

# BETTER

## *Health & Living*

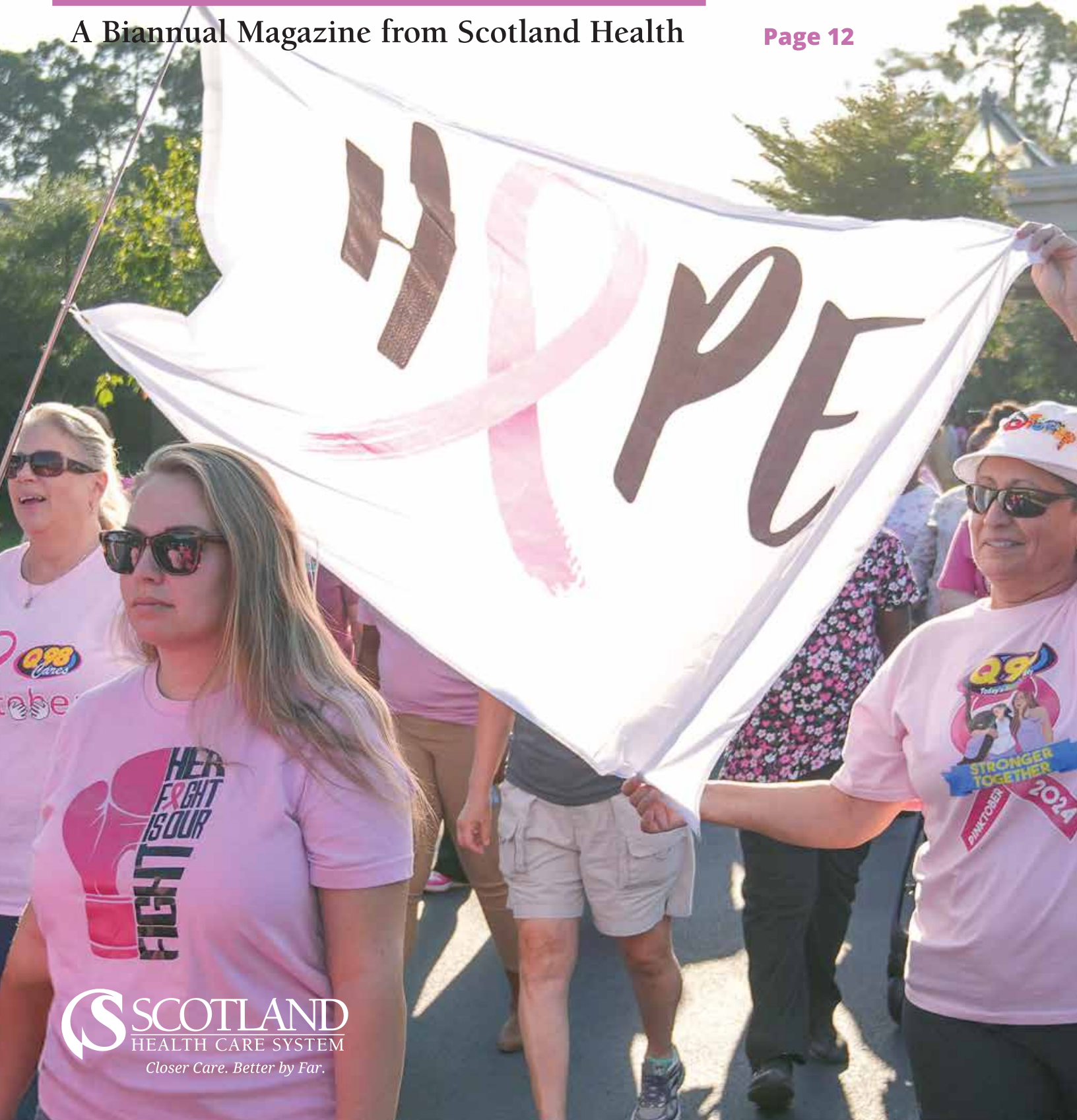
A Biannual Magazine from Scotland Health

Fall 2025

### LIFE KEEPS MOVING

Leslie Bell's Journey of Faith, Family, and Fighting Breast Cancer Close to Home

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## Mission and Vision

The Scotland Way defines the culture of Scotland Health. It is the ideal to which we aspire and the way we currently act. We strive to be Better: Better than yesterday, Better than our peers, Better than expected, so that our patients get Better.

## Our Mission:

To serve our communities by providing Safe, High-Quality, Compassionate, and Sustainable health care.

## Our Vision:

To be the premier rural health care system in the Carolinas.

## Our Board of Trustees:

Scotland Health is a not-for-profit, community-owned health care system located in Laurinburg, North Carolina. We are governed by a Board of Trustees consisting of local community members and hospital officials.

(October 1, 2024 - September 30, 2026)

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For more information about Scotland Health's Board of Trustees, scan the QR Code or visit <https://www.scotlandhealth.org/about-us>





## A Message from David Pope

*Scotland Health President and CEO*

I always look forward to the first cool Saturday morning in the Fall- that first time I can step out onto my porch with a cup of coffee and know that we've made it through the heat, humidity, and gnats of Summer once again. Fall brings back good memories for me- quail hunting with my Dad and Grandpa, family get-togethers with cousins and lots of good food, and the steady progression of holidays as we move towards Christmas.

Fall also means beginning a new fiscal year here at Scotland Health—a time marked by reflection, recommitment, and forward motion. Fall reminds us of the importance of preparation and resilience, values that are deeply embedded in our mission to serve our communities with compassion.

This season brings heightened awareness to several important health issues, including breast and prostate cancers, seasonal allergies, and mental health. These conditions affect many in our communities, and we remain committed to providing timely screenings, education, and treatment options that are accessible and patient centered. Our teammates continue to work diligently to ensure that every patient receives safe, high quality, and compassionate care close to home and their families.

We are proud of the progress Scotland Health has made over the past year. From recruiting specialist physicians and improving access to care, to investing in our teammates and strengthening community partnerships, we move forward with purpose. Though we are a small rural health care system, our team is accomplishing much—most recently being recognized by The Joint Commission's Gold Seal of Approval for Advanced Primary Stroke Certification. This achievement reflects our commitment to clinical excellence, patient safety, and continuous improvement, and it stands as a testament to the dedication of our entire team to be the best rural health care system in the Carolinas.

Doing the right thing for the patient remains at the heart of everything we do. Whether it's supporting families through a cancer diagnosis, helping a child manage allergies, or guiding patients through preventive care, our team is here, ready to walk alongside our patients with compassion and expertise.

As we look ahead, we do so with hope and determination. We are blessed by the continued support of our patients, their families, and our communities, and we remain steadfast in our commitment to advancing health and hope throughout our region.

Thank you for allowing us to be part of your lives.

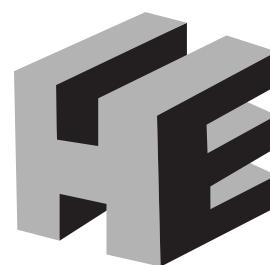


Scotland Health Care System has proudly earned The Joint Commission's Gold Seal of Approval for Advanced Primary Stroke Certification



We're proud of the work our team at Scotland Memorial Hospital has completed to receive an "A" Hospital Safety Grade from The Leapfrog Group for Spring 2025.

This honor reflects our unwavering commitment to patient safety, quality care, and excellence in everything we do.



Scotland Memorial Hospital is proud to announce it has been awarded the Platinum Safety Award by the NCHA Strategic Partners Worker's Compensation Fund, a prestigious recognition of outstanding performance in loss ratio management and a steadfast commitment to workplace safety excellence.

# CALLED TO CARE

## Why Scotland Health's Chief CRNA and a student volunteer answered the call to be Nurse Anesthetists

By: Deon Cranford  
Scotland Health Marketing

**W**hen patients drift off to sleep before surgery at Scotland Health, they're placing their trust in the skilled hands of Certified Registered Nurse Anesthetists (CRNAs)—highly trained professionals who ensure safety, comfort, and care from the first breath of anesthesia to the final moments in recovery. Among them is Ryan Smith, Chief CRNA, whose dedication to both his profession and his community runs deep.

Ryan has been a CRNA since December 2011, and he began working at Scotland Health in 2012. After a brief stint away, he returned in 2022 to take on the role of Chief CRNA, a position he's held for the past three years. But his leadership extends beyond titles—Ryan is also a staff CRNA, often taking on more than 75 call shifts annually, filling in for colleagues, and ensuring seamless care across departments.

