



CAPE FEAR VALLEY
PASSPORT TO HEALTH

PASSPORT *to* HEALTH

Fall 2012

News For and About Passport to Health Members!

Valuable
benefits for
Medicare
beneficiaries 4

Peripheral
Artery Disease 10





CAPE FEAR VALLEY PASSPORT TO HEALTH

Passport To Health is a program for members ages 50 and better.

OFFICE

Passport To Health
3522 Village Drive
Phone: (910) 615-4600
Fax: (910) 615-5385

Office hours vary.
Please call before stopping by.

MAILING ADDRESS

Cape Fear Valley Health
Attn: Passport To Health
P.O. Box 2000
Fayetteville, NC 28302-2000

EDUCATIONAL TOPIC LINE

For the topic of the month to be presented at Passport To Health's monthly educational meeting and other upcoming events, please call (910) 615-4468.

This newsletter is published by the Marketing and Outreach Department of Cape Fear Valley Health System for Passport To Health members, physicians, senior centers and community agencies.

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This educational information is provided to supplement the care provided by your physician. It is not intended to be substituted for professional medical advice. Always consult your physician with any questions you may have regarding a medical condition.

Doors opened an hour earlier at the September luncheon and dinner to allow Passport to Health members to receive vital flu shots. Cost was \$30, but members with Medicare Part B, Tricare and N.C. Blue Cross and Blue Shield paid no out-of-pocket costs.



▲ Lloyd Hall receives his flu shot from Rebecca Brady, PharmD, RPh, pharmacist at Center Pharmacy, before the Passport to Health dinner on Sept. 24.



◀ Jean Warren smiles after receiving her flu shot. She knows that getting a flu shot every year is her best protection from the flu.



Dear Friends,

Change. It's the one constant in our lives.

Passport To Health is changing too. Once again, we have door prizes at our luncheons and dinners. We're bringing back the popular 55 Alive Mature Driving Class (page 9). And we are adding free health screenings offered only to Passport To Health members. You can read about our first one, which was held at Health Pavilion North on Sept. 8 (page 10). We screened 81 men and women for Peripheral Arterial Disease.

As you can see, we've changed our Passport To Health newsletter to a magazine format. We've added more photos of members at our activities. I hope you enjoy seeing yourself and your friends in these pages. We've renewed the focus on wellness and will include articles in each issue to enhance your health and well-being.

The biggest change is really a small change. Effective Jan. 1, 2013, Passport To Health will charge a nominal annual fee of \$10 per member, \$15 for married couples. Many hospitals across the state and nation have eliminated their senior membership programs over the years, as decreasing reimbursements make it ever more difficult for hospitals to maintain the "frills." I am pleased that Passport To Health remains a vibrant program at Cape Fear Valley.

As you know, Passport To Health members receive free parking in the Pavilion Parking Deck, which costs the health system tens of thousands of dollars a year. We know some members join only for this benefit. We don't want Passport To Health to be just a free parking program. It is so much more!

To encourage you not to wait until the last minute to join the 2013 Passport To Health program, everyone who signs up by Dec. 1, 2012, will be entered into a drawing for a \$100 Walmart gift card! Your new membership will not expire until Jan. 1, 2014.

Your current Passport To Health membership card will not be valid after Feb. 28, 2013.

When you join the 2013 program, we'll mail you your new membership card. Please allow 4-6 weeks for delivery. As always, should you lose your card, there will be a \$5 replacement fee. All new members will receive the 2013 Luncheon and Dinner Registration Booklet.

I am excited about the new Passport To Health program and think it offers real value for your \$10 membership fee. I look forward to our continuing friendship in the months and years ahead.

ANNA ACKERMAN, PASSPORT TO HEALTH MANAGER

PASSPORT TO HEALTH 2013 MEMBERSHIP APPLICATION

Name: _____ Birthdate: _____

Spouse's Name (if both will join): _____ Birthdate: _____

Address: _____ Email: _____

City: _____ N.C. ZIP: _____ Phone: _____

Membership Fee: _____ \$10 _____ \$15 for a married couple

Mail your application and check or money order to:

Passport To Health, Cape Fear Valley Health System, P.O. Box 2000, Fayetteville, NC 28302-2000

Please allow 4 – 6 weeks for processing.



