

Fall 2019

healthy

PERSPECTIVES

 **SCOTLAND**
HEALTH CARE SYSTEM
Closer Care. Better by Far.



Cancer Care

Treating the whole person throughout diagnosis, treatment, and survivorship

Q&A: Diabetes and Food Choices

MyScotlandHealth Helps Save You Time

**FREE
COMMUNITY
EVENTS**

See page 14

Inside ...

- 3 Welcome New Medical Providers
- 4 Type 2 Diabetes and Food Choices
- 4 Recipe: Chicken Quinoa Soup
- 5 Are You Getting Enough Sleep?
- 6 Nurse Cait Locklear Receives DAISY Award
- 6 Our Scholarship Program
- 7 Primary Care: The Gateway in Health Care
- 8 Fighting Breast Cancer, Together
- 10 Treating the Whole Person
- 12 Colon Cancer Screenings Save Lives
- 12 Save Time with MyScotlandHealth
- 13 3 Steps to Help You Quit Smoking
- 14 Community Events
- 14 SHCS Earns Energy Star Certification
- 15 Scotland Memorial Foundation Recognizes Tartan Club Members
- 16 2019 Ritz Raffle: Tickets and Prizes

FROM THE PRESIDENT AND CEO

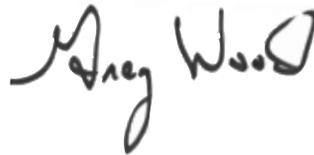
Nurses You Can Rely On

We are here for you and delighted that we are. As your community's health care system, we realize our role is to help you stay healthy, diagnose problems early, and provide the highest quality and most compassionate medical care when you need it. We are proud of our facilities and technology, but more proud of the team of committed and skilled caregivers and volunteers who make it happen.

Nearly 200 nursing professionals anchor our team within the hospital, in our practices, and throughout our system. Most of them are local—neighbors, friends, and family who know you, understand you, and are committed to meeting your needs. Not only are they excellent clinically, they also make sure you feel safe, keep you informed, and ensure you are involved in all your care.

Please know that whether you are visiting us for a screening, a doctor visit, or hospital care, our nurses and other caregivers are ready to meet your needs—every day, every time.

Have a great fall—and don't forget to get your flu shot!



Greg Wood
President and Chief Executive Officer



healthy PERSPECTIVES

David H. Harling
Chair, Scotland Health Care System

Chip Shytle
Vice Chair, Scotland Health Care System

Gregory C. Wood
President and CEO

Dave Salzlein
Vice President, Strategic Services

Tracie M. Stubbs
Marketing Coordinator

Contributing Writers
Kirsten Dean, Scotland Memorial Foundation
Paula Love, Scotland Cancer Treatment Center
Mary Callahan-Lopez, Scotland Cancer Treatment Center
Leslie Herndon, Breast Health Navigator

Photography
Quinyon DeBerry, RQDEBERRY



Printed on Recyclable Paper 807M



CONNECT WITH US



A Joint Commission
Top Performer

Welcome Our New Medical Providers



We welcome our new medical professionals to the Scotland Health Care System medical staff.

RADIATION
ONCOLOGY



Norleena Gullett, MD
*Scotland Cancer
Treatment Center*

SCOTLAND
PHYSICIANS
NETWORK ACP



Jennifer Locklear, MD
*Pembroke Family
Practice*

CARDIOLOGY
ACP



Holly Schmitt, ACNP-C
Cardiology Department

CARDIOLOGY
ACP



**Rene Anderson, DNP,
ACNP-C**
Cardiology Department

SCOTLAND
PHYSICIANS
NETWORK ACP



**Holly Rowell, MSN,
APRN, FNP-BC**
*Marlboro Family
Practice and
Urgent Care ACP*

SCOTLAND
PHYSICIANS
NETWORK ACP



**Gloria A. Hunt, MSN,
RN, FNP-C**
SPN Floater

SCOTLAND
PHYSICIANS
NETWORK ACP



Jessica Kelley, MD
*Harris Family
Practice*

LEARN MORE about our new medical staff and other providers at scotlandhealth.org/Find-a-Doctor.



Q&A: Type 2 Diabetes and Food Choices

Diabetes educator **Felisa Hammonds, FNP**, answers questions about food choices and blood sugar management, which helps delay or prevent potential diabetes complications, such as kidney, eye, and heart disease.

SHOULD LIMITING SUGAR BE MY MAIN CONCERN?

Sugar is one type of carbohydrate. As a group, carbs have the biggest effect on your blood sugar (glucose) levels. When you eat too many carbs—of any type—at once, your blood sugar level can go too high.

HOW CAN I AVOID EATING TOO MANY CARBS?

