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AWARDS AND RECOGNITIONS



Scotland Memorial Hospital has proudly earned the Joint Commission's Gold Seal of Approval for Advanced Primary Stroke Certification



Scotland Memorial Hospital has been named to the Forbes 2026 Top Hospitals list, a national recognition that carries special meaning for a hospital deeply rooted in a rural community.



Scotland Health was honored with the 2025 Community Partnership of the Year Award, presented by Habitat for Humanity of Scotland County.



Scotland Health has been recognized as one of only four finalists nationwide for the 2026 American Hospital Association (AHA) Rural Hospital Excellence in Innovation Award, honoring rural hospitals that demonstrate exceptional innovation and responsiveness in meeting community health needs.





A Message from David Pope

Scotland Health President and CEO

Eighty years is a remarkable milestone—especially in health care, and especially in rural communities. As we celebrate Scotland Health’s 80th Anniversary, I find myself reflecting with deep gratitude about where we began, how far we’ve come, and why our mission matters now more than ever.

In 1946, it took vision and determination for community leaders to petition the federal government in Washington, DC for land once used as an Air Base and reimagine its barracks as a hospital. Scotland Memorial Hospital opened its doors with a simple but powerful mission to provide quality health care close to home. Eighty years later and that promise still endures. While much has changed in medicine and technology, our commitment to caring for our communities has not.

Over the years, Scotland Health has grown alongside the people we serve. Each chapter of our history reflects a response to real community needs—expanded emergency services, specialty clinics, hospice and rehabilitation care, integrated primary and urgent care, and advanced surgical capabilities. Growth has never been about size alone; it has always been about access and keeping care local.

The past several years represent one of the most transformative periods in our history. We modernized facilities, expanded services, embraced innovation, and earned national recognition for our programs, safety, and quality—proving that rural health care can lead with excellence. These accomplishments belong to the remarkable teammates who show up every day for our patients, and to our communities that continue to place their trust in us.

While facilities and technology are important, the true strength of Scotland Health lies in our people. Physicians, nurses, therapists, volunteers, and staff bring compassion and skill to every moment of care. They are the reason Scotland Health has earned the trust of generations.

As we celebrate 80 years, we do so with gratitude for our past and confidence in what lies ahead. Our story continues—shaped by partnerships, generosity, and an unwavering belief that our rural communities deserve the very best care, right here at home.

Thank you for being part of our ongoing journey.

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)

Chair – Scott Andrews, PhD

Past Chair of Board – Sybil Bullard

Vice Chair – Guy McCook

Second Vice Chair – John McLaurin

Treasurer – Mark Ward

Assistant Treasurer – Lucien St. Onge

Chief of Staff – Richard Alexander, MD

CQSC Chair – Ralph Carter, MD

PNLC Chair – Glenn Harris, MD

Chief Executive Officer – David Pope

Corporate Secretary – Lee Ann Walker

Jessica Scott

Ravonda John

Bryan Maynor

John Ferguson

Jennifer Isenhour, MD

Eva Skuka, MD, PhD

Hampton Hubbard

Bradley Williams

Elizabeth Munnerlyn

Scotland Health is a not-for-profit, community-owned health care system with a management services agreement with Atrium Health located in Laurinburg, NC. We are governed by a Board of Trustees consisting of local community members and hospital officials.



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

Scotland Health Care System in 2025

A Year of Unprecedented Growth, Innovation, and Community Impact

By: Deon Cranford and Tracie Stubbs

Scotland Health Marketing

In 2025, Scotland Health Care System advanced boldly into a new era—expanding services, modernizing clinical capabilities, elevating community partnerships, and reinforcing its identity as a premier rural health care provider in the Carolinas. Across every corner of the organization, a clear theme emerged: innovation with heart, grounded in a mission to keep care local, accessible, and life changing.

A Strong Start to the Year: New Facilities and Elevated Care Access

The year began with a celebratory milestone as Laurinburg Family Practice and Urgent Care opened its state-of-the-art consolidated facility on February 3rd. Uniting the long respected Wolonick and Harris Family Practices, the upgraded center delivers expanded urgent care, X ray, and lab services—offering families streamlined access to comprehensive medical care in one location. An open house invited the community to explore the modern space and meet the growing care team.

Shortly afterward, S&P Global upgraded Scotland Health’s bond rating to “A”, underscoring the

system’s exceptional financial stewardship, low debt burden, and

stable long term outlook—key indicators of resilience amid a challenging national healthcare landscape.

Advancing Emergency Preparedness and Saving Lives

In April, Scotland Health was honored during the annual RACE CARS (Randomized Cluster Evaluation of Cardiac Arrest Systems) meeting for being one of the first organizations in North Carolina to adopt the cardiac arrest improvement trial—and surpass its goals earlier than many others statewide.

Through this program, Scotland Health played a leading role in:

- Expanding community CPR training
- Becoming the county’s first Heart Safe Workplace
- Placing AEDs throughout the hospital
- Training 252 community members and 72 non clinical teammates in hands-only CPR

These efforts collectively strengthened the county’s emergency response readiness—and, more importantly, will save lives.