Got Medicare?

DON'T MISS OUT ON THESE FREE PREVENTIVE SERVICES.

Have you read the full text of the Affordable Care Act passed by Congress and signed into law on March 23, 2010?

Its pages contain some valuable benefits for Medicare beneficiaries. As of Jan. 1, 2011, many preventive services are covered at no cost to you under Medicare if you get them from a doctor or other healthcare provider who accepts Medicare assignment!

Medicare provides these benefits to keep its beneficiaries healthy.

Benefits include a yearly wellness visit, counseling to help you quit smoking, and a range of no-cost screenings for cancer, diabetes and other chronic diseases.

Most of the screenings are free for those in a standard Medicare plan. If you have a Medicare Advantage Plan, check with your plan to see if the benefits will be free for you.

Here is a summary of these preventive services to help you get the most out of your Medicare benefit:

ANNUAL WELLNESS VISIT **FREE!**

If you are new to Medicare, your “Welcome to Medicare” preventive visit is now covered without any cost to you during your first 12 months if you sign up for Medicare Part B. If you have had Part B for longer than 12 months, you can get a yearly wellness visit to develop or update a personalized prevention plan on your current health and risk factors.

During a wellness visit, the doctor measures your height, weight, body mass and blood pressure. He or she may also listen to your heart. The rest is a discussion of your medical and family history, any physical or mental impairments and risk factors for diseases such as diabetes and depression. The doctor may refer you for other tests and screenings, many of which are now free under Medicare.

Be aware that some physicians do not offer the Medicare wellness visit, and the law does not require them to.

ABDOMINAL AORTIC ANEURYSM SCREENING **FREE!**

Medicare will pay for a one-time screening ultrasound if you get a referral for it as a result of your “Welcome to Medicare” preventive visit. You must have a family history of abdominal aortic aneurysm or be a man age 65 to 75 who has smoked at least 100 cigarettes in your lifetime. Men who have smoked are more likely to have an aneurysm than are women or nonsmoking men.

ALCOHOL MISUSE COUNSELING

FREE!

Medicare covers one alcohol misuse screening per year. Counseling by your primary care practitioner may be covered if your screening result is positive.

BONE MASS MEASUREMENTS

FREE!

Are you at risk for osteoporosis? This service is covered once every 24 months (more if medically necessary) for people who have certain medical conditions or meet certain criteria. Cape Fear Valley Diagnostic Center offers DEXA scans in a convenient outpatient facility with plenty of free parking near the door. It's located at 524 Beaumont Street behind CVS. Ask your doctor to schedule your exam by calling (910) 615-5116.

CARDIOVASCULAR DISEASE (BEHAVIORAL THERAPY)

Medicare covers one visit per year to help lower your risk for cardiovascular disease. During this visit, your doctor may discuss aspirin use, check your blood pressure, and give you tips to make sure you are eating well.

CARDIOVASCULAR SCREENINGS

FREE!

Screenings to help detect conditions that may lead to a heart attack or stroke are covered every five years. These include total cholesterol, HDL and triglyceride levels.

COLON CANCER SCREENINGS

Medicare covers colorectal screening tests to help find pre-cancerous polyps (growths in the colon) so they can be removed before they turn into cancer. Screening colonoscopies are covered once every 120 months (10 years) or once every 24 months if you are at high risk. If a polyp or other tissue is found and removed during the colonoscopy, you may have to pay 20 percent of the Medicare-approved amount for the doctor's services and a copayment in a hospital outpatient setting.

DEPRESSION SCREENINGS

FREE!

Medicare covers depression screenings by your primary care doctor once every 12 months.

DIABETES SCREENINGS

FREE!

Diabetes screenings are covered if you have any of the following risk factors: high blood pressure, history of abnormal cholesterol and triglyceride levels, obesity, or a family history of high blood sugar. Based on the results of these tests, you may be eligible for up to two diabetes screenings every year.

DIABETES SELF-MANAGEMENT TRAINING

Your doctor or other healthcare provider must provide a written order. You will pay 20 percent of the Medicare-approved amount after the yearly Part B deductible. Cape Fear Valley Diabetes & Endocrine Center offers diabetes self-management training from a certified diabetes educator with a referral from your primary care physician. Call (910) 615-1623 for more information.

