should be a priority for all sufferers.

“If you have an issue with being sleepy or fatigued, then you should speak to your primary care physician,” he said. “They can make a decision about whether a further assessment is needed. It may be a common problem, but it should be taken very seriously.”

STRONG HOSPITALS FOUNDATIONS

Cape Fear Valley Health under Healthcare Reform

The Patient Protection and Affordable Care Act, also known as Obamacare, could hardly be called light reading. It's 906 pages long and often raises more questions than answers.

One thing is guaranteed: healthcare reform will have a significant impact on both Cape Fear Valley Health and the community for years to come. This makes Cape Fear Valley Health Foundation, and its generous supporters, more important than ever.

Obamacare was created to provide healthcare coverage to millions of Americans without it, while improving patient outcomes and lowering healthcare costs. But the cost cutting really does come with a cost.

"Over the past two years Cape Fear Valley Health has lost \$38 million in reimbursements," said CEO Mike Nagowski, "through reductions in Medicare reimbursements, sequestration and the state's significant reductions in Medicaid."

Budget sequestration refers to automatic spending cuts by the federal government. The goal is to downsize the federal budget, but cuts often hurt important programs, such as military defense spending and Medicare. Clashes in Congress over the U.S. debt ceiling in 2011 led to \$1.2 trillion in across-the-board spending cuts through the next decade, starting in January 2013.



NEED STRONG *in* TIMES OF CHANGE

“Broad brush strokes like sequestration impact us more, because not all communities are alike,” Nagowski said. “We have a significant military presence in Cumberland County, and therefore a significant Tricare presence. We also have a significant Medicaid and Medicare presence, so when those programs are cut across the board, we feel it more than other hospitals.”

Cape Fear Valley Health is a private, not-for-profit health system that relies on a higher percentage of Medicare and Medicaid payments than similar-sized hospitals. The health system receives eight percent of its revenue from self-pay patients and 18 percent from commercial insurance. The remaining 74 percent comes from governmental payers, such as Tricare, Medicare and Medicaid.

This is where Cape Fear Valley Health Foundation plays a vital role. Its mission is to serve the community by building awareness and philanthropic support for the health system. Funding priorities include equipment, facilities and programs that may not be considered a priority during times of austerity.

The Health Foundation recently helped purchase 32 bariatric scales for heart failure patients. Heart failure is the leading cause of hospital re-admission – with 25 percent of patients being readmitted within 30 days.

The readmission rate of heart failure patients could be greatly reduced with monitoring of weight gain. Patients who gain three pounds or more in a day or five pounds in a week should immediately see their physician. This could signify fluid weight gain, a dangerous symptom of heart failure.

“Heart failure patients have to weigh themselves every day,” said Rachel Richardson, Cape Fear Valley Health Foundation’s Development Coordinator. “With these bariatric scales, heart failure patients in financial need can still follow orders and monitor their weight.”

The Health Foundation in recent years has also helped purchase:

LIFENET: an electronic monitoring system that allows paramedics to transmit EKG readings to Emergency Department physicians in real time.

Continuous Glucose Monitoring Systems for patients with hard-to-control blood sugar levels.

Laptop computers to aid in patient discharges.

Tools to create an “Ouchless ED” in the Children’s Emergency Department.

The philanthropic arm has even helped fund a Child Maltreatment Coordinator position, which works with at-risk children and their families.