### What Is a CRNA?

CRNAs are advanced practice providers who deliver anesthesia care in a wide range of clinical settings. At Scotland Health, they are the primary faces patients see in the operating room. While anesthesiologists may consult with patients preoperatively, CRNAs are the ones who stay with patients throughout the procedure—administering anesthesia, monitoring vital signs, and ensuring a safe and smooth experience.

"We do everything the anesthesiologists do," Ryan explains. "We're with you

100% of the time. We start with you, stay with you, and treat you like family for the limited time we're with you."

CRNAs at Scotland Health cover a broad spectrum of services—from obstetrics and endoscopy to trauma and emergency care. They're also called upon in the nursery, ICU, and ER, often stepping in to assist with critical procedures like IV access or airway management.

### A Calling Rooted in Care

Ryan's path to anesthesia began in South Mississippi, where he was inspired by a CRNA he met through his mother's work at a urologist's office. "I always knew I wanted to go into the medical field," he says. "The CRNA route appealed to me more than medical school."

Ryan was in Mississippi when Hurricane Katrina hit in August of 2005

which devastated many nearby areas, slightly delaying his plans.

Ryan enrolled in nursing school in January 2006, later attending the University of South Alabama and completing his anesthesia training through Texas Wesleyan University. His early career included time at a Level 1 trauma center, where he honed his skills in high-pressure surgical environments.

### Life Beyond the OR

Outside the hospital, Ryan is a proud father of three. His oldest daughter is a nurse with aspirations to follow in his footsteps and become a CRNA. His two younger children attend school locally, and he has lived in Scotland County since 2014. A passionate outdoorsman, he enjoys fishing, hunting, and traveling—especially when it brings him closer to the water.





He's also deeply involved in the community, having coached several local baseball, basketball, and softball teams. "I love playing sports with my kids," he shares. "It's a great way to stay connected and give back."

### More Than Meets the Eye

Despite their critical role, CRNAs often work behind the scenes. Ryan emphasizes that one of the biggest misconceptions is that CRNAs are "just nurses." In reality, they are highly trained, autonomous providers who often deliver care independently—especially in rural or underserved areas where

anesthesiologists may not be present.

"There's a lot of little things anesthesia does that go unnoticed," Ryan says. From setting up operating rooms and reviewing patient histories to ensuring staff get breaks and maintaining efficiency in the OR, CRNAs are integral to the daily rhythm of hospital life.

One of the most common concerns patients express before surgery is the fear of not waking up from anesthesia. Ryan and his team understand this anxiety and take it seriously.

"Anesthesia today is incredibly safe," Ryan reassures. "We monitor patients continuously, adjust medications in real time, and are trained to respond to any situation. Our goal is always to keep patients safe and comfortable—from the moment they go to sleep to the moment they wake up."

Ryan jokes with patients, "Don't worry. I get paid to wake you up," but his work is no laughing matter. It's a blend of precision, compassion, and vigilance—qualities that define the CRNA profession and make Ryan a trusted part of the team at Scotland Health. ■

## Student Volunteer Chooses CRNA Career

On a chilly October evening in 2024, the gym at Scotland High School buzzed with excitement as the varsity volleyball team celebrated Senior Night. Coach Adam Romaine proudly introduced each senior, but paused when he reached Zoey Bowman—her accomplishments were impressive, but her future plans came with a tongue-twisting title: Nurse Anesthetist.

The term "Anesthetist" may be tricky to pronounce, but for Zoey, the calling is crystal clear.

"For the longest time, I wanted to go into engineering because I loved science and math," Zoey shared. "But after my grandma passed away in 2021, I was inspired by the nurses who cared for her. I started researching nursing careers and came across CRNA. It just felt right—it's a calling."

A standout student at Scotland Early College High School (SEarCH), Zoey balanced academics with athletics, competing in volleyball and swimming for the Fighting Scots. She graduated in spring 2024 with both a high school diploma and an associate's degree, giving her a head start at the University of North Carolina at Wilmington.

"When I got to UNCW, I already had most of my prerequisites out of the

way," she explained. "So I'll be able to start the nursing program about a year sooner and finish my bachelor's degree in just three years."

Zoey's academic record is impressive: A-Honor Roll, President's List, Student of the Month, National Honor Society, and junior marshal, among other accolades. But her story is more than achievements—it's about heart.

Her passion for healthcare was nurtured through volunteer work at Hospice of Scotland County, where she helped with clerical tasks, fundraising, and patient-facing activities under the guidance of volunteer coordinator Bunny Hasty.

"I first got into volunteerism through Girl Scouts," Zoey said. "We made fidget aprons for hospice Alzheimer's patients for our Silver Award project. After that, I started volunteering more regularly. Once I could drive, I'd go during the week and help however I could."

SEarCH also played a pivotal role in shaping her path. Personalized advising, FAFSA nights, and senior seminars helped her navigate college and career planning.

"It's a small environment (at SEarCH, so you get a lot of attention," she said. "Our advisor helped us schedule classes based on our career



goals and even looked at our chosen universities to make sure we were on track."

Zoey's interest in anesthesia stems from a desire to be present in the operating room—not just as a technician, but as a caregiver.

"I love taking care of people," she said. "Being in the room during surgery and keeping patients comfortable—that's something I'll love."

Zoey Bowman is proving that ambition, compassion, and preparation are a powerful combination. We wish her well in her journey. ■

*Note: Quin DeBerry (Scotland Health Marketing) contributed photos to this story.*

# A New Chapter in Blood Disorder Care

## Scotland Hematology Clinic Opens Its Doors

By: Tracie Stubbs  
Scotland Health Marketing

Scotland Health is taking a bold step forward in specialized care with the opening of Scotland Hematology and dedicated space for patients living with blood disorders and hematologic cancers. The clinic opened on October 6, the clinic represents a major milestone in the health system's commitment to expanding access and improving outcomes for patients in the region.

Located in a newly renovated building on the Scotland Health campus, the clinic is part of a strategic initiative led by the Scotland Cancer Treatment Center. By consolidating hematology

services into one centralized location, Scotland Health is creating a more seamless and supportive experience for patients navigating complex and often chronic conditions.

*"This is a major step forward for our patients," said Jennifer Wilkes, RN, BSN, OCN, Director of Cancer Center, Outpatient Infusion, Breast Surgery, and Palliative Care. "By centralizing hematology services, we're able to offer more coordinated care and a better experience for patients navigating complex conditions."*

The clinic will be staffed by a team of experienced providers from Duke Health, including hematologists Dr.

Sejal Dave and Dr. Madhu Chaudhry, along with nurse practitioners Kristin Niemyer, NP, Shannon Heaton, NP, and Christopher Barron-Graham, NP. Their expertise brings a new level of excellence to the care available in Scotland County and surrounding areas.

Patients will begin transitioning to the new location in the coming weeks. Scotland Health is working to ensure a smooth experience, with updated signage and maps being distributed throughout the campus. For patients and families affected by blood disorders, the opening of the Scotland Hematology Clinic offers more than just a new building—it offers hope, continuity, and a renewed focus on compassionate, expert care. ■



## Welcome to the TEAM

Join us in welcoming our newest providers who will help us increase access to care for the communities we serve.



**Amanda Broderick, MD**  
Duke Fellow  
Scotland Cancer Treatment Center  
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Laurinburg, NC 28352  
(910) 291-7630



**Rebecca Miller, FNP-BC**  
Laurinburg Urology  
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**Tiffany Payne, DO**  
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**Anita Gonzalez, PA**  
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**Sanjay P. Shah, MD, FCCP**  
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**Daniel Hess, MD**  
Duke Fellow  
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**Samantha Welsh, PA-C**  
Hospitalist  
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500 Lauchwood Drive  
Laurinburg, NC 28352  
(910) 291-7000





# Care When You Need It

## Scotland on Demand Virtual Care Launches

By: Tracie Stubbs  
Scotland Health Marketing

**S**cotland Health is making healthcare more accessible than ever with the launch of Scotland on Demand Virtual Care, a new service designed to connect patients with licensed providers from the comfort of home—or wherever they may be.

Available daily from 6:00 AM to midnight, this virtual urgent care option allows patients to speak directly with Scotland Health's Emergency Center providers, offering fast, reliable treatment for a wide range of common medical concerns.