Balancing meals with lean meats, nonstarchy veggies, and starches is the first key to controlling your overall blood sugar. Some carb-rich foods, such as sweets, rice, pasta, and breads, may increase your blood sugar more than others. Less processed foods with more fiber and nutrients are better choices.

The second key to lowering or maintaining normal blood sugar levels is avoiding sugary beverages, such as regular soda and fruit drinks.

While food choices are important, physical activity, medication, blood sugar monitoring, and regular visits to your health care provider are also important for controlling your diabetes.

DOES MY DIABETES MEDICINE AFFECT MY FOOD CHOICES?

Insulin helps glucose move from the blood into your muscle cells, where it can be used for energy. Diabetes medicines either help you make more insulin or help your insulin work more efficiently. Consequently, your medicines and food choices work together to lower your blood sugar.

DO I REALLY NEED TO HAVE A DIABETES MEAL PLAN?

Yes. A meal plan shows you the types of food to eat, how much, and at what times of the day. It should take your medicines, favorite foods, and physical activity into account. The focus will be on healthy foods, including:

- Fruits and vegetables
- Whole grains
- Nonfat or low-fat dairy products
- Lean meats, poultry, fish, eggs, and dried beans and peas
- Foods and drinks with no added sugar

You can work with a diabetes educator or dietitian to update or create a personalized meal plan. You should also talk about how to make healthy choices. For example, consider the total carbohydrate amount on food labels when counting carbs, not just sugars.



Chicken Quinoa Soup

INGREDIENTS

- 1 cup uncooked quinoa
- Olive oil spray
- 1 lb. boneless, skinless chicken breasts, cut into cubes
- 1 small yellow onion, diced
- 1 cup diced carrots
- 4 cups roughly chopped kale
- 32 oz. unsalted chicken stock or broth
- 2 cups water
- ½ tsp. sea salt
- ½ tsp. freshly ground black pepper
- 1 tbsp. minced fresh parsley
- 1 tbsp. minced fresh thyme
- 1 tbsp. lemon zest
- 1 tbsp. lemon juice

DIRECTIONS

Cook 1 cup quinoa as instructed on package. Set aside. Spritz a large pot with olive oil spray. Heat on medium-high for two minutes. Then add cubed chicken breasts and sauté until cooked, about five minutes. Add onions and carrots; sauté for five to eight more minutes, until cooked and softened, stirring frequently. Continue stirring and add kale. Sauté for two more minutes or until wilted. Add quinoa, chicken stock, and water, then season with salt, pepper, fresh herbs, lemon zest, and lemon juice. Cook until everything is hot, about five to 10 more minutes.

Serves five. Each serving contains about 260 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 70 mg cholesterol, 400 mg sodium, 26 g carbohydrates, 5 g fiber, 4 g sugar, and 28 g protein.



You can schedule an appointment with diabetes educator Felisa Hammonds at any of the six Scotland Physicians Network family practice locations. For location details, visit scotlandhealth.org. Please contact your primary care provider for a referral before making an appointment.

Felisa Hammonds, FNP
Diabetes Educator
Scotland Physicians Network

Are You Getting Enough Sleep?

When it comes to shut-eye, seven or eight (hours) is your lucky number. Nighttime stretches of sleep falling into this range help you stay healthy—and feeling good during the day.

In fact, sleep and mental health go hand in hand. Lack of quality sleep can make people feel irritable, fatigued, and forgetful. It can even lead to anxiety and feeling depressed. But depression and anxiety can also result in sleep disturbances. It is important to talk about your overall health when discussing sleep problems—and how to address them—with your health care provider.

THE 'RULE' OF 3

Most people have trouble sleeping at some point. With the sleep disorder insomnia, however, one or more of the following symptoms last at least three months and occur at least three nights a week:

- Not being able to fall asleep
- Waking up too early
- Not feeling rested after sleeping

You may also wake up during the night and have trouble falling back to sleep. Older adults, women, and people with depression or other conditions, like sleep apnea and asthma, have a higher risk for insomnia.

A variety of medicines can influence how you sleep. For example, insomnia can result from taking beta-blockers used to manage high blood pressure. High stress and time changes during travel can also increase your risk.

HELPFUL HABITS

Your daily habits can impact your sleep. Brisk walking and other moderate-to-vigorous physical activities can boost the quality and length of your sleep. Both early morning and afternoon workouts can improve your nighttime sleep. But having caffeine and foods that cause heartburn at night can hurt your efforts to sleep. Sugary treats and white bread can also affect sleep. Instead, try oatmeal or cottage cheese with fresh raspberries.

Small changes to your habits can help with many sleep problems. But reach out to your provider if you continue to struggle. Share your symptoms and past efforts to sleep better. Bring your current medications to your visit. Together, you can find and treat the cause.