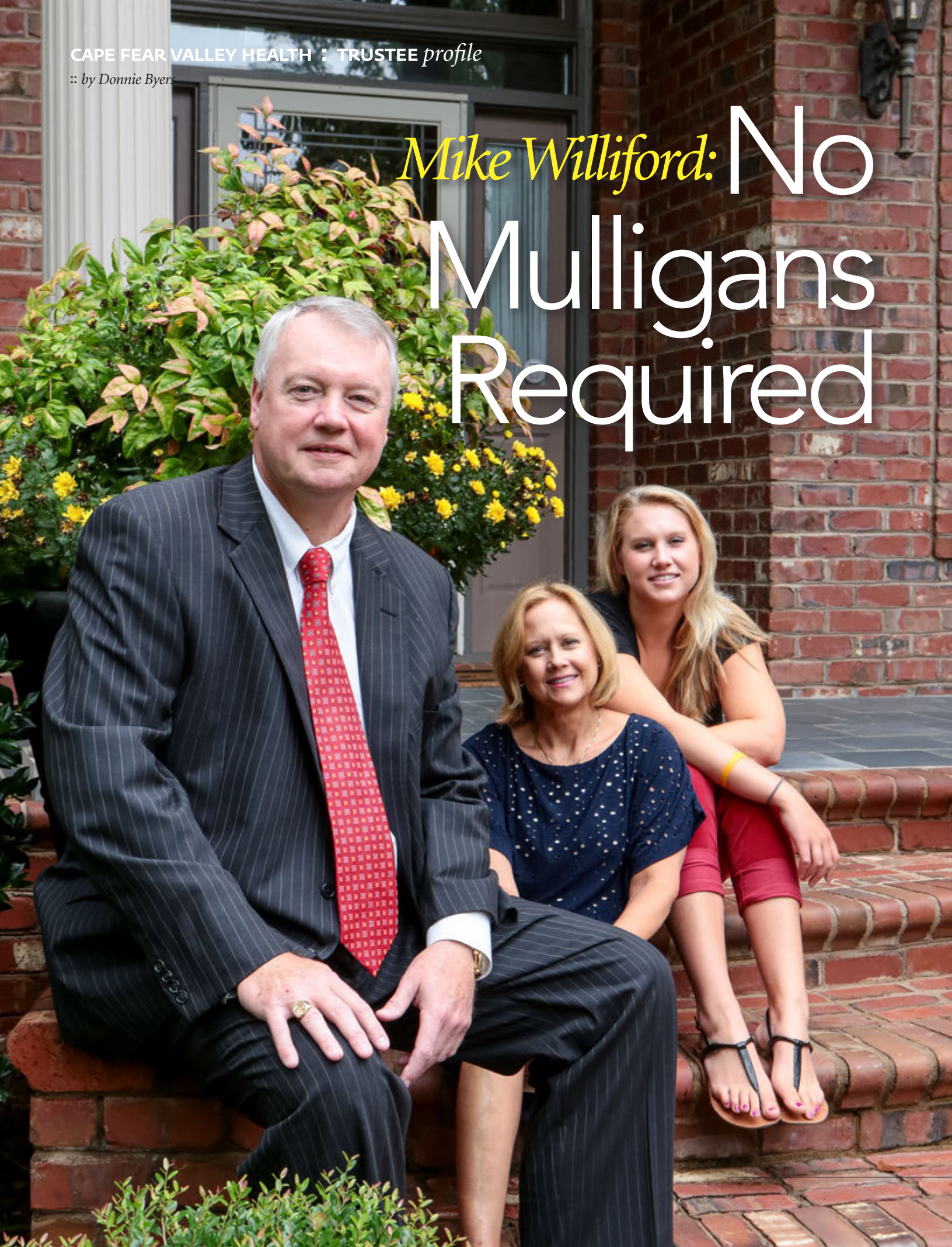
Nagowski says it’s this kind of support that helps Cape Fear Valley Health continue to serve its mission, despite shrinking revenue and resources.

“Strong hospitals are backed by very strong foundations,” Nagowski said. “Our foundation has gained so much momentum in recent years. They’re helping the health system in so many different ways; it’s incredible. The foundation is invaluable, and supporting our foundation is an investment in our community.”

CAPE FEAR VALLEY HEALTH : TRUSTEE *profile*

:: by Donnie Byers

Mike Williford: No Mulligans Required



This Fayetteville attorney gave up his PGA aspirations but still gets in a round or two

It's one thing to have golf as a hobby; it's quite another to play some of the top courses in the world as a guest.

Mike Williford is not only a successful Fayetteville attorney, but also a golf course panelist for Golf Digest magazine. That's right; he gets paid to play golf and then rate the course for one of the world's leading golf publications.

If some people have all the luck, then Williford must keep a rabbit's foot in his brief case.

The enviable gig has allowed him to play all the big name courses, such as Augusta National, Cypress Point and Pine Valley, as well as lesser known venues too numerous to count.

The Fayetteville native recently went on an Alaskan cruise with his wife, Sharon, and their daughter, Morgan, an N.C. State junior. The family stopped over in Anchorage so he could play a round and submit his findings. They did the same while on vacation in Hawaii.

"I travel a lot in the continental U.S. and try to pick up a European course here and there, too," he said with a chuckle.

His travels have allowed him to meet a number of golf-loving celebrities. Notables include Michael Jordan and the late great Mickey Mantle. Williford and Mantle became close friends, regularly playing in 2-man competition from Texas to the North Carolina mountains, before the baseball hall-of-famer's passing in 1995.

So how does one land such an awesome part-time job anyway? Practice maybe. But Williford credits luck more than anything.

He was an athlete in college, playing basketball on scholarship at Randolph-Macon College in Virginia. While there, he played in the NCAA division II National Championship game. Williford eventually transferred to UNC in Chapel Hill to play basketball, but gave up the sport to concentrate on school.