"Our primary and urgent care practices already offer this service to established patients," said Dr. Douglas Nederostek, Emergency Center Medical Director. "But we wanted to provide an additional option for those who are not part of a practice. By expanding access, we aim to make healthcare more

convenient—especially for those who cannot take time off work or need care outside regular office hours."

### What Can Be Treated Virtually?

Scotland on Demand Virtual Care is ideal for non-emergency issues such as:

- Fever
- Seasonal allergies
- Cold and flu symptoms (including COVID-19)
- Pink eye (conjunctivitis)
- Upset stomach, constipation, and diarrhea
- Urinary tract infections
- Minor skin conditions (rashes, lice)
- Non-narcotic prescription refills
- Sinus and upper respiratory infections

Scotland on Demand Virtual Care accepts all major insurances, with standard copays applying. Whether you're at home, at work, or on the go, high-quality care is just a click or call away.

For more information or to schedule a virtual appointment, visit [scotlandhealth.org](https://scotlandhealth.org) or call 910-291-7110. ■

### How to Get Started

Patients can begin their virtual care journey in three easy ways:

1. Visit [scotlandhealth.org](https://scotlandhealth.org) and click the "Virtual Care" tab on the homepage.
2. Call 910-291-7110, where a nurse will assess symptoms and schedule a video appointment with an on-call provider.
3. Scan the QR Code





*Dr. Brian Parkes stands next to the da Vinci 5 Surgical Robot which recently assisted with its 100th surgery at Scotland Memorial Hospital*

# A New Era in Surgical Care

Scotland Health  
Celebrates  
Major Milestones

By: Tracie Stubbs  
Scotland Health Marketing

**I**n September, Scotland Health marked a transformative moment in its journey toward advanced, patient-centered care. Leaders, teammates, board members, and community supporters gathered to celebrate the completion of Phase Two renovations of Scotland Memorial Hospital's Surgical Services Department—a project that not only modernizes the facility but also reaffirms the organization's commitment to safe, high-quality, and compassionate care.

## A Space Designed for Healing

The newly renovated Surgical Services Unit is now a spacious, state-of-the-art environment designed with both patients and providers in mind. Highlights of the transformation include:

- A welcoming new waiting room
- Dedicated hospitalist offices
- Expanded areas for Respiratory Therapy, Biomed, Pharmacy, and Pre-Admission Testing
- A modern pre- and post-op area featuring 21 private rooms, each equipped with its own bathroom—including one with a bariatric lift to enhance accessibility and care



The upgrades also include a conference room for surgical services, improving collaboration and efficiency among clinical teams. Additional enhancements provide more space for pharmacy operations, respiratory therapy storage, and a new pre-op waiting area, all contributing to a smoother, more comfortable experience for patients and families.

### Innovation in Action

Guests at the celebration were treated to a live demonstration of the da Vinci 5 Surgical Robot, the latest generation of robotic surgical technology. Special thanks to Dr. Brian Parkes, who was on hand to share his firsthand experience performing robotic-assisted procedures with this cutting-edge system.

The event also marked a major milestone: Scotland Health's 100th robotic-assisted surgery using the da Vinci 5 system. Introduced earlier this year, the da Vinci 5 represents a leap forward in surgical precision, offering enhanced ergonomics, real-time force feedback, and greater control for surgeons.

"This milestone is a testament to our surgical team's dedication and the power of technology to transform rural healthcare," said Brandy Baysek, Senior Director of Surgical Services & Cath Lab. "We're proud to offer our patients world-class care close to home."

### Expanding Access, Improving Outcomes

Scotland Health's adoption of robotic-assisted surgery has expanded access to minimally invasive procedures across multiple specialties, including general surgery, gynecology, and urology. Patients benefit from:

- Smaller incisions
- Reduced pain
- Shorter hospital stays
- Faster recovery times

The success of the robotic program reflects Scotland Health's strategic vision to remain at the forefront of healthcare innovation. "Reaching 100 surgeries is just the beginning," added Baysek. "We're excited to continue expanding our robotic program and improving outcomes for our community."

### Looking Ahead

With the completion of Phase Two and the continued growth of robotic-assisted surgery, Scotland Health is setting a new standard for rural healthcare—one that blends compassion, innovation, and excellence.

As the Surgical Services Department enters this new chapter, patients can expect not only enhanced facilities but also a renewed focus on delivering care that is safe, efficient, and deeply personal. ■



*Guests attending the Phase II open house were given an opportunity to control the da Vinci 5 Surgical Robot*

*Note: Quin DeBerry (Scotland Health Marketing) contributed photos to this story.*

*NO CURTAINS. Each of our pre-op/post-op rooms has walls, doors, and restrooms giving patients privacy before and after their procedures.*





# From Sneezes to Solutions:

## Laurinburg ENT's Allergy Mission

By: Deon Cranford  
Scotland Health Marketing

**S**neezing, congestion, itchy eyes, sinus infections—many of us chalk these up to “just allergies” and try to push through. But what if there was a better way? At Laurinburg Ear, Nose, and Throat (ENT), one of the clinic’s lesser-known services is transforming lives: allergy testing and immunotherapy.

Laurinburg Ear, Nose, and Throat (ENT) is located at 1705 Berwick Drive in Laurinburg. Its providers, Mark LaVigne, M.D. and Leslie Lovette, PA-C are known for treating a wide range of conditions—from ear infections and balance issues to chronic sinusitis and voice disorders. Also on staff is audiologist Laura Lynch, Au.D. who assesses and treats hearing-related issues. But behind the scenes, a growing number of patients are finding relief from persistent allergies thanks to a comprehensive allergy care program led by a dedicated team.

“Allergy testing is one of those services people don’t realize we offer,” says Susan Floyd, Practice Manager at Laurinburg ENT. “We test for general environmental and food allergens—things that are ENT-related like seasonal weeds, grasses, and trees.”

### Simple Testing

The process begins with a visit to one of Laurinburg ENT’s providers—Dr. LaVigne or PA Lovette—who then refer patients to Zaquinte Lighty, the clinic’s allergy care coordinator.

“Our full allergy test includes 88 allergens,” Zaquinte explains. “That’s 48 environmental and 40 food allergens.

We test for grasses, weeds, trees, molds, a handful of animals, and a diverse section of foods.”

### Individualized Care

If the test reveals sensitivities, patients may be recommended for immunotherapy, a customized three-year treatment plan designed to reduce or eliminate allergy symptoms.

“The first year is weekly shots, the second year is every two weeks, and the third year goes from every three weeks to monthly,” Zaquinte explains. “The goal is to get their symptoms as close to zero as possible and taper them off allergy medicine.”

And it works. “We have a 99% success rate,” he says. “Consistency is key. It’s natural stuff—not chemicals. Everybody can’t get it at the same rate, so we tailor treatment to each individual.”

*Leslie Lovette, PA-C and Susan Floyd representing Laurinburg ENT at UNCP’s annual health fair.*







*Dr. Mark LaVigne*

Laurinburg ENT currently tests an average of 21 patients per month and administers over 350 allergy shots monthly. Patients range in age from five to 82 years old, proving that it's never too early—or too late—to take control of your allergies.

“We see kids who’ve had allergies forever, adults whose symptoms have worsened recently, and people who moved here from out of state and suddenly started reacting to local allergens,” Zaquinte says. “If I tested everyone in this building, even those who say they’ve never had allergy issues, most would test positive for something. Some will be affected now. Some will be affected later. Some won’t be affected at all. But they will all test positive to something. So, it’s not surprising to see some people develop allergies later in life because it has likely always been there.”

### Relief Is Closer Than You Think

For many, allergy symptoms are more than a seasonal nuisance—they’re a year-round struggle. “We see people with runny, sneezy, itchy eyes, frequent sinus infections, even recurring strep throat,” Zaquinte says. “These are the people who benefit most from immunotherapy.”

*Note: Quin DeBerry (Scotland Health Marketing) contributed photos to this story.*

And while severe cases may be referred to specialists, Laurinburg ENT is equipped to help most patients find relief. “We don’t test children under three, patients with uncontrolled asthma or anyone who’s had anaphylaxis,” Susan notes, “but we will provide care for those with general allergies.”

Allergies affect nearly everyone in some way, but suffering doesn’t have to be the norm. With allergy testing and immunotherapy available right here in Laurinburg, residents no longer need to rely solely on medications or avoidance strategies.