GLAUCOMA TESTS

Covered once every 12 months for people at high risk for glaucoma. You are at high risk if you have diabetes, a family history of glaucoma, are African-American and age 50 or older, or are Hispanic and age 65 or older. You will pay 20 percent of the Medicare-approved amount after the yearly Part B deductible.

MAMMOGRAMS

FREE!

Medicare covers screening mammograms once every 12 months. Cape Fear Valley Diagnostic Center offers screening mammograms by appointment with a physician referral.

OBESITY SCREENING AND COUNSELING

If you have a Body Mass Index (BMI) of 30 or more, Medicare covers intensive counseling to help you lose weight. This counseling may be covered if you get it in a primary care setting, where it can be coordinated with your comprehensive prevention plan. Talk to your primary care physician or practitioner to learn more.

PAP TESTS AND PELVIC EXAMS

FREE!

Medicare covers one Pap test and pelvic exam every 24 months for women who are at low risk for cervical cancer. A clinical breast exam is included as part of the pelvic exam.

PROSTATE CANCER SCREENINGS

Medicare covers a digital rectal exam and Prostate Specific Antigen (PSA) test once every 12 months. Generally, you pay 20 percent of the Medicare-approved amount for the digital rectal exam after the yearly Part B deductible. You pay nothing for the PSA test.

SMOKING CESSATION

FREE!

Medicare covers counseling to stop smoking as a preventive service and you'll pay nothing for the counseling sessions. Medicare will cover up to eight face-to-face visits with your primary care physician during a 12-month period.

Remember: in order to receive these preventive services at no cost to you, you must get them from a physician, physician assistant or nurse practitioner who accepts assignment. If you don't have a primary care physician, you may call Carelink at (910) 615-LINK for a referral. If you have internet access, you can go to www.capefearvalley.com. Click on Find A Physician in the top menu. Under Specialty, choose family practice, internal medicine or geriatrics. These are all primary care specialties.



Passport To Health Members Attend Public Hearing in Raeford

Thank you to the Passport To Health members who attended the Certificate of Need Public Hearing in Raeford on Aug. 20. Seventeen Passport To Health members rode a chartered bus to Raeford to show support for Cape Fear Valley's Certificate of Need (CON) to build 28 beds on the Cape Fear Valley Medical Center campus.

FirstHealth of the Carolinas also filed a CON for those 28 beds, proposing to put them in Raeford in their eight-bed hospital under development. The State will make a decision on the CON around Thanksgiving.

A special thanks to Morgan Johnson and Duke Piner who spoke at the hearing. They both made excellent cases for awarding the CON to Cape Fear Valley. Our Administration is grateful for their help.

Passport To Health members who made the trip to Raeford are:

Elaine Conley

Jessie and Mary Dingle

Sherry Fowler-Duke

Delores Edwards

Marilyn and Morgan Johnson

Elisabeth Masters

Linda Onermaa

Duke and Etrue Piner (top photo)

Glenda Reihe

JoAnn Roam

Ruth Shorter

Maggie Tate

Hilda Tryon

Ralph Wright





UPCOMING *events*

Monthly Luncheon & Dinner Programs

If you haven't attended a luncheon or dinner program in a while, we invite you to see what you are missing! We have added door prizes to the program – at least a dozen at every luncheon and dinner.

All luncheon and dinner programs will be held in the Cape Fear Valley Rehabilitation Center Auditorium, located behind Cape Fear Valley Medical Center. Free parking is available in the Employee Parking Lot, located at the corner of Melrose and Walter Reed roads, with shuttle service provided to the door.

To allow our catering staff to get ready, doors will open at 11 a.m. for the luncheons and 5 p.m. for the dinners. We regret we cannot allow early entrance.

Cost is \$7.25 per person. Reserve your space early as these events often become filled to capacity. In order to receive a refund, cancellations must be made by the reservation dates listed below.

The monthly luncheon and dinner programs are so popular that members line up to wait for the doors to open.

November

Monday, Nov. 5 • 11:30 a.m.

Reservation deadline is Oct. 29

Thursday, Nov. 15 • 5:30 p.m.