Commitment to Quality: Safety Grades, Awards, and National Recognition

Spring brought several recognitions that underscored Scotland Health’s dedication to excellence:

- Scotland Memorial Hospital earned an “A” Safety Grade for Spring 2025 from The Leapfrog Group, affirming rigorous patient safety standards.
- In June, the system received the Platinum Safety Award from the NCHA Strategic Partners Worker’s Compensation Fund—highlighting Scotland Health’s outstanding performance in workplace safety and loss prevention.
- Later in the year, Scotland secured its second consecutive “A” Leapfrog Safety Grade, reinforcing ongoing leadership in patient safety and clinical best practices.

These achievements reflect the unwavering commitment of Scotland Health’s leadership, providers, and staff—who continue to place safety and quality at the center of every decision.

Innovation on the Move: Mobile Mammography and Expanded Imaging Access

One of 2025's most impactful initiatives was the launch of Mammo on the Go, a 3D mobile mammography bus bringing high quality breast screenings to communities throughout the region—including Maxton, Laurel Hill, Rowland, Pembroke, and Wagram. Later in the year, those services were expanded to South Carolina when it visited Bennettsville.

Patients benefit from:

- Hospital grade imaging equipment
- All female staff from Scotland Health's Imaging Center
- Access to free mammograms for eligible underinsured and uninsured patients

The initiative is breaking down longstanding barriers to preventive care, ensuring women across Scotland Health's service area can receive life saving screenings close to home.

Expanding Specialty Services and Access to Care

Throughout the year, Scotland Health strengthened specialty services, ensuring patients no longer need to travel long distances for advanced care:

Laurinburg Urology Opens New Clinic

The clinic's move to Progress Place provided expanded space, new providers, and improved patient flow—enhancing access to urologic care.

Scotland Hematology Clinic Launches

Opening October 6, the new hematology clinic provides a dedicated environment for patients facing blood disorders and hematologic cancers. The



In November, Scotland Health installed the Mako 4 robotic-arm assisted surgical system, becoming the first and only healthcare provider in North Carolina to offer this cutting-edge technology.

Duke-affiliated team delivers highly specialized care in a centralized location on campus.



In October, Scotland Hematology hosted a small Open House to celebrate its move into a newly renovated space across the street from Scotland Memorial Hospital.

A Year of Medical Innovation: Robotic Surgery Milestones

2025 was a groundbreaking year for Scotland Health's surgical services.

Arrival of the da Vinci 5 Surgical System

The newest generation of robotic surgical technology expanded minimally invasive capabilities across general surgery, OB/GYN, and urology. Surgeons gained access to 150+ design innovations—including Force Feedback technology and next gen 3D imaging—supporting better outcomes and shorter recovery times.

Completion of 100 Robotic Surgeries

By September, the surgical team celebrated its 100th robotic-assisted procedure, solidifying Scotland Health as a regional leader in robotic minimally invasive care.

Upgraded Surgical Services Department

2025 also saw the completion of Phase Two Surgical Services renovations, featuring:

- A spacious new waiting area
- Hospitalist offices
- Pre and post op lounges
- 21 pre/post op rooms, including a bariatric equipped room
- A new conference space to enhance surgical education and collaboration

These enhancements complement Scotland Health's long term surgical expansion strategy.

Introduction of the Mako 4 Robotic Arm Surgical System

In November, Scotland Health became the first healthcare provider in North Carolina to adopt the Mako 4 system, elevating orthopedic care with sub millimeter surgical precision, 3D modeling, and expanded joint replacement capabilities.

Transformational Achievements in Stroke Care

In October, Scotland Health earned The Joint Commission's Gold Seal of Approval® for Advanced Primary Stroke Certification—a first in the organization's history and an extraordinary distinction for a rural hospital.

This certification validates:

- Rapid, evidence based stroke treatment
- Nationally standardized care processes
- Exceptional performance on the first evaluation attempt

It stands as a monumental achievement for the Emergency Services team and a life changing advancement for patients in the region.

Strengthening Workforce, Education, and Community Health

Supporting Future Clinicians

Scotland Health proudly welcomed six third year Campbell University medical students for clinical rotations—continuing its commitment to cultivating the next generation of rural physicians.



Teammates celebrate during a special luncheon after Scotland Health earned The Joint Commission's Gold Seal of Approval® for Advanced Primary Stroke Certification

Community Health Worker Leadership

Throughout 2025, community health workers played an expanding role in bridging gaps in access, transportation, chronic disease management, and social drivers of health. Scotland Health's innovative community based programs were highlighted during regional and statewide gatherings—including the North Carolina Community Health Worker Association meeting hosted in Laurinburg.

Leadership Recognized on State and National Stages

David Pope Named North Carolina's 2025 Community Star
Celebrated on National Rural Health Day, CEO David Pope was honored for his statewide impact on rural health delivery.

Recipient of the Dr. Collie Coleman Spirit of Unity Award

Presented by UNC Pembroke, this award recognized Pope's dedication to unity, service, and improving access to quality healthcare across the region.



On-site child care for Scotland Health employees

Investing in Families: Opening of Kids Campus Daycare

In December, Scotland Health partnered with the Laurinburg Chamber of Commerce to host an Open House for the Kids Campus Daycare.

The daycare is located on the campus of Scotland Memorial Hospital and was developed as a direct response to employee feedback about childcare challenges.

The center:

- Serves infants through young children
- Offers extended hours for 12 hour shift workers
- Provides discounted tuition for the children of employees
- Created 15 new jobs in the community

This initiative demonstrates the organization's commitment to supporting its workforce and investing in a thriving community.