“This is a service that can truly change lives,” Susan says. “People don’t have to live with their allergies anymore. People in our community don’t have to travel long distances to receive care.” ■

*Zaquinte Lighty, Laurinburg ENT’s allergy care coordinator*



# FALL RECIPE

*Looking for a high-protein meal with a delicious fall flavor? Our registered dietician Caroline Parkes recommends this easy recipe adapted from Ostrali.com*

## ingredients

1 cup high-protein Pancake Mix  
1/4 cup pumpkin puree  
1/2 cup high-protein milk (Fat-free or 2%)  
1 large egg  
1 teaspoon pumpkin spice  
Optional: 1 teaspoon vanilla extract  
Olive Oil spray  
Lite or Sugar-Free Syrup

## directions

### Prepare the Batter:

In a mixing bowl, combine all ingredients except olive oil and syrup.

Whisk the mixture until smooth, ensuring there are no lumps. If you prefer a thicker batter, you can reduce the amount of liquid slightly.

### Cooking on the Stovetop:

Preheat a non-stick skillet or griddle over medium heat.

Lightly grease it with avocado or olive oil spray and drop the batter by 1/4 cup size scoops onto the skillet.

When the batter begins to bubble (about 2-3 minutes), flip, and cook the other side for 1-2 minutes until lightly golden.

Repeat with the remaining batter. Serve with lite or sugar-free syrup.



# NOT TAKEN FOR GRANTED

By: David Hibbard  
Scotland Health Marketing

John Robinson of Bennettsville had all but given up.

A below-the-knee-amputee, he had grown frustrated with the challenges of navigating the health care and insurance system to get a prosthetic leg. “It seemed that things weren’t moving along, especially because I had lost my insurance,” Robinson said.

That’s when he was introduced to April Garner, a Community Health Worker with Scotland Health at Home. It’s a program that identifies patients who have social drivers of health creating barriers to accessing health care and other services they need, connecting them with resources to enjoy better health and an enhanced quality of life.

“The number one thing is that April listened to me,” Robinson said. “She took the time to get to know me and understand the frustrations I had. Then, she got to work on helping solve the problems I was having.”

Garner’s advocacy helped Robinson get his health insurance reinstated, and eventually, receive his prosthetic. “Because of that, I’m not just sitting in a wheelchair all the time,” Robinson said. “I’m able to be up and about. It’s made a big difference in my life.”

Scotland Health at Home launched in 2021, thanks to a three-year, \$442,000 grant from the Duke Endowment, a Charlotte-based private foundation, aimed at promoting the evidence based practice of community health workers. The program—and success stories such as Robinson’s—is one of many across Scotland Health made possible in part by the support of grant funding.

Sometimes, those grants come from the federal or state government; other grants come from private and

corporate foundations, as well as our own Scotland Memorial Foundation. Regardless of the source, these dollars expand Scotland Health’s ability to care for everyone in our communities, provide services and amenities that might not otherwise be accessible, and ultimately, to bring better health to our friends and neighbors.

Garner said she is grateful for the opportunity to work with patients and shares in their joy when a challenge is overcome or a health goal is achieved.

“It’s not just our job, we enjoy helping people,” said Garner, who primarily works with patients out of Marlboro Family Practice and Urgent Care in Bennettsville. “We get to know our patients as people, we meet them in their homes and we talk to them and listen. Sometimes, it’s something as simple as being there to listen to them and talk about a concern or problem they have.”

For Lead Community Health Worker Precious McArn, the value of grant funding is evident almost every day through her work with Scotland Health at Home.

“We make such a positive impact on these patients because for many of them, we are their primary support,” McArn said. “I recently had a patient who had received a serious diagnosis, and he didn’t have any family. He kept saying to me, ‘you all have been right here for me through all of this.’”

Scotland Health at Home has made a tangible difference for the patients it serves, connecting them with a primary care provider, reducing emergency department visits and rehospitalization rates, therefore reducing health care costs. Its success resulted in a new grant from the North Carolina Office of Rural Health this summer that will provide \$450,000 for the program over the next three years.



“Our ability to care for some of the most vulnerable people in our communities is greatly enhanced because of grant funding,” said Jamie Cicali, executive director, Population Health/Transitions of Care. “I think of grant dollars as a force multiplier because the ripple effects reach far and wide. Patients who might not otherwise have access to health care are instead enjoying a better quality of life, improved health outcomes, and engage as active members of the community because of grant funded programs like Scotland Health at Home. We can impact one life at a time by meeting them where they are.”

Grant funds also play a key role in helping patients with other needs that, while not directly related to a health condition, are critical factors in recovering from an illness or maintaining good health. At Scotland Cancer Treatment Center, grants provide a wide range of support for patients, says Director Jennifer Wilkes.

“Cancer has a way of taking your life on a U-turn,” Wilkes said. “Understanding this allows us to provide much needed support at a time that many patients consider a low point in their lives. The funding we receive from various sources, such as Scotland Memorial Foundation and the American Cancer Society, allows us to fill gaps that arise because of these sudden changes. Grants have helped us provide short-term insurance premium assistance, wigs, transportation assistance, survivorship celebrations, and incidental needs. If we’re able to ease the slightest burden for a patient with simple kindness and compassion when they need it most, then we’ve made a difference and improved the overall quality of their care.”

Donations from the community, Scotland Health employees, and wise

management of its endowment allow Scotland Memorial Foundation to offer internal grants that departments across the system can apply for during three different cycles throughout the year. The Foundation supports a variety of programs through these grants that enhance patient care. In 2024, the Foundation awarded almost \$90,000 in grants to support more than 20 proposals, including new recumbent bicycles for Cardiopulmonary Rehab, the purchase and installation of automatic heart defibrillators at locations across the system, a toy chest for children in the hospital, baby diaper bags with a built-in foldable crib and supplies, and others.

“I am constantly amazed at the creativity, thought, and compassion that shine through in the grant applications we receive from our teammates here at Scotland,” said Misty McMillan, executive director

of Scotland Memorial Foundation. “We are grateful for the financial support from so many who want to help others right here at home. Because of their generosity, we can make the great ideas our employees have for improving patient care a reality through our grant program.”

Large or small, grant dollars matter at Scotland. It’s evident from the voices of patients and staff who’ve been impacted by them in a very personal way, like April Garner with Scotland Health at Home.

“It’s very satisfying to know that the things we do for people through this program, big and small, make their lives better,” Garner said. “It makes my heart happy.” ■

*Photo: Members of the Community Health Team L to R: Anna Bracey, April Garner, James Bullard, and Precious McArn*



### External Grants Awarded in FY25

American Cancer Society--\$6,000  
Patient Transportation Gas Cards

NC Office of Rural Health--\$450,000  
over three years—Community Health Workers

NC Office of Rural Health--\$657,252  
over three years—Primary Care & Behavioral Care visits for uninsured/underinsured patients

NC Office of Rural Health--\$148,278  
Telehealth equipment & technology upgrades

Z. Smith Reynolds Foundation--\$40,000  
Free mammogram screenings

Philip Van Every Foundation--\$25,000  
Free mammogram screenings

NC Healthcare Foundation--\$25,000  
Robeson County patient transportation assistance

SC Office of Rural Health--\$1,890  
Blood pressure monitors for Marlboro Family Practice and Urgent Care patients





# LIFE KEEPS MOVING



## Leslie Bell's Journey of Faith, Family, and Fighting Breast Cancer Close to Home

By: Deon Cranford  
Scotland Health Marketing

When Leslie Bell turned 40, she did what many women are advised to do—she scheduled her first mammogram. As the budget director at the University of North Carolina at Pembroke, Leslie is no stranger to planning and precision. But nothing could have prepared her for the life-altering news she received on January 28.

“I was alone at the imaging center when they found the mass,” Leslie recalls. “My husband was out of town, my mom was tied up, and daycare called to say my daughter was sick. It was a whirlwind. Even though you get news like that, life keeps moving. That’s the attitude I’ve taken—life is not stopping for this. Keep living.”

Leslie, now 41, lives in Deercroft with her husband Brian and their two daughters, ages 7 and 2. Originally from Robeson County, the Bells moved to Deercroft about a year ago, seeking a peaceful community to raise their family. But peace was hard to find in the days following her diagnosis.

“I kept thinking, ‘Is this really cancer? Is this real?’” she says. With no family history of breast cancer, the news was shocking. After her biopsy confirmed the diagnosis, Leslie and Brian began asking the hard questions: “Is Scotland Cancer Treatment Center the place we need to be? Should we go somewhere else like Duke or UNC?”