Sleep Clinic Achieves Full Accreditation

After undergoing a stringent on-site review and program audit by the American Academy of Sleep Medicine (AASM), Atrium Health Sleep Medicine – Scotland, located in Laurinburg, was awarded full accreditation in July.

To receive accreditation for a five-year period, the Sleep Center had to meet or exceed all standards for professional health care as designated by the AASM. The standards addressed key areas such as personnel, facility and equipment, policies and procedures, data acquisition, patient care, and quality assurance. The Sleep Center also had to state its plans for positively affecting the quality of medical care in the community it serves.

The Sleep Center offers outpatient diagnostic testing for snoring, sleep apnea, and sleep myoclonus (involuntary muscle movements). Patients spend one night in one of the Sleep Center's four private rooms for a simple, painless procedure where your brain waves, muscle activity, leg movements, heart rhythms, and other body functions are monitored by a highly skilled sleep technologist while you sleep. The sleep data is then interpreted by a board-certified pulmonologist and sent to your ordering physician. Your physician then provides you with the results and a diagnosis and recommends a treatment plan appropriate for you.

If you're interested in a referral for a sleep study, please talk to your primary care physician. All appointments are scheduled through the Sleep Center at **1-877-275-3373** (toll-free). For more information about the Scotland Sleep Center, call Gary Hatchell, Senior Director of Rehab Services, at **910-291-7800**.

Telemetry Unit Nurse Cait Locklear Receives DAISY Award

Each quarter, Scotland Health Care System (SHCS) honors one of its nurses—who was nominated by a patient, family, physician, or colleague—with a DAISY Award. The Award is part of the DAISY Foundation's national program to recognize the superhuman tasks nurses perform every day.

This past quarter's DAISY Award honoree is Cait Locklear, RN, who is a nurse resident in the Telemetry unit. The nomination letter highlighted both her work ethic and compassion with an example of how she cared for a patient with a terminal diagnosis:

Cait's patient was upset that he would be in the hospital on Easter and miss watching his granddaughter at an annual egg hunt. He didn't think he would be here to see it next year. Cait devised a plan for the patient's family to visit him at the hospital on Easter Sunday. That morning, even though she was on call and didn't have to come to work, Cait came in, brought supplies, and orchestrated a wonderful Easter egg hunt for this patient and his granddaughter.

For information about The DAISY Foundation program at SHCS, call Holly Goodwin at **910-291-7530**.



Cait Locklear, RN

You Can Nominate an Extraordinary Nurse

Anyone can nominate a SHCS extraordinary nurse for the DAISY Award using one of the forms available throughout Scotland Memorial Hospital or online at scotlandhealth.org/Patients-and-Visitors/Nominate-a-Nurse-for-a-Daisy-Award.

Our Scholarship Program

Nurses throughout Scotland Health Care System (SHCS) provide essential, quality care to our patients every day. We appreciate their efforts and support them in their success. Here are insights from a few of our team members about how SHCS attracts, develops, and retains phenomenal nurses.

"We are pleased that so many of the area's graduates choose Scotland as the institution to build their career. Scotland nurses have an incredible opportunity to develop skills in multiple areas throughout the hospital system. Scotland Health Care System is comprised of Scotland Memorial Hospital and Scotland Physicians Network, a large network consisting of 16 physician practices. With the wide range of clinical services and practices we have here at Scotland, our employees have numerous opportunities."

—**Rachel Moore, Assistant Director of Human Resources**



Rachel Moore
Assistant Director of
Human Resources



Bebe Holt, CNO/VP
Patient Care Services

"As a private employer, Scotland has developed programs to train health care professionals and works closely with Richmond Community College, Robeson Community College, and the University of North Carolina at Pembroke to offer residencies, clinical rotations, mentoring programs, and local faculty. Newly graduated registered nurses participate in Scotland's nurse training programs, which provide clinical support, education, and mentoring.

Our residency and preceptorship programs are extremely beneficial for new nurses as they transition from the classroom to the bedside. We are able to strengthen our community ties and help provide education and support to individuals who are looking to enter into the health care industry."

—**Bebe Holt, CNO/VP, Patient Care Services**

"Scotland is the area's largest private employer. We are committed to hiring, developing, and retaining local employees. For new nurse graduates, the first year of nursing can be the most challenging. At Scotland, we understand those challenges. Our yearlong nurse residency program is structured to provide the nurse residents with additional support and guidance as they start their professional nursing career."

—**Lynn Wood, BSN, RN-BC, Nurse Resident Coordinator**



Lynn Wood, BSN, RN-BC
Nurse Resident
Coordinator

JOIN OUR TEAM! Visit scotlandhealth.org/careers for information about working at SHCS.

Primary Care: The Gateway in Health Care

Scotland's primary care practices are close to home.