Looking Back—and Moving Forward

From major facility expansions to groundbreaking clinical achievements, from workforce development to community celebration, 2025 stands as one of the most transformative years in Scotland Health's history.

Each accomplishment brought Scotland Health one step closer to fulfilling its vision: to be the premier rural health care system in the Carolinas—delivering care that is safer, better, and closer to home.

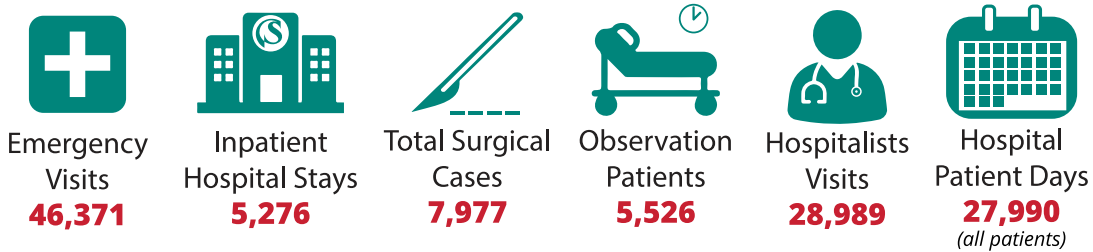


SCOTLAND HEALTH **BY THE NUMBERS**

Fiscal Year 2024-25

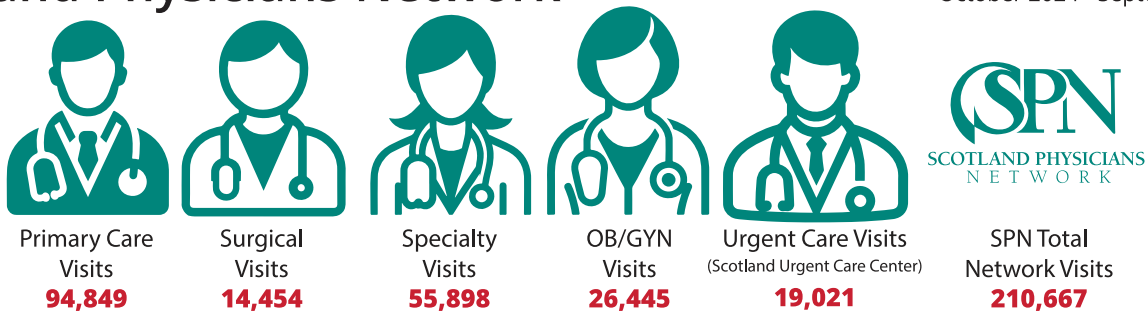
Scotland Memorial Hospital

October 2024 - September 2025



Scotland Physicians Network

October 2024 - September 2025



2025 COMMUNITY BENEFIT

We take care of our patients regardless of their ability to pay.

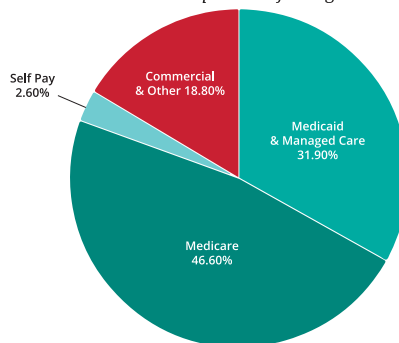
CHARITY CARE COSTS	\$3,677,265
BAD DEBT AND UNINSURED COSTS	\$7,390,638
MEDICARE AND MEDICAID LOSS	\$4,383,049
CASH AND IN-KIND DONATION	\$115,689

TOTAL COMMUNITY BENEFIT **\$15,566,641**

Community benefit as a percent of net operating revenue = 13%
Standard & Poor's bond rating was upgraded to A-

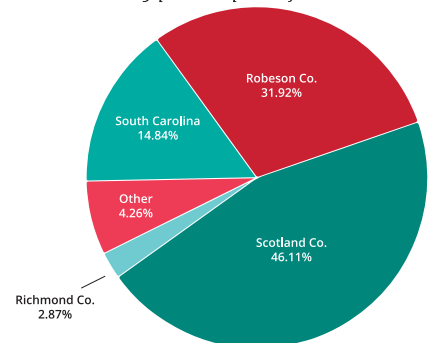
PAYER MIX

Based on percent of charges



DISCHARGES

By patient's place of residence





A SECOND CHANCE

How Coordinated Care at Scotland Memorial Hospital Saved Cindy Ainsworth's Life

By: **Deon Cranford**

Scotland Health Marketing

When 75-year-old Cindy Ainsworth picked up the phone on the morning of December 29, 2025, she thought she was facing another flare-up of the chronic breathing issues she'd managed for years. A lifelong smoker with mild COPD, Cindy was no stranger to bouts of bronchitis or shortness of breath. But that morning felt different. Her breathing grew tight, tighter than it had ever been, and she called her son, Larry Springs, for help.

"She was having trouble breathing," Larry recalled. "I told her to hang up and call 911 right away and that I'd be right there."

Within minutes, the rescue squad arrived at Cindy's home in Blenheim, SC. She had already attempted her usual breathing treatments, but EMTs immediately placed her on oxygen and administered another treatment. Protocol required transport to the hospital, and there was no question where she preferred to go.

"She's been to other hospitals nearby before," Larry shared, "but she's always had good interactions with Scotland."