Scotland Cancer Treatment Center is Scotland Health’s outpatient ambulatory clinic located inside Scotland Memorial Hospital. Affiliated with Duke Health since its

opening in 2000, the Center offers world-class oncology care close to home. With both chemotherapy and radiotherapy delivered in a comforting facility, patients receive personalized treatment from highly trained professionals.

“Once we met with the physicians and nurses and talked about the plan, we knew we were in the right place,” Leslie says. “My husband is on top of things—he researches everything and will speak up if he has concerns. But after our conversations, we both felt comfortable here.”

That comfort came not just from the medical expertise, but from the compassion of the staff. “Everyone at the cancer center has been very, very sweet,” Leslie says. “The nurses have been absolutely phenomenal. I have cards with their names and phone numbers, and they’re constantly encouraging me to call if I have any questions.”

Leslie’s treatment began with 12 rounds of chemotherapy and immunotherapy every three weeks. Her first chemo session was unexpectedly intense. “My mouth felt like it was on fire,” she remembers. “The nurses immediately stopped everything. I didn’t even know how severe it was because everyone remained calm. They knew exactly what to do and who to call. The teamwork was phenomenal.”

After switching medications, Leslie’s experience improved dramatically. “I was expecting to be sick a lot. I have younger friends who went through chemo and were very sick. But I haven’t been sick. I did lose some of my hair, but I kept a lot of it. I do get tired, but not sick. I’ve been blessed.”

She formed close bonds with the nurses in the chemo suite, especially Erica and Miranda. “They’ve just been awesome. When I was going every week, I got to know them well. Now that I’m only going every three weeks, I feel like I’m missing things—I have to catch up with them.”

Leslie has already undergone surgery and is now preparing for radiation. Her immunotherapy treatments will continue until April. Through it all, she’s remained grounded, focused, and grateful.

“When you’re facing this, you lean on people a lot more,” she says. “I would do my treatments on Friday, and by the weekend, I’d be tired. My mom and dad have been a blessing. They’ve stepped in to take care of the girls, pick them up from school and daycare, and keep them over the weekend.”

Her husband Brian has been her rock. “He’s been here every step of the way. Every Friday during chemo, he was there. If I’m getting treatment or any kind of infusion, he’s there. The nurses know he’s always in the lobby if I need him.”

Support has come from all directions—family, friends, coworkers, and the team at Scotland Cancer Treatment

Center. “I just don’t know how I would have done this without them,” Leslie says. “Of course I’ve leaned a lot on my faith. “I don’t know how I could have made it through this without having that faith and understanding that God is going to see me through.”

The experience has changed her. “I’ve always been scared to go to the doctor. Scared of needles. When they started talking about ports and care plans, it was scary. A lot of times I wouldn’t ask questions because I didn’t want to know. I just wanted to go in blindly.”

But now, Leslie is more proactive about her health—for herself and for her daughters. “This experience has increased my desire to make sure that my health is where it needs to be, especially for my kids. I want to make sure I’m here for all the things they do and be here for others too.”

Her story has already made a difference. “I had a friend who had been putting off her mammogram. Because of my experience, I convinced her to go get it. To me, that’s a win.” ■

*Note: Tracie Stubbs (Scotland Health Marketing) contributed to this story. Quin DeBerry (Scotland Health Marketing) contributed photos to this story.*





# MAMMO ON THE GO EXPANDS SERVICES

Scotland Health's mobile mammography unit makes mammograms more accessible.

**By: Tracie Stubbs**  
Scotland Health Marketing

In the fight against breast cancer, early detection is key—and Scotland Health is making it easier than ever for women to take charge of their breast health. With the launch of Mammo on the Go, a state-of-the-art mobile mammography unit, Scotland Health is bringing 3D mammogram screenings directly to communities across the region.

Since its debut in March of 2025, the Mammo on the Go bus has made stops in Laurinburg, Maxton, Laurel Hill, Rowland, Pembroke, and Wagram, with plans to visit many more locations. In August 2025, the service officially crossed state lines, expanding its reach into South Carolina when it visited Bennettsville.

“This is not a lesser service being provided for convenience—it’s the best we have to offer,” says Deborah Gardner, Mammography Coordinator at Scotland Memorial Hospital Imaging Center.

The mobile unit is equipped with the same advanced technology found at Scotland Health’s breast center, offering 3D mammography in a comfortable, private setting. Staffed entirely by women from the hospital’s imaging team, the bus provides a welcoming environment for patients who may face barriers such as transportation challenges, busy schedules, or limited access to care.

Gardner emphasizes that patients can expect the same quality and professionalism on the bus as they would inside the hospital.

“Patients will experience the same quality, technology, and comfort available at our breast center,” she explains. “Our goal is simply to

ensure easy access to essential breast health services.”

To qualify for a screening on the mobile unit, patients must be at least 40 years old, with some exceptions for those under 40 who are considered high-risk. Eligibility is determined in advance by the Mammo on the Go team. Patients must also be able to climb stairs and stand for 10–15 minutes without assistance, and at least one year must have passed since their last mammogram. Importantly, the service is intended for routine screenings—those experiencing breast issues such as lumps or pain should seek diagnostic care through their physician.

Appointments are required, and Scotland Health’s team will handle pre-registration and insurance updates ahead of time. For those who are uninsured or underinsured, free screening mammograms may be available thanks to the generous fundraising efforts of the Scotland Memorial Foundation.

“Currently, interested patients must register in advance to receive an

appointment,” Gardner notes. “That’s not just for insurance purposes. We need to coordinate with a primary care or specialty physician to ensure results are properly communicated and follow-up care is available if needed.”

Whether patients choose the mobile unit or visit Scotland Health’s imaging center, Gardner urges all women over 40 to prioritize their health.

“Routine mammograms are a vital step in early detection,” she says. “They greatly improve the chances of successful treatment. Regular screenings can spot abnormalities before they become serious, enabling timely intervention.”

With Mammo on the Go, Scotland Health is removing obstacles and bringing life-saving screenings to the people who need them most—right in their own communities. ■

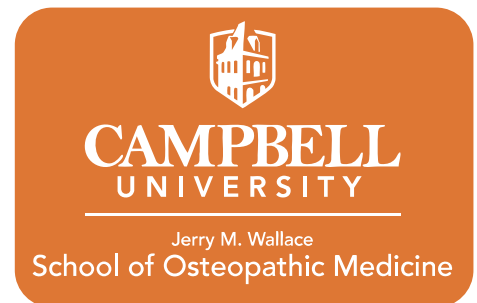
*To learn more or schedule an appointment, call (910) 291-7243.*





# The Next Generation of Care

Six third-year medical students from the Campbell University School of Osteopathic Medicine arrived to begin their clinical rotations



By: Tracie Stubbs  
Scotland Health Marketing

**T**his August, the halls of Scotland Health grew a little brighter—and a lot more hopeful—as six third-year medical students from the Campbell University School of Osteopathic Medicine arrived to begin their clinical rotations. For these students, it marked a pivotal transition from textbooks and lectures to hands-on patient care in a real-world setting.

Coming from diverse backgrounds and regions across the country, the students are now immersed in the day-to-day rhythm of Scotland Health, rotating through departments

under the guidance of Dr. Stephen Lanuti and Dr. Jennifer Isenhour. Their experience is designed to be both rigorous and rewarding, offering exposure to a wide range of specialties and healthcare practices.

“We are excited to partner with a program that places an emphasis on training physicians to serve in rural and underserved communities,” said Dr. Shelly Lowery, chief medical officer and vice president of ambulatory practices. “This collaboration not only supports the students’ professional growth but also strengthens our mission to provide high-quality care to our region, by recruiting well-trained physicians for years to come.”



One of those future physicians is Tanner Jeffries, who admits he felt a bit anxious when he first learned he'd be doing his rotations in Laurinburg.

"I had never been to Laurinburg," Tanner shared. "When I found out that I was going to be doing my rotations at Scotland Memorial, I was nervous. But once we got to the hospital, all my nerves just vanished. Seeing the hospital and the clinics around it, I got really excited about the resources Scotland Memorial has."

Tanner began his rotation in family medicine, and quickly discovered that mentorship at Scotland Health goes beyond the exam room.

"My mentor has been fantastic, but I've also been able to interact with other members of the

hospital—from admin to pharmacy. Everyone plays a huge role in my learning here."