Reservation deadline is Nov. 1

Long-Term Consequences of Trauma

Speaker: James D. Johnson

Dr. James Johnson, author and retired Lieutenant Colonel, served 20 years as an Army Chaplain. He has a doctorate in Marriage and Family from Eastern Baptist Theological Seminary. His most recent book is titled *Combat Trauma: A Personal Look at Long Term Consequences*. Dr. Johnson says almost everyone has had a traumatic event in their lives, such as the death of a loved one, memories of a war long ago, or childhood abuse, and these experiences can affect them even today.

December

Wednesday, Dec. 5 • 11:30 a.m.

Reservation deadline is Nov. 28

Thursday, Dec. 13 • 5:30 p.m.

Reservation deadline is Dec. 6

We'll have a special holiday dinner and entertainment. This program always fills to capacity. Make your reservation early.



Dee Warren (left) and Sue Cain enjoy the buffet at the Passport To Health dinner on Sept. 24.

NOTICE: The Passport To Health office will be closed Nov. 8-14.

Seminars & Workshops

AARP's 55 Alive Mature Driving Class

Friday, Nov. 2 • 8:30 a.m. – 12:30 p.m.

Cape Fear Valley Rehabilitation Center Auditorium, located behind Cape Fear Valley Medical Center

Cost: AARP Member: \$12, Non-Member: \$14

This four-hour classroom course provides a driving refresher for mature drivers ages 55 and older. This class will help you refine your driving skills and develop safe, defensive driving techniques. Some insurance companies may offer a discount to customers who have completed this course.

Cape Fear Valley will provide a free breakfast.

Cost includes training, booklet and certificate. Please make checks payable to AARP. Include your AARP number on the memo line of the check if you are a member.

Mail checks [made payable to AARP] to Passport To Health, Cape Fear Valley Health System, P.O. Box 2000, Fayetteville, NC 28302.

What You Need To Know About Medicare And Services For Older Adults

Tuesday, Nov. 6 • 2:30 – 4 p.m.

Medical Arts Center, 101 Robeson Street, Fayetteville

Speaker: Ellouise Garvin, CIRS

Cost: FREE!

Ms. Garvin is a Certified Information and Referral Specialist with Cumberland County Coordinating Council on Older Adults, Inc. She will discuss services for older adults and what Medicare enrollees need to know about Medicare, Medicare Advantage plans and Medicare Part D. The annual election period for Medicare is Oct. 17-Dec. 7. This is the time you can change your Medicare plans if desired. Call (910) 615-4600 to register.

Thank You!

Thank you so very much for your kind generosity during our summer food drive. Because of you, Fayetteville Urban Ministry's food pantry was replenished during a time when there is great need but low supplies.

To the right is a note from Johnny Wilson, Executive Director of Fayetteville Urban Ministry

Thank you so much! The Fayetteville Urban Ministry family appreciates your time, talent and treasures to us. Your support helps so many. We look forward to doing bigger things together. Thank you to Passport To Health.

– Johnny Wilson



Not Too Far From The Tree:

HOW FAMILY HISTORY OFTEN PLAYS A ROLE IN PERIPHERAL ARTERY DISEASE

When it comes to your health, family history often plays a cruel twist of fate.

Gary Rexrode, 62, of Cameron, is still a strapping, giant-of-a-man, despite being retired from both the Army and state. But even he has to retreat after the shortest of walks, especially uphill, because of the chronic pain in his legs and feet.

Diabetes and heart disease, which run on both sides of his family, are the culprits. He takes medication to control both, but the associated pain in his legs has grown worse in the past year. So when he recently learned Cape Fear Valley Health's Passport to Health program was offering a free Peripheral Artery Disease (PAD) screening, he willingly slipped on his walking shoes and drove to his appointment.

After a few quick questions and blood pressure cuff readings on his arms and legs, Rexrode was considered to be at high-risk for PAD. He was given his screening results and urged to go see his primary care physician for follow-up tests. But the urging wasn't necessary.

"I'm most definitely going to see my doctor," Rexrode said, "because I've been putting up with this mess too long. Something's gotta give."

PAD is a common circulatory problem involving narrowed arteries that reduce blood flow to the limbs. As a result, extremities, especially the legs, don't receive enough blood flow to keep up with demand. This causes symptoms, most noticeably leg pain, like the kind Rexrode experiences.