A Rapid Decline

At Scotland Memorial Hospital's Emergency Center, Cindy's condition worsened. What began as shortness of breath quickly escalated into panic as she struggled to inhale and exhale. ER nurses and physicians worked continuously providing oxygen, breathing treatments, and medication to calm her anxiety, but nothing held for long.

"She would calm down for 15 or 20 minutes," Larry said, "and then she'd panic again. She felt like she was suffocating."

Hours passed as the ER team searched for a solution and arranged for admission. But even as she was transferred to the progressive care unit (PCU), Cindy's breathing continued to deteriorate. Fluid was building in her lungs, and she was fighting pneumonia, influenza A, and the early stages of sepsis.

When the attending physician explained that their final option was mechanical ventilation, Cindy became emotional. Like many patients, she had heard frightening stories from the early days of COVID-19 about patients on ventilators, but Larry knew they had reached a critical moment.

"I looked at the doctor and said, she's laboring too hard. She could go into cardiac arrest if we don't do something. And he said, 'That's exactly right.' I gave permission to put her on the ventilator."

Eight Days on the Edge

Cindy was moved to the intensive care unit (ICU), where the critical care team began the delicate process of stabilizing her. During this time, she came under the care of Dr. Laura Barber, a board-certified pulmonologist with Scotland

Pulmonology and Sleep Medicine, a Scotland Health affiliate. Dr. Barber routinely makes inpatient rounds at Scotland Memorial Hospital, and her expertise was pivotal throughout Cindy's most vulnerable moments.

"Dr. Barber was very knowledgeable and kept me updated with everything they were doing," Larry said. "She explained what the ventilator was doing, what the numbers meant, and how they were working to get everything in rhythm so her lungs wouldn't overexpand. She was excellent."

The first 48 hours were the most dangerous. Dr. Barber and the ICU team worked continuously to sync Cindy's breathing with the ventilator, remove fluid from her lungs, balance medications, and look closely for signs of improvement or decline.

Nurses and respiratory therapists rotated consistently through the room, repositioning her to prevent bedsores, adjusting equipment, charting changes, and talking to Cindy even as she remained sedated.

"They talked to her like she could hear them," Larry remembered. "They were always positive. Even when she was unconscious, they treated her with dignity."

By the third day, Cindy's numbers started improving. By the eighth, she was ready to try breathing on her own again.

"When they took her off the vent, the care didn't stop," Larry said. "They just kept right on helping her get stronger."

Recovering Strength—and Finding New Purpose

Cindy spent 17 days total in the hospital, moving from ICU back to PCU and finally to a regular inpatient room. She returned home without

oxygen, without permanent lung damage, and—perhaps the most life-changing outcome—without cigarettes.

"She no longer smokes," her son said proudly. "That's a blessing."

A nurse now visits her weekly to check her vitals and guide her through exercises. She's regaining strength, managing household chores, and caring for her husband, who is also facing some health challenges. Although she's not yet driving, her recovery is ahead of what many would expect for someone her age following severe respiratory failure.

Before her health scare, Cindy had recently retired from McArthur Farms in Bennettsville, SC, where she spent years working hard, staying active, and participating in community events. That spirit of energy and independence is returning—slowly, but surely.

Gratitude for a Team That Never Quit

For Larry, the experience brought overwhelming appreciation for the staff at Scotland Memorial Hospital.

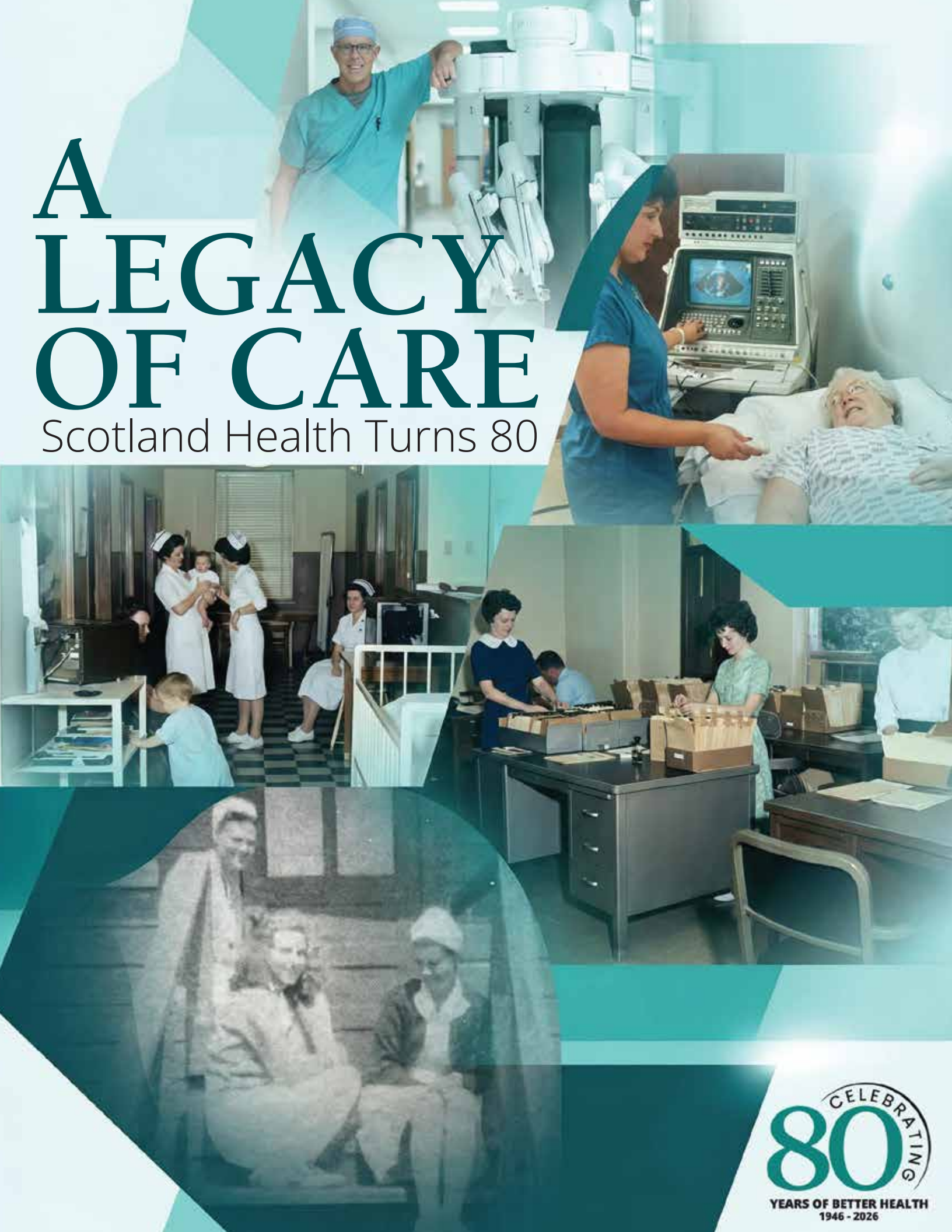
"It was top-notch from the moment she went in, to the minute I brought her home," he said. "Our experience was nothing but positive and we are very grateful."