The students' first week included a tour of Scotland Memorial Hospital and the surrounding community, a welcome social event, and structured didactic training sessions to complement their clinical work. Supporting the program is Shannon McColl, Student Advanced Graduate Education Coordinator, who ensures each student's experience is smooth, enriching, and well-supported.

For Tanner, one of the most eye-opening aspects of his time at Scotland Health has been witnessing the creativity required in rural healthcare.

"I also did my undergrad in a rural setting, and I've seen several correlations between that and

Laurinburg. Those two cities are on opposite sides of the country, but they share a lot of similarities. It's been fun to see how physicians adapt and innovate in a rural setting—and it really highlights the need for healthcare in these communities."

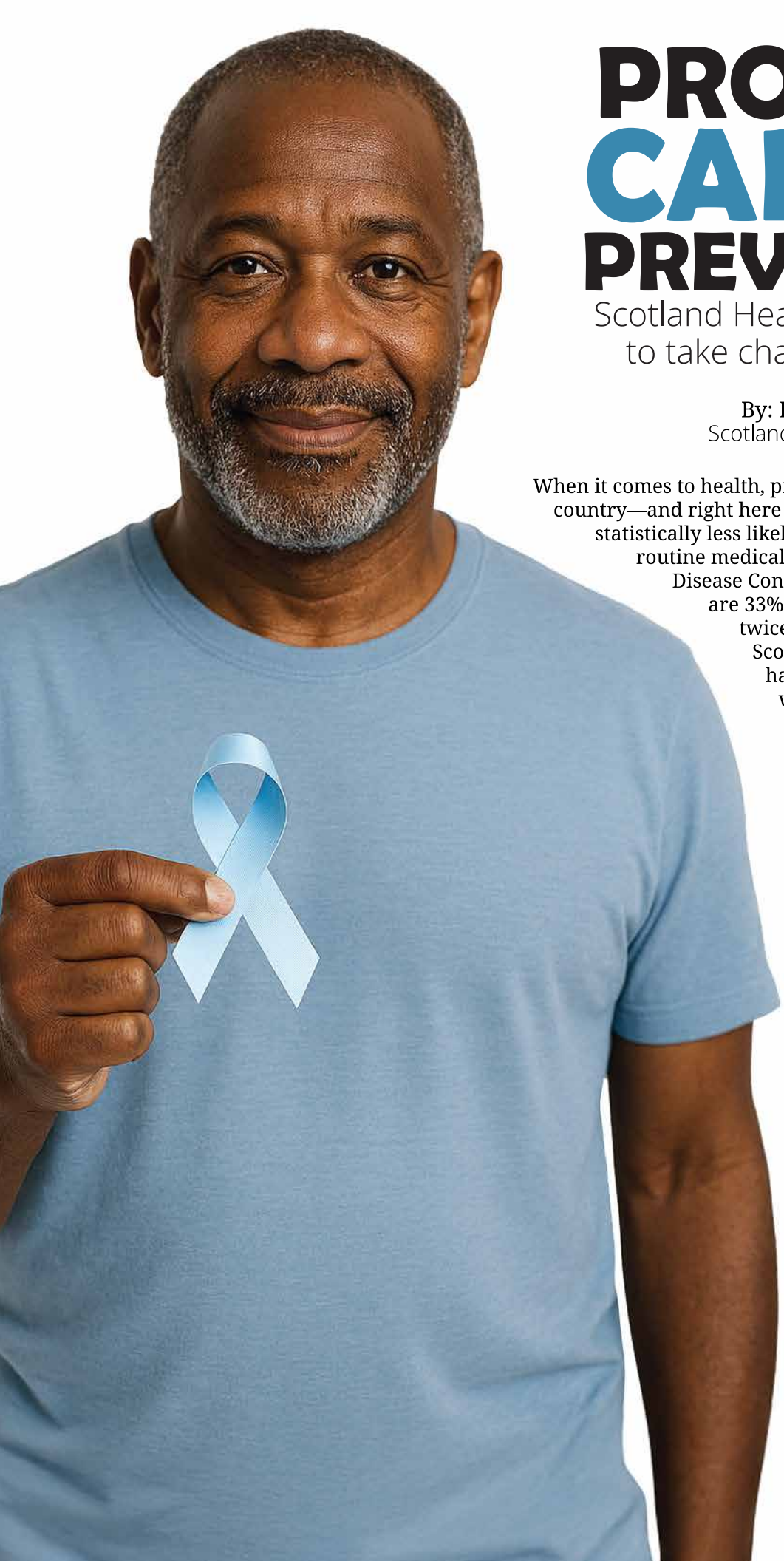
What stands out most to Tanner, though, is the culture.

"Here at Scotland Health, everyone seems like a big family."

As these students continue their rotations, they're not just gaining clinical skills—they're becoming part of a community. Scotland Health is proud to support their journey and looks forward to the lasting impact they'll have on patients, staff, and the future of medicine. ■

*Tanner Jeffries conducts a nasal endoscopy under the supervision of Dr. Mark LaVigne at Laurinburg ENT*





# PROSTATE CANCER PREVENTION

Scotland Health encourages men  
to take charge of their health

By: Deon Cranford  
Scotland Health Marketing

When it comes to health, prevention is power. Yet, across the country—and right here in our own community—men are statistically less likely than women to take advantage of routine medical care. According to the Centers for Disease Control and Prevention (CDC), women are 33% more likely to visit a doctor and twice as likely to attend annual exams. Scotland Health providers and leaders have seen this trend firsthand and are working to change the narrative.

## Why Annual Exams Matter

Annual checkups are more than just routine—they're a critical opportunity to catch potential health issues early, especially when it comes to prostate cancer. Often symptomless in its early stages, prostate cancer is one of the most treatable cancers when detected early. The first line of defense? A simple blood test known as the prostate-specific antigen test (PSA).

"The recommendation is at 50 years old to get a yearly PSA, which is a blood draw," explains Shannon Heaton, DNP, AGNP-C at Scotland Cancer Treatment Center. "If it is elevated, your provider will tend to watch it for a bit. If it progressively continues to elevate, you will be referred to a urologist and they may schedule a biopsy. If the outcome is prostate cancer, the urologist would send you to us at the cancer center."





*Laurinburg Urology providers (L to R): Dr. Robert Chamberlain, Stacy Fowler, FNP-BC, Rebecca A. Miller, MSN, RN, FNP-C, and Dr. Theodore Stamatakos*

## Commitment to Men's Wellness

To encourage men to take a more active role in their health, Scotland Health offers multiple free screening opportunities each year—both at its facilities and at off-site community and corporate events. These screenings often include PSA tests, blood pressure checks, and other vital assessments.

One of the most impactful initiatives is the Guys & Grills Men's Health Event, hosted annually by the Scotland Memorial Foundation. This fun and informative evening is designed to make wellness approachable and engaging.

Attendees enjoy:

- Wellness booths
- Games and giveaways
- Chair massages
- A mobile golf simulator
- Tailgate-style meals
- Door prizes
- And most importantly—free health screenings

## A New Chapter in Care

In June 2025, Laurinburg Urology moved into a new, expanded location at 700 Progress Place in Laurinburg, allowing the team to grow and make these services more accessible to the communities served by Scotland Health.

Joining Dr. Theodore Stamatakos and Stacy Fowler, FNP-BC are two new providers: Dr. Robert J. Chamberlain Jr. and Rebecca A. Miller, MSN, RN, FNP-C.

Dr. Stamatakos emphasizes the importance of early detection:

“Prostate cancer is one of the most treatable cancers when caught early, which is why routine screening is so important. At Laurinburg Urology, we typically begin with a PSA blood test and a physical exam. If needed, we follow up with imaging or biopsy. I always tell my patients: being proactive can save your life. Don't wait for symptoms—talk to your doctor about screening, especially if you're over 50 or have a family history.”

## A Call to Action

Scotland Health is committed to breaking down barriers and encouraging men to prioritize their health. Whether it's through community events, expanded services, or compassionate care teams, the message is clear: early detection saves lives.

*Shannon Heaton, DNP, AGNP-C at Scotland Cancer Treatment Center.*



# Healing through PLAY

## The Transformative Power of Play Therapy at Scotland Family Counseling Center

**By Deon Cranford**

*Scotland Health Marketing*

In a world where toys, games, and action figures often signify a carefree afternoon for children, they take on a deeper meaning at the Scotland Family Counseling Center (SFCC) in Laurinburg. Here, these playful elements serve as vital tools for enhancing the mental well-being of children facing emotional challenges.