The primary care practices within Scotland Physicians Network are committed to getting you healthy and keeping you well. The primary care network serves as the gateway for preventive care and your well-being. Scotland's physicians are committed to providing quality care with a personal touch. At each visit, they will educate you with the information you need to make informed health decisions.

With offices across the region and a team that's trained to care for people of all ages, everyone's health care can be taken care of in a convenient location close to you.

For a complete list of Scotland Health Care System's physicians, including specialists, visit scotlandhealth.org or call **910-291-7517**.

Harris Family Practice

700 Progress Place
Laurinburg, NC 28352

910-276-7676

Glenn Harris, MD
Jessica Kelley, MD
Moneika Murphy, MD
Katie Notaro, MD
Jaclyn Bates, PA
Lindsay Reese, PA

Marlboro Family Practice and Urgent Care

957 Cheraw St.
Bennettsville, SC 29512

843-454-0245

Haynes Cain, MD
David Howell, MD
Gail Cain, NP
Gye Mitchell, NP
Holly Rowell, NP

Maxton Family Practice

1001 West Dr. Martin Luther
King Jr. Drive
Maxton, NC 28364

910-844-4077

Ashleigh Freeman, MD
Jonathan Rowson, MD
Kara Hiendlmayr, PA

Pembroke Family Practice

410 South Jones St.
Pembroke, NC 28372

910-521-4462

Lisa Bracey, MD
Chamaine Brooks-Locklear, MD
Aaron Locklear, MD
Jennifer Locklear, MD
Shelly Lowery, MD
Scot Hunt, PA

Wagram Family Practice

24420 Marlboro St.
Wagram, NC 28396

910-369-3136

Matthew Manzo, MD
Teri Weber, PA

Wolonick Family Practice

106 McAlpine Lane
Laurinburg, NC 28352

910-277-8044

Richard Wolonick, MD
Carol Hayes, PA





When Karen Butler heard she had cancer in both breasts, her heart dropped to her knees.

Fighting Breast Cancer, Together

Karen Butler was working hard to repaint the inside of her house, a project she was determined to finish before the end of the weekend. On Sunday, she started to feel pain in her right arm. Karen shrugged it off, thinking it was a sore muscle from repeatedly moving a paint roller up and down the walls. The next day when she woke, the pain was even worse, and she felt a small mass in her right breast. When things didn't improve over the next couple of weeks, Karen decided to see her primary care provider (PCP).

Without hesitation, her PCP ordered a 3D mammogram at Scotland. Thinking back to her last mammogram two years ago, Karen assured herself this one would show nothing of concern, too.

When Karen arrived for her appointment on May 24, Deborah Gardner, RT(R)(M), Mammography Coordinator, welcomed her to the Scotland Mammography Department and escorted her to ultrasonographer Sandra Bell in the exam room. Once the exam was complete, Bell reviewed the results with Dr. Onyinyechi Agbara. Less than five minutes later, Dr. Agbara shared unwelcome news with Karen: Both of her breasts had areas that were highly suspicious for cancer. This was news she didn't expect and wasn't prepared for. She was speechless.

Then Leslie Herndon, Breast Health Navigator, stepped in to talk with Karen about next steps, including additional testing and the process of fighting cancer. She also met with Hope Gibson, Oncology Nurse Navigator, who would later help her through the radiation and chemotherapy process. "Knowing that Leslie and Hope were there to guide me through



MAKE YOUR MAMMOGRAPHY APPOINTMENT Scotland Health Care System remains the only provider of 3D mammography technology in the region. To schedule your 3D mammography, call **910-291-7243**.

every step relieved some of my worries," says Karen. "It was like we would be fighting the cancer together."

Shortly after her 3D mammogram, Karen moved forward with bilateral breast biopsies, performed by Dr. Stephen Lanuti. The tissue samples taken during this procedure were tested and confirmed that she had cancer in each breast. After more testing, Karen met with Dr. Lanuti and Dr. Ivy Altomare, who consulted on her case, to discuss oncology treatment options. She immediately began treatment at Scotland Cancer Treatment Center.

Karen continues to fight the disease with help from her Scotland team. "The SCTC staff has been nothing short of amazing," she says. "The physicians and nurses explain everything that is taking

place in detail, and when they are talking to me, it's like no one else exists. I have their full and undivided attention."

Karen urges other women and men to do their self-exams and to schedule their routine screenings. "They are very important, and I am a prime example of how a mammogram can save a life." She also offers this advice,

"Stay informed about your health and the health of your family. Seeing your doctor regularly and knowing your body are very important. If you feel like something isn't right with you, then it probably isn't. Go get checked and be safe rather than sorry."



What Is 3D Mammography?