He attributes his mother's survival to early intervention, strong clinical teamwork, advances in ventilator management, and compassionate staff who treated Cindy like a person, not a patient.

"I believe God was in charge," Larry said. "But the people at Scotland... they knew what they were doing. They saved her life." ■

A LEGACY OF CARE

Scotland Health Turns 80



CELEBRATING
80
YEARS OF BETTER HEALTH
1946 - 2026

**By: Deon Cranford and
Tracie Stubbs**

with contributions from The Laurinburg Exchange
and The Scotland County Memorial Library

Scotland Health is celebrating a milestone few rural health care organizations reach: 80 years of safe, high-quality, and compassionate care.

What began in 1946 as a modest hospital operating out of renovated barracks at the Laurinburg/Maxton Air Base has grown into a regional healthcare system serving tens of thousands across Scotland, Robeson, Marlboro, and surrounding counties.

Through decades of change in medicine, technology, and community needs, one thing has remained constant—Scotland Health’s commitment to caring for its own.

“This milestone is a testament to the dedication of our team, the trust of our patients, and the unwavering support of our community,” said David Pope, Scotland Health President & CEO. “As we honor our past, we also look forward to continuing our commitment to innovation and excellence in healthcare.”

A Board With a Vision: How It All Began

The seeds of Scotland Health were planted in 1945, when a determined group of local leaders formed a board of trustees to bring a modern hospital to the region. The incorporators and charter members—W. G. Shaw, E. P. Jones, Edwin Pate, E. H. Evans, Mrs. Ollie L. Hammond, J. D. Phillips, John F. McNair, Mrs. Belle McN. Monroe, D. J. Sinclair, Morrison McLaurin, Edwin Morgan, L. T. Sanford, O. L. Moore, Miss Betsy McNeill, J. N. Gibson, Edwin P. Gibson, F. C. McLean, and Walter J. James—secured permission to repurpose the Laurinburg–Maxton Army Air Base hospital following World War II. That decision allowed the community to move quickly from aspiration to action. On September 4, 1946, Scotland County Memorial Hospital opened its doors. Demand



*Digitally colored photo of the Laurinburg-Maxton Airbase Hospital taken in 1949.
Photo provided by Dennis Peden.*

soared: more than 2,700 patients were treated in the first full year, and annual admissions exceeded 4,500 by 1950.

This early momentum made one truth unmistakable: the region needed a permanent home for modern care. With characteristic resolve, the community rallied to build it.

An Unexpected Catalyst: Lt. Col. Rufus Pittman

During the Air Base’s closure in 1946, Lt. Col. Rufus Pittman, then supervisor of supply, shouldered an enormous task—disposing of all base buildings, equipment, and materials. It wasn’t the kind of assignment anyone relishes. Yet within it lay an opportunity that would shape local healthcare for decades. When the Army approved transferring surplus medical equipment, Pittman ensured beds, surgical tools, wheelchairs, and other essentials were directed to the new hospital. He later called the donation a “godsend.” That equipment raised the standard of care in a region where farm, factory, and training-related injuries were a daily reality.

At its wartime peak, the Air Base housed more than 9,000 service members, larger than the city of Laurinburg itself. Pittman retired from the Army in 1962 and later settled in Laurinburg—proud that a chapter of his military logistics work had become an early chapter in the story of community health.



Nurses take a break on the steps outside of the Air Base Hospital. Photo provided by The Laurinburg Exchange.