"Playing college athletics is a full-time job," he said, "and for me, it wasn't very conducive for studies."

After graduating, Williford was set to go to law school at Wake Forest University. But he was talked into attending North Carolina Central University's School of Law instead by a family friend. The friend was the school's dean.

Williford never really played golf until after law school, but he was instantly hooked. His game improved so much that he became one of the state's top players, qualifying for both the U.S. Golf Association's Amateur and Mid-Amateur Championships.

In 1994, he played in the U.S. Amateur tournament at TPC Sawgrass in Ponte Vedra Beach, Fla. He was paired with a skinny, up-and-coming golf prodigy named Tiger Woods for the practice round.

Williford said it was pretty obvious Woods would live up to the hype and go on to achieve great things at the next level.

"Playing with guys like that in tournaments gives you a dose of reality," he said.

Woods went on to win the tournament and eventually the U.S. Amateur title that year – as well as two more U.S. Amateur titles the following years – before embarking on one of professional golf's greatest careers.

As for Williford, he went on to win numerous local and regional titles of his own. But he realized that playing professional golf wasn't in the cards. It was a career reserved for the truly gifted. Only a handful of amateur golfers get their professional tour card in a given year.

"I know, for me, I was better off focusing on my practice and enjoying the game itself," Williford said. "I'm just glad I don't have to play against Tiger every weekend to make a living."

Pediatric Diabetes Camp

Nearly 250 area youth recently attended Cape Fear Valley's first Pediatric Diabetes Camp at Rockfish Camp and Retreat Center in Parkton. The event was so successful the health system may hold a camp again next year.

This year's campers enjoyed educational classes on topics ranging from insulin pumps to carb-counting. Parents discussed topics such as coping with diabetes in school. County school system representatives were on hand for the round-table discussion.

After a catered lunch, attendees enjoyed more-traditional summer camp activities, such as archery, arts and crafts, and swimming.

Brunilda Cordero, M.D., a pediatric endocrinologist with Cape Fear Valley Pediatric Endocrinology, created the event to raise awareness. She was amazed at the turnout, originally planning for just 100 participants.

"There were children there who had never met another diabetic," she said. "They were finally able to talk to others about what they go through on a daily basis. It was an awesome experience for everyone."

Blood Conservation Program Celebrates Anniversary

Cape Fear Valley's Blood Conservation Program is celebrating its fifth anniversary this year. The program combines specialized techniques and state-of-the-art equipment to reduce blood loss and help patients build up their own blood supply.

Blood conservation leads to better outcomes and faster recovery times, reduced hospital stays and lowered infection risk. At Cape Fear Valley, it has helped patients use 300 fewer units of blood each month, compared to 2009 monthly usage. Furthermore, 3 percent of hip and knee replacement patients need blood transfusions today, down from 20 percent.

Patients with anemia or low iron can be treated at Cape Fear Valley's Infusion and Injection Series Clinic. The outpatient clinic sits adjacent to Cape Fear Valley Children's Emergency Department. For more information, email ercarter@capefearvalley.com.



Abby Frank, Quality Improvement Director for North Carolina, with the American Heart Association, (left) and Theresa Byrd, RN, BSN, Heart Failure Coordinator for Cape Fear Valley Health

Heart Failure Quality Award

Cape Fear Valley earned a Get With The Guidelines – Heart Failure Silver Quality Achievement Award for quality improvement measures outlined by the American Heart Association (AHA) for heart failure patients.

To qualify for the award, a hospital must treat heart failure patients at an 85 percent compliance rate or higher to the AHA's standard level of care for 12 consecutive months. About 5.1 million people experience heart failure annually, according to the AHA. But it's not a fatal condition if managed properly.

Cape Fear Valley Heart & Vascular Center offers a full range of cardiovascular services, including cardiac surgery, cardiac catheterization, diagnostics, screenings and vascular services.

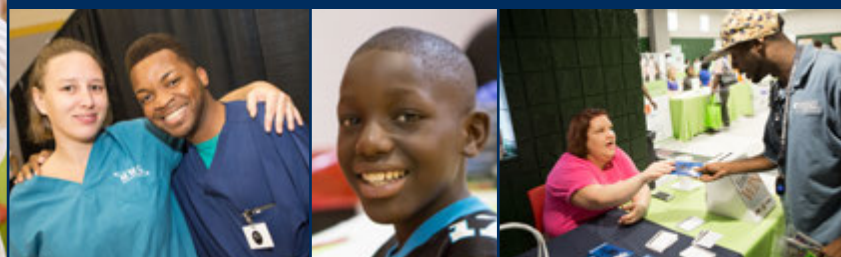


Umoja Festival Health Fair & Clinic

More than 500 people capitalized on Cape Fear Valley's free health fair and clinic at this year's Umoja Festival held on Aug. 23.