High blood pressure and diabetes also runs in Barbaba Green's family. The 73-year-old Fayetteville resident becomes exhausted after short walks and has to use a cane because of the pain in her legs. Like Rexrode, she jumped at the chance to see if she had PAD. Her screening results said there was indeed a chance.

"I just wanted to see if I had it," Green said, "The doctor I spoke with said he's pretty sure I needed a follow-up to confirm. I'm glad I came today."



I just wanted to know what my risk was, I'll definitely be following up with my doctor.

— David McCaskill



The PAD screening was held in September through Cape Fear Valley's Passport to Health seniors program. People drove from as far away as Harnett County to Health Pavilion North's Cancer Center to participate.

More than 80 people were screened, with 69 showing normal results. Twelve participants, age 62 to 84, were found to have the disease and required follow-up treatment. Four were age 80 or older, four were in their 70s, and the remaining four were in their 60s.

Many people have never heard of PAD, but the condition affects many. It can eventually restrict blood flow to the kidneys and limbs, leading to infections, amputations, or even death. It can also signal other circulatory problems in the body that needs to be treated.

"It's a strong indicator of blood vessel disease in the heart and neck," says Grant Yanagi, M.D., a vascular and interventional radiologist. "It can also increase the possibility of heart attacks and stroke."

Dr. Yanagi helped perform the screenings by consulting with patients after they were given their blood pressure cuff readings. He says it is important for patients to work closely with their primary physicians to treat the disease, because PAD is often mistaken for something else or left undiagnosed.

People with PAD have four to five times greater risk of heart attack or stroke. Smokers and diabetics

have especially high risk. The good news is that PAD is easily diagnosed through proper screening and can often be controlled through medication and maintaining a heart-healthy diet and exercise regimen.

Simple walking, leg exercises and treadmill exercise programs three times a week can result in decreased pain and symptoms in two months or less. It's best to take up such a regimen at a rehabilitation center on a treadmill while monitored.

Cape Fear Valley offers a Vascular Health program at HealthPlex. The program requires a referral from a physician. If regimented treatment is not possible, ask a healthcare professional for a suitable outdoor treatment regimen.

David McCaskill, 82, knows the benefits of regimented exercise. The Hope Mills retiree worked 30 years as an occupational therapist and will soon start exercising again after learning he has a moderate risk of PAD. He is relatively healthy, otherwise.

"I just wanted to know what my risk was," McCaskill said. "I'll definitely be following up with my doctor."

"You need to," said his wife, Elsie. "I'm definitely glad we came."

"Do I look like I'm worried?" the husband said, while chuckling and spreading both his arms out wide before flashing his pearly whites. "I'm glad we came too!"



Yanagi, Grant, M.D.
CAROLINA REGIONAL RADIOLOGY

at the PVD SCREENING





CASTING CALL

Exercisers needed for Chair Aerobics video

Do you use a cane, walker or wheelchair to get around? If so, you can help us. We are producing a chair aerobics DVD for our Passport To Health members. We need up to 12 Passport To Health members to serve as the "class" in our video production. We will be shooting the video in early December. If you are interested, please call Anna Ackerman at (910) 615-4600.

Senior Health Services

PRIMARY CARE JUST FOR SENIORS

Not every doctor who practices medicine has the special knowledge required to treat geriatric patients. Treating patients age 60 or older is a specialized field.

Geriatric physicians receive the specialized training necessary to work with the complex healthcare needs of seniors. They first attain their medical degrees and residency training. The physicians then undergo an additional one- or two-year fellowship.

Physicians in the field will have substantial experience with conditions common to older patients, such as heart disease, diabetes, high blood pressure, osteoporosis, stroke and depression.

Senior Health Services is Cape Fear Valley's geriatric practice. It is conveniently located in downtown Fayetteville in the Medical Arts Center on Robeson Street. Its office has amenities, such as wheelchair accessibility, six patient exam rooms, and low exam tables for greater convenience.

Five fellowship-trained geriatric physicians are on staff, as well as a clinical social worker. They work with patients who may have chronic conditions and specialized needs.