Aerial view of the Scotland County Memorial Hospital on McLean Street taken in 1951

From Temporary Wards to a Permanent Home

The temporary Air Base hospital proved both essential and insufficient. By 1951, a successful community campaign had paved the way for a new, 100-bed permanent hospital to be built on McLean Street in Laurinburg—a landmark demonstrating how deeply residents valued accessible, local healthcare. Over the next decade and a half, expansions in 1956 and 1960 boosted capacity to 134 and then 170 beds, with further modernization in 1966 supported by more than \$1 million in local contributions. The community's conviction was clear: investing in the hospital was investing in the region's future.

Planning for a New Era: 1970s–1980s

By the mid-1970s, a long-range planning effort confirmed what leaders and clinicians experienced daily: the region needed a modern facility designed for a growing

multi-county patient population. Along the way, Scotland Health expanded the continuum of care with services that would knit together acute care, post-acute support, and community-based programs. In 1983, the vision became reality with the opening of the new 125-bed Scotland Memorial Hospital on Lauchwood Drive—a private, nonprofit community hospital built with extraordinary local backing and designed to serve a broader regional footprint for the decades ahead.

Philanthropy That Powers Access: The Scotland Memorial Foundation (1988–Today)

A turning point arrived with the formation of the Scotland Memorial Foundation in 1988, establishing a dedicated philanthropic engine to power patient support, screenings, education, and strategic investments in community health. Over time, the Foundation has championed initiatives that remove barriers to care—funding preventive screenings

(including mammography), transportation and medication assistance, and education/scholarships for caregivers and students, while strengthening outreach events and partnerships across Scotland, Western Robeson, and Marlboro counties. Its mission is clear: provide resources and build relationships to improve community health while supporting Scotland Health Care System's delivery of safe, high-quality, compassionate, and sustainable care.

Today, the Foundation continues to engage donors, businesses, and volunteers—mobilizing annual campaigns, signature events, and targeted grants that translate generosity into real-world impact for patients and families. For current highlights, impact summaries, and giving opportunities, the Foundation's website (scotlandmemorialfoundation.org) offers an up-to-date view of programs and results.

Late 1980s–1990s: Specialty Services and Access Expand

The late 1980s and 1990s brought a flurry of access, technology, and service expansions: a rheumatology clinic, a significantly expanded Emergency Department (including dedicated trauma and obstetrical rooms), and an inpatient chemical dependency unit; the hospital also went smoke-free. Mobile MRI services and a cardiology specialty clinic extended diagnostic and specialty care locally, while new primary care and urgent care sites—from Maxton to a dedicated Urgent Care Center near the hospital—strengthened convenient entry points to the broader system. These developments reinforced a model that would define the coming decades: meeting patients where they are, and surrounding them with coordinated, comprehensive care.

2000: A Hub for Prevention, Recovery, and Community

In 2000, Scotland Health entered a modern era with two pivotal openings. First, the Duke-affiliated Scotland Cancer Treatment Center began delivering advanced oncology care close to home—eliminating burdensome travel for patients facing some of life’s hardest moments.

Second, the Community Health & Rehabilitation Center opened on the hospital campus and steadily grew into a vibrant home for Outpatient Rehabilitation, Cardiopulmonary Rehab, an Infusion Clinic, Occupational Health, a Wound Healing Center, Scotland Urgent Care, and the W.R. Dulin Conference Center. Over 25 years, the Center has become a true community engine—a place for healing and a platform for prevention, hosting dozens of health programs and educational events each year while supporting local employers with safety and wellness resources.

2005–2007: Compassion and Behavioral Health

As the system matured, Scotland Health invested in services that care

for the whole person and the entire family. Morrison Manor, the inpatient hospice facility that opened in 2005, helped set a regional standard for compassionate end-of-life care and support, while the Scotland Family Counseling Center expanded mental and behavioral health services beginning in 2007, deepening the continuum of care from prevention through recovery.

An Integrated Clinic Model: Bringing Comprehensive Care Under One Roof

To improve access further, Scotland Health pioneered a highly convenient, multi-service clinic model. The first of its kind in the system—Marlboro Family Practice & Urgent Care in Bennettsville, South Carolina—combined family medicine, urgent care, in-house pharmacy, X-ray, and on-site laboratory services in a single location. For families, this meant fewer trips, faster answers, and the confidence that routine and urgent needs could be handled together—coordinated by one team that knows the patient’s full story. The model proved so successful that Scotland Health replicated it in additional communities: Pembroke Family Practice & Urgent Care opened in 2022, and Laurinburg Family Practice & Urgent Care followed in 2025, carrying the all-under-one-roof approach deeper into the system’s home counties.



Da Vinci 5 Surgical Robot at Scotland Memorial Hospital

2025: Surgical Innovation and Specialty Expansion

In 2025, the system’s long-standing reputation for surgical excellence took a leap forward with the launch of robotic-assisted surgery in the newly expanded Surgical Services facility—a milestone that complements decades of investment in talented surgeons and advanced perioperative care. That same year, the Duke-affiliated Scotland Hematology Clinic opened, expanding local access for patients with blood and immune disorders who previously traveled for specialized treatment.



Marlboro Family Practice & Urgent Care (top left), Pembroke Family Practice & Urgent care (bottom left), and Laurinburg Family Practice & Urgent Care (right).