Nestled just off Lauchwood Drive, SFCC is a serene oasis, discreetly located near Scotland Memorial Hospital and various medical clinics. This tranquil setting provides a safe haven for children and families seeking support. Inside, the atmosphere is vibrant yet calming, filled with colorful toys, books, and games that invite exploration and creativity.

Zachary Bullard, a licensed clinical mental health counselor with a graduate certificate in play therapy, is one of the dedicated professionals at SFCC. As he runs his fingers through a plastic tray of sand in the center's expansive playroom, he explains the unique approach taken when working with children. "With adults, we try to bring them into our world. With children, we have to go into theirs. This room helps us do that," Bullard shares, highlighting the importance of creating a space where children feel comfortable expressing themselves.





Since its establishment in 2007, SFCC has evolved significantly, moving to its current location in 2004 to expand its services. The play therapy room, a key feature of this expansion, allows for greater comfort and freedom of movement. “We had play therapy in our old office, but this new space is much bigger,” Bullard notes. “The care is the same, but the additional room makes it a little more comfortable and gives them more room to move.”

In 2024, 21% of SFCC's clients were 18 years old or younger, with a notable focus on those coping with grief and loss. The center recognizes the critical need for bereavement care tailored specifically for children and teens, providing compassionate support to help them navigate the complexities of loss.

The playroom is filled with purpose-driven items, including a simple sand tray that Bullard holds in high regard. This unassuming container, filled with playground sand, is a powerful tool in play therapy. Originating from the work of Margaret Lowenfeld in 1929, sand play therapy has gained popularity over the last three decades, becoming a staple in mental health services for children.

During therapy sessions, Bullard invites children to select figures and objects from nearby shelves and create their own narratives in the sand. “Putting thoughts and feelings into words can be difficult for some children,” he explains. “By using toys, sand, and their imagination, children can open up in ways that may be difficult or even impossible verbally.”

The center addresses a wide range of emotional and behavioral issues, from anger and depression to anxiety and ADHD. Many children seeking help at SFCC are grappling with grief, and the transformation they undergo is often remarkable. Tammie Gibson, an office assistant at SFCC, shares her observations: “When they first arrive, they are closed off, quiet, hiding behind their parents. After a few sessions, they will walk up to the counter and check themselves in.”

One poignant example of this transformation involved a child who used the sand tray to depict their past, present, and future simultaneously. “They have great imaginations and just enter those worlds that they are creating. It’s amazing to see,” Gibson reflects.

Despite the effectiveness of play therapy, raising awareness about its benefits remains a challenge. Many parents and guardians may not fully understand the emotional needs of their children. Bullard emphasizes



*Zachary Bullard (MA Ed., LCMHCA)*

the importance of community education and collaboration between mental health and healthcare providers. “The quicker we can get out those interventions, the better we can support individuals in need of care,” he stated during a recent panel discussion on improving behavioral health care in rural areas.

As part of Scotland Health's initiatives to enhance community health literacy, Bullard advocates for empowering individuals to recognize mental health needs and seek appropriate services. “You don’t have to be a provider to help bring positive change in mental health awareness,” he encourages. “Don’t let conversations about mental health care end with you. Take it home to your family, to your children, to your parents and keep the conversations going.”

At SFCC, the journey of healing through play continues, reminding us all that the power of imagination and creativity can pave the way for understanding, growth, and resilience in the face of life’s challenges. ■

*Scotland Family Counseling Center works with a wide range of emotional and behavioral issues providing services that span from therapy for depression and grief counseling to parenting support, couples counseling, and beyond. In a comfortable and supportive atmosphere, Scotland Family Counseling Center offers a highly personalized approach tailored to the individual's needs to help attain the personal growth they're striving for. For more information, visit [scotlandcounseling.org](http://scotlandcounseling.org) or call (910) 276-7011.*

# THE NEW PULSE OF HEALTHCARE

Tomas Restrepo is one of the many young nurses who are reshaping the healthcare landscape

**By Deon Cranford**

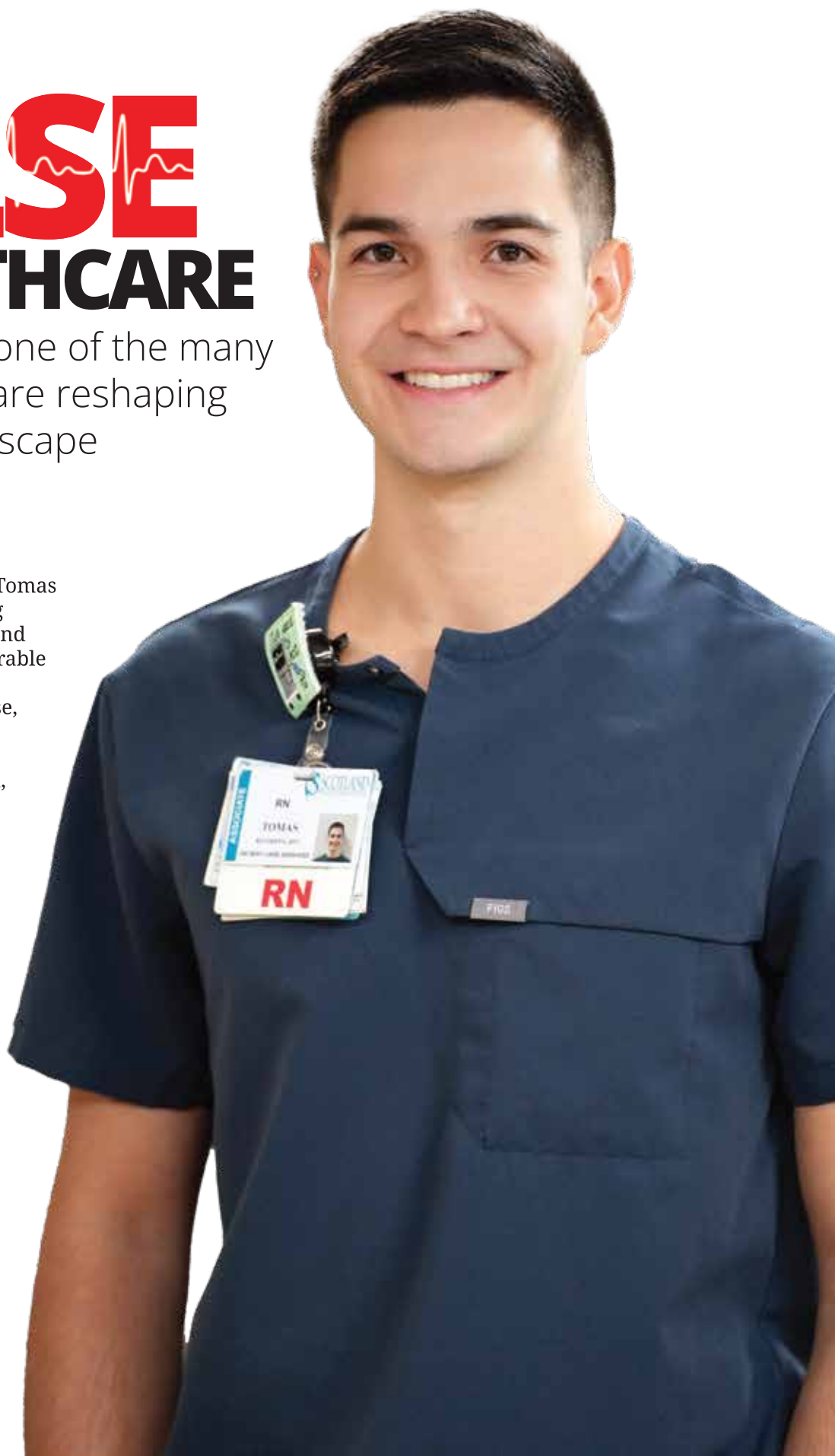
*Scotland Health Marketing*

While most of Laurinburg sleeps, Tomas Restrepo is wide awake—watching monitors, adjusting medications, and standing vigil over the most vulnerable patients at Scotland Memorial Hospital. As an overnight ICU nurse, Tomas is part of a new wave of young professionals reshaping the healthcare landscape with passion, resilience, and a deep sense of purpose.