Breast tomosynthesis, also called breast ultrasound or 3D mammography, produces a three-dimensional view of breast tissue that helps radiologists identify and characterize individual breast structures without confusion of overlapping tissue. To create the 3D view, multiple low-dose images of the breast are taken at different angles during the exam.

The exam takes just a few seconds longer than a conventional 2D breast cancer screening exam and doesn't require additional compression. Yet the 3D mammogram is 45 percent clearer than the standard 2D mammogram. Proven to save lives, 3D mammography can detect breast cancer 15 months earlier and reduces unnecessary callbacks by up to 40 percent.

To learn more, visit scotlandhealth.org/medical-services/imaging-services/3d-mammography.

Treating the Whole Person

Cancer doesn't affect just one part of the body. That is why we offer a multidisciplinary team of specialists who work together to develop a treatment plan that not only addresses the cancer, but also anticipates side effects and emotional and social issues. Our offerings include:

ART EXPRESSIONS

Meets monthly at Scotland Cancer Treatment Center

Cancer survivors often feel overwhelmed during treatment and may have a hard time finding a new normal. Art therapy is used to explore feelings, develop social skills, and improve quality of life. The program supports the excellent medical care provided by the physicians and staff of Scotland Cancer Treatment Center. For more information, call Mary Callahan-Lopez, social worker at the Center, at **910-291-7638**.

BREAST CANCER AWARENESS WALK

Held annually the first Tuesday of October, noon start at the W.R. Dulin Conference Center

All community members are welcome to join us in saying "boo" to breast cancer. Those who are unable to walk the one-mile course but would like to participate, may ride on one of the hospital's golf carts. Wear pink to show your support for breast cancer survivors. (Remember, "survivor" is defined from the moment a person is diagnosed with cancer.) No registration is necessary. For more information, call Paula Love, Director of Scotland Cancer Treatment Center, at **910-291-7505**.

THE CIRCLE OF HOPE WOMEN'S CANCER SUPPORT GROUP

Meets at noon on the fourth Friday of each month in the Staff Development Center

This support group is open to any woman who has had or currently has cancer. Lunch is provided through the support of Scotland Memorial Foundation. For more information, contact Cancer Center social worker Mary Callahan-Lopez at **910-291-7638** or mary.callahan-lopez@scotlandhealth.org

LOOK GOOD ... FEEL BETTER

The American Cancer Society in Scotland County provides this free, nonmedical program quarterly to help women who are undergoing cancer treatment cope with its appearance-related side effects. The program offers a free makeover session and instruction on skin care, makeup, and the use of turbans, scarves, and wigs. For more information, call Scotland Cancer Treatment Center at **910-291-7638**. Preregistration is not required.

REACH TO RECOVERY

This American Cancer Society program features specially trained volunteers who offer support and information to breast cancer patients. As breast cancer survivors themselves, volunteers help by providing an opportunity for the person with breast cancer to express feelings, verbalize fears and concerns, and ask questions of someone who has had a similar experience. For more information, call Scotland Cancer Treatment Center at **910-291-7630**.

CANCER SURVIVORS DAY

The annual Cancer Survivors Day offers an opportunity for cancer patients, survivors, and their family members to gain strength from and offer support to one another. All cancer survivors and one guest are invited to attend free of charge. (There is a \$15 charge for each additional guest.) For information about the event, call Mary Callahan-Lopez at **910-291-7638** or email mary.callahan-lopez@scotlandhealth.org.

SOAR PROGRAM

Held at Scotland Oncology and Rehab

In recent years, there has been much talk about creating survivorship as a distinct phase of cancer care and providing each patient with a survivorship care plan. At Scotland Health Care System, we implemented the SOAR Program to offer the best survivorship services available. The program is open to everyone no matter the prognosis, cancer stage, or phase of recovery. For example:

- Newly diagnosed patients may want to increase their strength and endurance and prevent future medical problems.
- Survivors living with cancer as a chronic disease may want help managing treatment-related conditions.
- Individuals who are cured or in remission may enroll in our program with the goal of boosting their immune systems so that they can heal as well as possible.

Our rehabilitation staff is trained in the latest oncology rehab care and research-based protocols proven to help cancer survivors optimally heal and function. For more information about the SOAR Program, visit scotlandhealth.org/medical-services/cancer-center-duke-health-affiliate.



Working Together to Overcome Common Obstacles

Mary Callahan-Lopez has been with Scotland Cancer Treatment Center since May 2005. As the oncology social worker, she assists patients and their caregivers in overcoming a variety of challenges that can arise while receiving cancer treatment.

While every patient has their own journey, common challenges during treatment include paying for treatment, arranging transportation, accessing employee benefits, navigating disability benefits, authorizing medication at the pharmacy, obtaining medical supplies and equipment, and addressing end of life concerns. Mary meets with patients one-on-one to offer assistance and support in accessing resources, available through local and national organizations, that help address these issues.