1946

Scotland County Memorial Hospital opens at the Air Base



1956, 1960, & 1966

Over \$1 million was raised for three expansions to the McLean Street Hospital



1988

Scotland Memorial Foundation formed

SCOTLAND MEMORIAL FOUNDATION

1990

Gregory C. Wood is named President & CEO



1951

Newly constructed hospital opens on McLean Street



1983

Scotland Memorial Hospital opens on Lauchwood Drive



1985

Hospice services begin in Scotland County



1999

Scotland Health's first mobile health unit - "Scotty" - launches.

Leadership That Shaped the Journey: Gregory C. "Greg" Wood

If institutions are shaped by people as much as by place and programs, then much of Scotland Health's modern identity carries the imprint of Greg Wood. Wood joined the organization in 1990 as Associate Administrator and, within his first year, was promoted to President & CEO. On February 14, 2020, Scotland Health recognized his 30 years of service—three decades defined by steady growth, strategic facility updates, service expansion, and a leadership style colleagues describe as principled, humble, and people-first.

Throughout his tenure, Wood talked often about teamwork and culture—calling himself the “head of the hired help”—and colleagues reciprocated with deep respect. Leaders praised his foresight and stability, crediting him with guiding

Scotland Health through challenges and opportunities alike, including the COVID-19 pandemic and major projects in surgical services and imaging. After 33 years in the role, Wood retired on December 31, 2023, leaving an enduring legacy of growth, resilience, and community trust.

A New Chapter Begins: President & CEO David Pope

A leadership transition of this magnitude demands care, and Scotland Health took exactly that approach—partnering with Atrium Health to conduct a five-month national search that drew nearly 100 applicants. After narrowing the field to 14 and inviting two finalists for in-depth meetings with local stakeholders and Atrium leadership, the search committee, the Scotland Board of Trustees, and Atrium Health leadership unanimously selected David Pope as President & CEO, with

Pope beginning December 4, 2023 and succeeding Wood at year's end.

Pope's selection reflects both strong operational experience and a deep commitment to rural health. A North Carolina native, Pope has served as Chief Operating Officer and Senior Vice President of Operations at Scotland Health since 2019, helping guide the organization through the pandemic while coordinating major facility renovations and expanding clinical partnerships. Earlier in his career, he served as interim CEO at St. Luke's Hospital in Columbus, N.C., and as Vice President of Clinical Services and Associate Counsel at Carolinas HealthCare System Blue Ridge. A former U.S. Marine Corps judge advocate who deployed with 2nd Battalion, 2nd Marines, Pope also brings a blend of public health and legal training—holding Master of Healthcare Administration and Doctor of Public Health degrees from the UNC Gillings School of Global

2000

Scotland Cancer Treatment Center opens



2009

Entered into a long-term management agreement with Carolinas HealthCare System (CHS), now Advocate Health.



2015 - 2017

Telemetry, Women Services, Med Surg units renovated



2022

\$65 million surgical and imaging expansion project broke ground, the largest capital investment in the hospital's history. Opened in 2024.



2000

The Community Health and Rehabilitation Center opened



2007

Emergency Center expansion/renovation completed



2019

System-wide launch of Epic - an electronic medical records system - connecting care, improving safety, and enabling smarter decisions across the entire continuum.



2023

David Pope is named President and CEO of Scotland Health

Public Health and a law degree from Wake Forest University School of Law. He and his wife, Jeannie, have three daughters and have made Laurinburg their home since 2019.

Reflecting on the opportunity, Pope describes being “humbled to be chosen to lead the amazing team at Scotland Health, where patients are treated like family.” It’s a sentiment that resonates: the system’s next chapter is already underway, building on a legacy of community partnership and purpose-driven care.

Why It Works: Community, Philanthropy, and a Culture of Care

When communities build healthcare together, good things happen. Scotland Health’s eight decades prove the point. The system’s grassroots origins created a durable expectation that high-quality care should be available without leaving home. Its

philanthropic backbone, the Scotland Memorial Foundation, channels local generosity into targeted programs—from screenings and patient assistance to scholarships and workforce development—that reduce barriers and expand opportunity. And its culture of partnership—spanning from the hospital, clinics, schools, churches, businesses, and civic groups—keeps care connected to real lives and everyday needs.

That combination—vision, generosity, and grit—is why expansion after expansion has aligned with what matters most locally, whether it’s modernizing emergency services, launching specialty clinics, growing surgical capabilities, or bringing multiple services under one roof in community settings. The progress has never been about growth for its own sake; it’s been about meeting needs with excellence and measuring success in healthier families and

stronger communities.

Looking Ahead: 80 Years Strong—and Still Growing

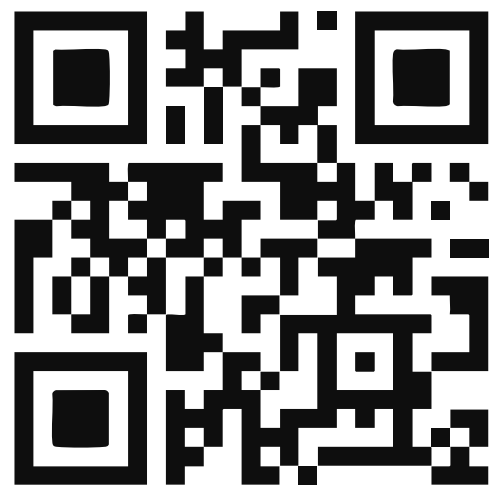
As Scotland Health commemorates this milestone year, leaders, clinicians, and community partners are focused on the same promise that started it all: to provide safe, high-quality, compassionate, and sustainable care for every neighbor who needs it. A year-long storytelling and engagement campaign—“We Do It Better: 80 Years of Care”—is underway spotlighting teammates and roles across the system, cementing a culture that celebrates people and progress in equal measure. And with continued investment in technology, specialty services, and integrated clinics, the system is positioned to lead as the premier rural healthcare system in the Carolinas—today, and for generations to come. ■



Scotland ON DEMAND VIRTUAL CARE

With our Virtual Visits, we make it easy for patients to see a health care provider from anywhere, even the comfort of your couch starting at 6:00 am until 12:00 am, seven days a week.