The free clinic is held every year to provide blood pressure screenings, cholesterol checks, blood sugar testing and EKG readings for uninsured and underinsured as a community service. The University of North Carolina Kidney Center's Mobile Outreach Unit was also on hand this year to provide kidney function testing.

Attendees were able to consult with a physician immediately after receiving their screening results. A variety of non-profit agencies and Cape Fear Valley services were on hand to provide education to the public.



CAPE FEAR VALLEY HEALTH : *NEW physicians*

CARDIOLOGY



Radhakrishnan
Ramaraj, M.D.

Radhakrishnan Ramaraj, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Carolina Heart and Leg Center. Dr. Ramaraj received

his medical degree from Madurai Medical College in Madurai, India. He completed a residency in internal medicine at University of Arizona in Tucson, Ariz. Dr. Ramaraj completed a fellowship in cardiology at Cedars Sinai Medical Center in Los Angeles, Calif. He completed a fellowship in interventional cardiology at Yale University in New Haven, Conn. Dr. Ramaraj is board certified in internal medicine, cardiology, nuclear cardiology, echocardiography, and cardiovascular computed tomography. He is also a registered physician in vascular interpretation.

CARDIOTHORACIC SURGERY



Élan Burton, M.D.

Élan Burton, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Cardiovascular and Thoracic Surgery. She received her

medical degree from Morehouse School of Medicine in Atlanta, Ga. Dr. Burton completed a residency in general surgery at University of Pittsburgh Medical Center—Mercy in Pittsburgh, Penn. She completed a fellowship in cardiac surgery at University of Minnesota in Minneapolis, Minn. Dr. Burton is board certified in general surgery and thoracic surgery.

ENDOCRINOLOGY

Nicole Greyshock, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Med One Endocrinology. Dr. Greyshock received her medical degree from University of North Carolina in Chapel Hill. She completed a residency in internal medicine and a fellowship in endocrinology, both at Duke University Medical Center in Durham. She is board certified in internal medicine and clinical lipidology.

FAMILY PRACTICE



John Mandeville, D.O.

John Mandeville, D.O., has been approved for the medical staff of Cape Fear Valley Health System and has joined Hoke Primary Care. Dr. Mandeville received

his medical degree from New York College of Osteopathic Medicine in Old Westbury, N.Y. He completed a residency in family medicine at Womack Army Medical Center in Fort Bragg, N.C. Dr. Mandeville is board certified in family medicine. He previously served as Officer In Charge at Moncrief Army Community Hospital in Fort Jackson, S.C.



Abigail Sam, M.D.

Abigail Sam, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Hoke Family Medicine Center. Dr. Sam received

her medical degree from Ross University School of Medicine in Dominica, West Indies. She completed a residency in family medicine at AnMed Health in Anderson, S.C.



INFECTIOUS DISEASE

Vipul Savaliya, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Carolina Infectious Diseases, P.A. Dr. Savaliya received his medical degree from B.J. Medical College in Ahmedabad, India. He completed a residency in internal medicine at Mt. Sinai Hospital in Elmhurst, N.Y. Dr. Savaliya completed a fellowship in infectious diseases at Virginia Tech School of Medicine–Carilion Clinic in Roanoke, Va. He is board certified in internal medicine.

OPHTHALMOLOGY



Christiane Hunt, M.D.

Christiane Hunt, D.O., has been approved for the medical staff of Cape Fear Valley Health System and has joined Carolina Vision Center. Dr. Hunt received her medical degree

from Nova Southeastern University in Ft. Lauderdale, Fla. She completed a residency in ophthalmology at Grandview Hospital in Dayton, Ohio. Dr. Hunt completed a fellowship in vitreoretinal surgery at B.M.G. National Retina Institute in Towson, Md. She is board certified in ophthalmology.

ORAL & MAXILLOFACIAL SURGERY

James M. Buchanan, Jr., D.D.S., has been approved for the medical staff of Cape Fear Valley Health System and has joined Cape Fear Oral and Maxillofacial Surgery. He received his dental degree from University of Maryland in Baltimore, Md. Dr. Buchanan completed a residency in oral and maxillofacial surgery at Washington Hospital Center in Washington, D.C. He is board certified in oral and maxillofacial surgery.

PSYCHIATRY



Parkavi Chellappa, M.D.

Parkavi Chellappa, M.D., has been approved for the medical staff of Cape Fear Valley Health System and has joined Behavioral Health Care Children and Adolescent Services.