When asked about her role at Scotland Cancer Treatment Center, Mary says, "Working in oncology has been a very rewarding and humbling experience for me. I have met so many people over the years who have faced their cancer journey with such strength and determination. It's truly a gift to have the opportunity to make a difference."



Colon Screenings Save Lives in 2 Ways



Many screenings spot cancer early, when it is most treatable. But colonoscopies have another lifesaving benefit.

Most colorectal cancers begin as growths called polyps. If your doctor sees polyps during your colonoscopy, he or she can remove them right then and there. So not only can a colonoscopy catch cancer, it also can catch growths before they become cancer. And according to the National Cancer Institute, several studies suggest that a colonoscopy reduces deaths from colorectal cancer by about 60 to 70 percent.

Medical opinions vary about when to begin screening for colorectal cancer—age 45 or 50. Talk with your doctor about the right timing for you. You may need to start earlier if you have a family history of colorectal cancer, inflammatory bowel disease, or other risk factors.

If you need a colonoscopy, ask your primary care provider to schedule it for you. For more information on colon screenings at Scotland Endoscopy Center, visit scotlandhealth.org/medical-services.



MyScotlandHealth

We don't just care about your health. We care about your time. In just a few quick steps, you can go online and access your health records—anywhere, anytime.

Your MyScotlandHealth account allows you to:

- View lab and test results
- Schedule appointments
- Message your care team
- Request prescription refills
- Pay your bill

Two easy ways to access MyScotlandHealth:

1. Download the MyChart app to your Android or Apple device. Select **Scotland Health Care System**.
2. Visit myscotlandhealth.org. To register, select “**Sign Up Now**.” Within 48 hours of submitting your information, you will receive an activation email with your access code.

Just Quit It!

Smoking is Americans' single largest preventable cause of disease and premature death. Kick the habit and help yourself to a longer, healthier life. Take these three steps suggested by the U.S. Department of Health and Human Services. You'll greatly improve your odds of success.

1 MARK YOUR CALENDAR

Set a quit date that will mark your first smoke-free day. Consider using a holiday, anniversary, or birthday to make the date even more meaningful. Before your quit date, clear your home, car, and workplace of all cigarettes, ashtrays, matches, and lighters. After your quit date, don't smoke at all—not even one puff. To avoid temptation, steer clear of activities, people, and places you link with smoking.

2 CURB NICOTINE CRAVINGS

Try smoking-cessation aids that make nicotine withdrawal less intense and unpleasant. Available medications include nicotine gum, patches, inhalers, and sprays, as well as non-nicotine prescriptions like bupropion or varenicline. Most health insurance plans cover these aids. If you'll use medications, coordinate with your health care provider to start taking them at least one week before your quit date.

3 GET SUPPORT

Tell everyone—family, friends, coworkers—that you're quitting. Ask for their support. You'll increase your chances of kicking the habit if you also get professional help. For example, you can work with a smoking-cessation counselor, join a support group, or use an online quit-smoking program, such as the American Lung Association's Freedom from Smoking program (ffsonline.org).

The urge to smoke doesn't last long. Within minutes, it's gone whether you

smoke or not. So do whatever you can, such as calling a supportive friend as a distraction, to get past the urge.

If you don't succeed the first time, try, try again. Most people try several times before they quit for good.

Should You Get Screened for Lung Cancer?

In the U.S., more people die of lung cancer than any other type of cancer. A low-dose computed tomography scan (LDCT) of the lungs can detect the disease in its earliest stages. Painless and noninvasive, LDCT scans are a type of X-ray that shows the lungs in great detail.

The American Cancer Society recommends an annual LDCT for adults who are at the highest risk for lung cancer. This includes people who meet all the following criteria:

- Are a current smoker or have quit within the last 15 years
- Are 55 to 74 years old
- Have a 30 pack-year or more smoking history

Talk with your doctor about whether or not you should have a LDCT. This screening is often covered by most insurers, including Medicare. For more information or to make an appointment for a CT lung screening, call **910-291-7244**.



DID YOU KNOW?

November 21 is the Great American Smokeout.

Sponsored by the American Cancer Society, this annual event encourages all Americans to quit smoking for at least 24 hours—with hope that their decision to not smoke will last longer, maybe forever.

Join Us! Community Events



26th Annual Putting on the Ritz — A Gala of Giving

When: 6 p.m. to midnight, Saturday, November 2

Where: On campus of Scotland Memorial Hospital

For Details: Call the Foundation at 910-291-7551.