Originally from Colombia, Tomas came to Laurinburg on a volleyball scholarship to attend St. Andrews University. But while athletics was his vehicle, healthcare was his ambition.

“My grandpa had cancer, and I became interested in how they cared for him,” Tomas recalls. “Then, while I was in high school, COVID hit. We were in quarantine for a long time, and I started learning about things like vital signs online. I became very interested in it.”

His curiosity turned into a calling. Tomas enrolled in nursing school and took his CNA class at Richmond Community College. In 2022, he began working at Scotland Memorial Hospital to gain





hands-on experience before he became a nurse. Just this past June, he graduated from Scotland Health's nurse residency program—a milestone that highlighted his role in the Intensive Care Unit.

### What ICU Nurses Do—and Why It Matters

Tomas believes that ICU nurses are the backbone of critical care. They monitor patients with life-threatening conditions, manage complex medication regimens, and serve as the eyes and ears of physicians when they're not present. "We get to titrate—check the rates on the medications," Tomas explains. "I love the autonomy we have, especially at night. It's very nurse-driven."

In the ICU, every moment counts. Tomas and his team care for patients on life support, often without the presence of family due to restricted visiting hours at night when he is working. But when families are allowed to stay late, Tomas goes the extra mile to support them. "I've come across some great families lately," he says. "They help me realize how important it is to have that support. Not everyone has a great life support group, so it's refreshing to see families who want to be part of their loved one's care."

Teamwork is essential in the ICU. "When we get an admission, it's not like, 'This is your patient, figure everything out yourself,'" Tomas says. "At least two or three more nurses, a tech, and respiratory therapy come into the room with you. We ask all the questions we need to ask and get everything figured out together so that we can get the patient situated and comfortable quickly. Every second counts here, so teamwork is key."

### A Generation Inspired by Crisis

Tomas's story is part of a larger trend: the COVID-19 pandemic inspired many young people to pursue careers in healthcare. Faced with a global crisis, they saw firsthand the importance of medical professionals—and the impact they could make. Online learning, social media, and public health campaigns helped spark interest in fields like nursing, respiratory therapy, and emergency medicine. Representatives from area schools in Scotland, Robeson, Marlboro, and Richmond Counties all noted this trend.

For Tomas, the pandemic wasn't just a turning point—it was a launchpad. "I love taking care of people who need us the most," he says. "Working in healthcare, you learn that not everyone has the privilege of a great family or support system. But here, we do all we can to be that support."

### The Future of Healthcare Starts Now

Young nurses like Tomas Restrepo are proving that age is no barrier to excellence in healthcare. Tomas is often praised by his teammates and multiple families have sent messages of appreciation to the hospital citing Tomas' exceptional care.

With empathy, skill, and a commitment to teamwork, Tomas and other young healthcare professionals are stepping into roles that demand both heart and grit. And in the halls of Scotland Memorial Hospital, Tomas is not just working the night shift—he's helping light the way forward.

"I love working here," he says simply. And for the patients and families who rely on him, that love makes all the difference.

*Latoscha Campbell, emergency center director, Tomas Restrepo, Tina Driggers, ICU/PCU manager at the nurse residency graduation ceremony in June 2025*



Are you a nurse or nurse-in-training? Join our team at Scotland Health! For more information, scan the QR code or visit our website at:

[scotlandhealth.org/careers/nursing](https://scotlandhealth.org/careers/nursing)



# Cradling HOPE

## Scotland Memorial Foundation Funds New Project Supporting Mothers and Babies

By: Misty McMillan  
Scotland Memorial Foundation

**A**t the heart of Scotland Health, a quiet shift in maternal health is taking shape—one diaper bag at a time.

The Scotland Memorial Foundation launched the Community Cradle initiative; a compassionate and forward-thinking program aimed at supporting new mothers and promoting safe sleep practices for newborns. Funded through the Foundation's annual grant program, this initiative is already making waves on the labor and delivery floor at Scotland Memorial Hospital.

The idea was born from a simple yet powerful observation: not every family has access to the resources needed to ensure a safe and healthy start for their baby. That's where the Community Cradle steps in.

Each new mother delivering here receives a Community Cradle diaper bag, thoughtfully packed with essentials for both mom and baby. But this isn't just a care package, it's a lifeline.

What makes this initiative truly unique is that the bag itself doubles as a safe sleep space for newborns—an innovative solution for families who may not have access to a crib or bassinet. "This initiative is more than just a gift—it's an educational opportunity

and a lifeline for many of our families," says Heather Dunn, Maternal Health Nurse Navigator and one of the driving forces behind the program. "We want every mother to feel supported and empowered with the tools and knowledge to create a safe, healthy environment for their newborn."

Inspired by best practices observed during site visits to similar programs, Dunn, along with BJ Goodridge and a dedicated maternal health team, spent months researching, sourcing items, and crafting a compelling grant proposal. Their efforts paid off when the Scotland Memorial Foundation approved the funding, turning their vision into reality.

"We are incredibly grateful to the Foundation and to all the donors who make programs like this possible," Dunn adds. "Their support is truly making a difference in the lives of our mothers and babies."

The Community Cradle initiative is more than a program—it's a promise. A promise that every baby born at Scotland Memorial Hospital will be welcomed into the world with care, dignity, and the tools for a safe start.

As the bags are handed out, they carry more than supplies—they carry hope, empowerment, and the unwavering commitment of a community that believes every child deserves a safe place to sleep and every mother deserves to feel supported. ■

### Inside each bag, mothers will find:

- Diapers and wipes
- A safe sleep onesie
- A water bottle to encourage hydration
- A breastfeeding pillow for comfort and support
- Educational materials on safe sleep practices







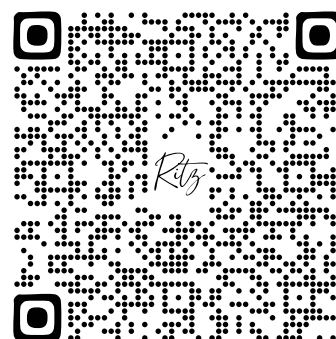
# HAVANA NIGHTS

*at the Ritz*

For tickets or information about sponsor and volunteer opportunities, please visit:

[www.scotlandmemorialfoundation.org](http://www.scotlandmemorialfoundation.org)

or scan the QR code below.



By: Misty McMillan  
Scotland Memorial Foundation

**O**n November 1, Scotland Memorial Foundation invites you to step into the vibrant world of Havana Nights as Putting on the Ritz celebrates its 32nd year. Known as the most dazzling black-tie fundraising event in Laurinburg, the Ritz promises an unforgettable evening of elegance, entertainment, and heartfelt generosity.

Over the past 12 years, this signature gala has raised more than \$2.45 million to support vital patient and community health programs. From scholarships and support groups to free mammograms, cardiac care, and cancer treatment assistance, the impact of this event reaches deep into the lives of those who need it most.

A highlight of the evening is the Fund the Need paddle raise, where 100% of donations go toward a specific health initiative. This year's focus is Community Health: Medications, helping uninsured or underinsured patients access the prescriptions they need to stay well. Since its inception, Fund the Need has raised over \$770,000—a testament to the power of community compassion.

Whether you're attending for the cause, the company, or the Cuban-inspired flair, Putting on the Ritz is more than a gala—it's a celebration of hope, health, and the spirit of giving.

To learn more or reserve your seat if available, visit [www.scotlandmemorialfoundation.org](http://www.scotlandmemorialfoundation.org).



# SPN SCOTLAND SURGICAL & GI

*An affiliate of Scotland Health Care System*



Construction is in progress for our new Scotland Surgical & GI facility, scheduled to open in Summer 2026. This cutting-edge medical center is strategically located on Lauchwood Drive, directly across from Scotland Memorial Hospital.

Spanning an impressive 16,000 square feet, the new facility is designed to enhance both patient experience and clinical efficiency. It will serve as the new home for Scotland Surgical & GI and will also feature a dedicated Endoscopy Center, expanding access to specialized gastrointestinal care in our region.

This expansion reflects Scotland Health's ongoing commitment to delivering safe, high-quality, and compassionate care to our community. As construction progresses, we look forward to sharing updates and milestones along the way. Stay connected with us for the latest news on this exciting development!

## Facility Highlights:

- 20 modern exam rooms for streamlined patient visits
- 6 physician offices to support collaborative care
- Advanced procedure rooms equipped with the latest medical technology
- Dedicated Endoscopy Center for comprehensive GI diagnostics and treatment