New patients first undergo a medication review, because some can have 15 to 20 different medications. Many of these can interact with each other.

Since Senior Health Services physicians are primary care physicians, they are adept at providing preventive healthcare. This can include regular screenings and exams, such as bone mineral density scans, mental status exams, and depression screening, based on the patient's medical history.

Geriatric patients can suffer from dementia and Alzheimer's disease, similar diseases that place



extraordinary demands on families. Sam Hutchison, LCSW, Manager of Senior Health Services, says his practice's social worker can work with family members on long-range planning to increase the patient's health and independence.

The social worker can also provide valuable patient resources and with referrals to a nursing home or an assisted living facility.

Senior Health Services physicians can provide continuous care to these patients if they are ever hospitalized, because the physicians make patient visits to hospitals – a dying practice in U.S. healthcare. The physicians will also do follow-up visits once the patient is discharged.

The practice's physicians will even visit patients at nursing homes who work directly with Senior Health Services.

"Patients want that continuity of care," says Hutchison. "It's often logistically hard to do. Sometimes appointments may need to be rearranged, but the patient can see their regular doctor instead of seeing a hospitalist."



To learn more about Senior Health Services or make an appointment, call (910) 615-1630 or visit www.capefearvalley.com/practices/geriatrics.html.

29TH ANNUAL *Light of Life* TREE LIGHTING CELEBRATION

I wish to purchase a light for: ☐ One season for \$20 ☐ Lifetime for \$200

☐ In Honor of *or* ☐ In Memory of _____

Donor Name _____

Phone Number _____ Email _____

Mailing Address _____

Name as you would like it listed for donor recognition _____

Name of person to receive acknowledgment of your gift _____

Address _____

Additional guest tickets _____ @ \$5 each = _____ Total amount enclosed \$ _____

Credit Card: ☐ Visa ☐ MasterCard ☐ American Express ☐ Discover

Cardholder Name: _____

Card Number: _____ Expiration Date: _____ Sec. Code: _____



29TH ANNUAL

Light of Life

TREE LIGHTING CELEBRATION

to benefit Stanton Hospitality House

Sunday, November 25, 2012

On Sunday, Nov. 25, Cape Fear Valley Health Foundation will present the 29th annual Light of Life Tree Lighting Celebration at Cape Fear Valley Medical Center.

You can honor or memorialize a friend or family member by sponsoring a light on the tree. The donor and a guest will be invited to the tree lighting ceremony and reception on Sunday afternoon in the Cancer Center lobby. At 6 p.m., the tree will be illuminated for the 2012 holiday season. Additional guest tickets for the reception may be purchased for \$5 each.

Your contribution to the Light of Life program will benefit Stanton Hospitality House. Stanton Hospitality House provides a home away from home to families of

inpatients and outpatients receiving medical treatment in area hospitals.

You can honor or memorialize a friend or family member for one season for \$20 or for a lifetime for \$200. Donations may be made by mail, in person at the Foundation office, or online at www.cfvfoundation.org. The Foundation is located in the Medical Arts Center at 101 Robeson Street in downtown Fayetteville.

To be acknowledged in the program, contributions must be received by Nov. 1. A copy of the program will be available at the reception and online after the event.

For more information, contact Cape Fear Valley Health Foundation at (910) 615-1285.



**CAPE FEAR VALLEY
HEALTH SYSTEMSM**

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New Discounts *for members*

PASSPORT TO HEALTH IS PLEASED TO OFFER YOU TWO NEW LOCAL DISCOUNTS!

Wynnsong 7 Movie Theatre 3039 BOONE TRAIL, FAYETTEVILLE

All movies are \$5.50 every day, with your Passport To Health card.

Every Tuesday: \$1.50 popcorn and \$1.50 drink.

Why not call your Passport To Health friends and meet at the Wynnsong on Tuesdays? Your entire movie experience will cost you just \$8.50! The Wynnsong is located in the shopping center off Village Drive behind K&W Cafeteria.

Village Coffee House 3037 BOONE TRAIL, FAYETTEVILLE

Show your Passport To Health membership card and receive a 25% discount every day. Village Coffee House is located next door to the Wynnsong 7 Movie Theatre on Boone Trail. On Thursday evenings enjoy live music.