Lung Cancer Survivors: Evening of Lights

When: 5:30 p.m., Tuesday, November 12

Where: W.R. Dulin Conference Center on Scotland Memorial Hospital campus

Diabetes Awareness Event

When: 5 to 8 p.m., November 12; 5 to 6:30 p.m., screenings and exhibitors available

Where: Laurinburg Presbyterian Church

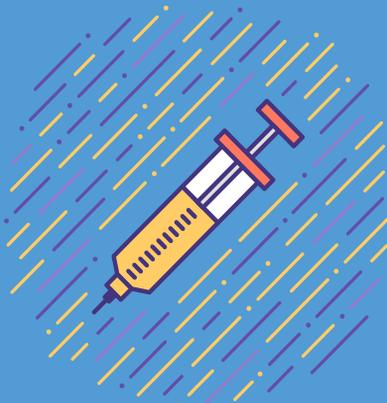
Bloodmobile

When: Wednesday, November 27

Where: W.R. Dulin Conference Center on Scotland Memorial Hospital campus

DON'T FORGET YOUR FLU SHOT.

Everyone ages 6 months and older should get a flu shot every year, preferably by the end of October. It is the single best way to keep away the virus.



SHCS Earns Energy Star Certification

Scotland Health Care System (SHCS) has earned the U.S. Environmental Protection Agency's (EPA) Energy Star certification for superior energy performance. This recognition is awarded to buildings that outperform 75 percent of similar buildings nationwide. Certified buildings save energy and money while helping protect the environment by generating less greenhouse gas emissions than typical buildings, according to the EPA.

"Scotland Health Care System is honored to be recognized for our efforts to become more energy efficient," says David Pope, Chief Operating Officer and Senior Vice President of Operations. "We strive to be good stewards of what has been entrusted to us. Creating sustainable and efficient facilities is just one part of being a sustainable and efficient health care system that provides safe, high-quality, and compassionate care to the people we serve."

Many changes were made during recent facility renovations, including:

- Installing high-efficiency LED lighting
- Retrofitting and installing HVAC controls and equipment to reduce energy
- Replacing outdated controls and fixtures with best available technology
- Providing education and information to our teammates to help them make informed decisions regarding energy efficiency

"As we continue to grow within our local communities, we take energy efficiency into consideration with each renovation or construction project," says David Bales, SHCS Director of Engineering. "This recognition represents the diligent work of our health care system to save money and reduce operating costs through best practices and careful attention to energy performance each month."



Scotland Memorial Foundation Recognizes

Tartan Club Members

The Tartan Club is Scotland Memorial Foundation's employee giving program. These generous employees pledge one hour of pay each month to support essential programs and projects that help improve and enrich the lives of people living in the communities served by Scotland Health Care System.