Dr. Chellappa received her medical degree from Madurai Medical College in Madurai, India. She completed a residency in psychiatry at University of Arizona–University Medical Center in Tucson, Ariz. Dr. Chellappa completed a fellowship in child and adolescent psychiatry at Cedars Sinai Medical Center in Los Angeles, Calif. She is board certified in child and adolescent psychiatry.



Shelby Stephenson, M.D.

Shelby Stephenson, M.D., has joined Cape Fear Eye Associates. For an appointment, please call 484-2284.



Joseph Henderson, D.O.

Joseph Henderson, D.O., of Fayetteville Gastroenterology Associates was published in the Sept. 2014 issue of the journal *Gastrointestinal Endoscopy*. His article was titled

“Repair of Esophageal Perforations Using a Novel Endoscopic Suturing System.”



Ijeoma Ejeh, M.D.

Ijeoma Ejeh, M.D., has joined Ferncreek General Surgery. For an appointment, please call (910) 485-3880.

Taiwona Elliot, D.O., has joined the faculty of Southern Regional Area Health Education Center’s Family Medicine Residency Program. She will serve as osteopathic medicine program director and director of osteopathic medical education. She will be responsible for the professional and clinical development of the family medicine residency program’s osteopathic residents. A graduate of Edward Via Virginia College of Osteopathic Medicine in Blacksburg, Va., Dr. Elliot served as a faculty physician at the Womack Army Family Medicine Residency Clinic since 2012.

Rebeka Collymore, M.D., of Southern Regional Area Health Education Center, was recently selected for the William C. Friday Fellowship for Human Relations. Named in honor of former UNC-system president William C. Friday, the Fellowship seeks to endorse and embody a renewed vision of leadership in North Carolina.

The **Southern Regional Area Health Education Center** was awarded a grant by the American Academy of Family Physicians Foundation to improve Influenza and Pneumococcal immunization rates in seniors during the 2014-15 flu season. The family medicine center will implement a quality improvement project to help immunize all patients in the practice over age 64 from October 2014 through March 2015.

Community

CAPE FEAR VALLEY HEALTH *in the* Community

FOR ADULTS

ARTHRITIS OF THE HIP & KNEE

Thursday, Oct. 30

6:30 – 7:30 p.m.

Cape Fear Valley Education Center

FREE! Does arthritis pain limit your mobility or interfere with activities you enjoy? An orthopedic surgeon will discuss the signs and symptoms of arthritis and available treatments.

To register, please call (910) 615-7996.

FOR EXPECTANT PARENTS

BREASTFEEDING CLASSES

Wednesdays, Oct. 15

Wednesdays, Nov. 5, 19

Wednesdays, Dec. 3, 17

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

Series of four classes:

Mondays, Nov. 3, 10, 17 & Dec. 1

6 – 9 p.m.

Accelerated Prepared Childbirth:

Saturday, Nov. 1

Saturday, Dec. 6

9 a.m. – 5 p.m.

\$30 per couple

This class will help you and your birthing partner prepare for your special delivery!

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

FAMILY BIRTH CENTER TOURS

Tuesdays, Oct. 14, 21

Tuesdays, Nov. 4, 11, 18

Tuesdays, Dec. 2, 9, 16

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

FOR THE FAMILY

HOKEFEST

Saturday, Oct. 18

10 a.m. – 2 p.m.

Hoke Healthcare

300 Medical Pavilion Drive

U.S. 401 & Johnson Mill Road

FREE! Bring the whole family out for this fun event. Free food, health screenings for adults, informational exhibits, prize wheel, photo booth, bounce house and video game truck.

For more information, call (910) 615-LINK (5465).

CAPE FEAR VALLEY SUPPORT GROUPS

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 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 Heritage Place, 325 North Cool Spring Street in Fayetteville. **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 6:30 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.**

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 fourth Saturday in March, April, September and October, at 2 p.m., in Cape Fear Valley Rehabilitation Center Auditorium. Meetings will also be held the first Saturday in December, at 2 p.m., and on Saturday, Aug. 30, at 9 a.m. **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 Stephen or Nina Koetter at (910) 436-0111.**



HOKE *fest* & HEALTH FAIR

Saturday, Oct. 18

Rain Date: Saturday, Oct. 25

10 a.m. - 2 p.m.

Hoke Healthcare

300 Medical Pavilion Drive, Raeford
U.S. 401 & Johnson Mill Road

Free Parking

Free Food

Free Health Screenings

Bounce Houses &
Video Game Trucks

Photo Booth

*Fun for the
Whole Family!*