Anonymous (28)	Haleigh Epperson	Melissa Hudson	Steve McAllister, Jr.	Dr. Jonathan Rowson
Johanna Altman	Heather Epps	Chelsey Hunt	Flora McCook	Esther Rush
Jateesha Armstrong	Courtney Farmer	Eric Hunt	Jeraud McCrimmon	Hope Scott
Loretta Arnold	Kallie Fields	Lisa Hunt	April McDonald	Rebecca Scott
Betty Austin	Michael Frease	Tara Kim Hunt	Ivy B. McLaurin	Sunshine Scott
Cigi Barfield	Amy Freeman	Charles Jackson	Elizabeth McLean	Taylor Sewell
Brandy Baysek	Velna Freeman	Freda Dial Jacobs	Harry McMillan	Cindy Sharpe
Sandra Bell	Dr. Ashleigh Freeman	James Jacobs	Jamie McNair	Marlo Shipman
Elva Blake	Sonja Frye	Kimberly Johnson	Caitlin McNeill	Shellene Short
Myra Bodenhamer	Renee Gallo	Leslie Johnson	Sheila McRae	Vanessa Simmons
Brittany Branch	Carey Garrigus	Clarissa Jones	Karen Mills	Amy Smith
Gayle Britt	Mary Gaskins	Robin Jones	Kim Mintz	Candace Smith
Joan Brock	Lolita German	Linda T. Jones	Rosa Monroe	Janel G. Smith
Mark Brown	Maureen Giannini	Jennifer Jones	Angela Moraida	Janet Soles
Marquita Brown	Ashley Gibson	Shannon Jones	Lillian Morrison	Pamela Rogers
Sheila Brown	Holly Goodwin	Jennifer Jones-Locklear	Susan Murphy	Tammy Stallings
Victor Brown	Latonia Graham	Connie Keith	Gary Nance	Greg Stanley
Susan Bryant	Selena Brayboy	Jimmy Knight	Debby Nettles	Linda B. Stewart
Bertrand Buchanan	Al Green	Angela Lake	Brenda Nobles	Valerie Strickland
Crystal Buie	Lashanna Green	Donna Larrimore	Audrey Norton	Vickie Strickland
Jessica Burnett	April Grice	Robin Laster	Courtney Odom	Tracie M. Stubbs
Cynthia Cain	Geraldine Griggs	Christopher Lawson	Christie Oxendine	Mary Suits
Donna Cain	Angie Hale	Sharon Lee	Victoria Oxendine	Dawne Swing
Sherice Cameron	Tomie Hale	Natalie Leonhardt	Tracey Aultman Page	Juanita Swinney-Griffith
Natasha Caulder	Kimberly Hammonds	Betty D. Leviner	Jacqueline Pait	Sarah Talton
Monique Cayton	Margie Hammonds	Linda Lipscomb	Sue Parrish	Will Talton
Rebecca Chavis	Shannon Hammonds	Cierra D. Locklear	Jena Pate	Brooke Taylor
Shyann T. Chavis	Janet Hankins	Barbara Lockey	Loretta Patrick	Amy Thomas
Bryan Cherry	Candice D. Harrington	Sheena Lockey	Ashleigh Pearce	Jackie Thomas
Anna Childers-Brown	Eleshea Harrington	Wanda Lockey	Lesia B. Pierce	Krista Thompson
Melisa Ciarrocca	Ronald Harris	Ann Locklear	Sissy Pittman	Donna Tadlock Todd
Ashley Clark	TaHari Harris	Brittany Strong Locklear	David Pope	Teresa C. Turner
Ryan Cole	Megan Harvey	Christine Locklear	Angela Poston	Camille Utter
Haylee Cook	Gary Hatchell	Christy Lynn Locklear	Ethel Powers	Lana Vandervelde
Terry Cowan	Jane A. Heller	Hollie Locklear	Liza Purcell	Angela Wallace
Darby Cribb	Michelle Herberg	Iris L. Locklear	Felicia Quick	Linda Ward
Donald Cribb, Jr.	Brittany Herndon	Iris Locklear	Matthew Quick	Dede Watts
Robin R. Crump	Lesley Herring	Dawn Locklear	Amanda Ray	Jennifer Watts
Kirsten Dean	Gloria Hodges	Jessica Locklear	Lindsay Reese	Robert C. Weagraff
Patricia Dial	Teresa Hodges	Kimberly Locklear	Christina M. Revels	Tamara Weatherly
Latonya Diggs	Christopher Hogan	Lauren Locklear	Robert Richardson	Kesha White
Jewelletta Dixon	Laurie Holder	Melissa Locklear	Amy Robertson	Lori Wiggins
Willie Mae Dockery	Tammy Holloway	Miranda Locklear	Donjinina Robinson	Trudie Wilburn
Tanisha Douglas	Trudy Holmes	Raven Locklear	Teresa Robinson	Jennifer Wilkes
Kiaesha Drake	Bebe Holt	Summerlain Locklear	Guwanna Rocha	Mary Williams
Tina Driggers	Donna Holt	Paula Love	Susan Roets	Tanya Williams
Brittany Dunn	Jessica Hood	Melissa Mace	Ella Rogers	Valli Williams
Valerie Edge	Amanda Houlton	Angela C. Mackey	Nancy Rogers	Dana Willoughby
Erika Elliott				Cecilia Wilson
Urena Ellison				Lynn Wood
Allyson English				Sonya A. Wood
Tiffany English				Amanda Young
				Darlene Zimmerman

SCOTLAND MEMORIAL
FOUNDATION

An affiliate of Scotland Health Care System

Keep In Touch We want to be here for you.

Call us at **910-291-7000** or visit us on the web at **scotlandhealth.org**.

Socialize with us! Follow us on social media:



• Friend us on Facebook
@scotlandhealthcare



• Retweet us on Twitter @SHCS_nc



• Follow us on Instagram
@scotlandhealthcaresystem



• Subscribe to our YouTube channel
@Scotland Health Care System



Scotland Health Care System
500 Lauchwood Drive
Laurinburg, NC 28352
910-291-7000

Postmaster please deliver within October 7 to 11.

Non-Profit Org.
U.S. Postage
PAID
Scotland Health
Care System

807M Developed by StayWell

2019 Ritz Raffle

**Tickets
\$10.00**



2019 Hyundai Tucson



\$10,000



John Deere Mower

Winner selects 1 of 3 prizes!

Raffle tickets are being sold at Nic's Pic Kwik, Southeast Farm Equipment, Scotland Motors, Scotland Memorial Foundation office, or visit bidpal.net/ritzgala to purchase online today!

Drawing will be held at
Putting on the Ritz - A Gala of Giving
November 2, 2019

For more information call 910.291.7543 or visit www.scotlandhealth.org

Sponsored by:



Do not have to be present to win!