- Fever
- Seasonal Allergies
- Cold, Flu, COVID-19 symptoms
- Pink Eye (Conjunctivitis)
- Upset Stomach, including Constipation and Diarrhea
- Urinary Tract Infections
- Minor Skin Conditions, like Rashes or Lice
- Non-Narcotic Refills
- Sinus and Upper Respiratory Infections



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'On My Way' Transforms the Urgent Care Experience

By: Deon Cranford
Scotland Health Marketing

For many families, a visit to urgent care often comes with uncertainty—especially when it comes to wait times. Scotland Health is working to change that experience. With the introduction of On My Way at Scotland Urgent Care Center, patients can now reserve their spot online before ever stepping into the building.

Accessible through the MyChart app, the new tool allows visitors to sign in ahead of arrival, view how busy the clinic is, and time their visit more conveniently.

“We know that when someone isn’t feeling well, the last thing they want is to sit in a waiting room full of other patients,” says Ronald Bennion, director of primary care for Scotland Physicians Network. “On My Way gives people back some control over their day. They can wait at home, plan ahead, and feel more at ease before they come in.”

Convenience in Four Simple Steps

On My Way is intentionally easy to use. Patients simply download the MyChart app, open the Menu, tap Find Urgent Care Now, and select an arrival time that works for them.

Whether checking in with a MyChart account or signing in as a guest, the process is seamless. Once a time is selected, Scotland Urgent Care Center receives an immediate heads-up and prepares for the patient’s arrival.

Bennion says the system is already reducing stress for visitors.

“People really appreciate knowing what to expect before they walk through our doors. It helps our team serve our patients more efficiently, and it helps them feel cared for right from the start.”

Designed for a Better Patient Experience

Beyond cutting wait times, On My Way integrates smoothly with MyChart’s broader features, including access to test results, appointment management, prescription refills, billing statements, and secure messaging with a care team.

This creates a more connected, informed, and empowered care experience.

“Our goal has always been to combine quality care with real convenience,” Bennion adds. “On My Way helps us deliver both. Patients deserve care that fits into their lives, not the other way around.”

Care When You Need It

Scotland Urgent Care Center is located on the campus of Scotland Memorial Hospital and open 8:00 AM to 7:00 PM, seven days a week.

By embracing tools that simplify visits and reduce waiting, Scotland Health continues its commitment to patient-focused innovation. ■

WELCOME to the TEAM

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



Sadhana Char, MD
Family Medicine
Laurinburg Family Practice & Urgent Care
101 Plaza Road
Laurinburg, NC 28352
910-276-6767



McKenzie Cherry, FNP
Pediatrics
Purcell Clinic
418 South King Street
Laurinburg, NC 28352
910-276-7570



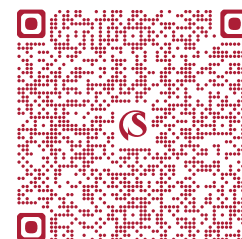
Ashley "Paige" Hunt, MD
Pediatrics
Purcell Clinic
418 South King Street
Laurinburg, NC 28352
910-276-7570



Hector Sanchez, MD
Critical Care
Scotland Memorial Hospital
500 Lauchwood Drive
Laurinburg, NC 28352
910-291-7000



Matthew B. Thompson, FNP-C
Urgent Care
Laurinburg Family Practice & Urgent Care
101 Plaza Road
Laurinburg, NC 28352
910-276-6767



Scan the QR Code to access 'On My Way'



WHERE COMPASSION MEETS MOVEMENT

Inside the work of Physical Therapist Chuck Jackson

By: Deon Cranford
Scotland Health Marketing

For more than twenty-five years, the Community Health and Rehabilitation Center on the Scotland Memorial Hospital campus has been a steady, reassuring presence for families throughout the rural communities we serve. It is a place where people find the support they need to build strength, heal from injury, and regain confidence in their daily lives. And physical therapist Chuck Jackson has always been right in the middle of it all.

“I’ve been doing this about 35 years,” he says with an easy smile, “and I’ve been here 27 of those. I came right as this building was getting ready to break ground.”

Most of Chuck’s care and training takes place in the Center’s rehabilitation gym, and over the years he has watched not only the space change, but the patients who rely on it change as well.

“When we first started, we had one set of parallel bars,” he recalls. “Now we have four. We used to have a bunch of exercise bikes and Stairmasters—almost all of that is gone. The population is aging, and we’ve adjusted to meet their needs.”

Inside the Rehab Gym

While Chuck’s work reaches many corners of Scotland Health, the rehab gym remains his home base.

He and a team of five permanent physical therapists, two travelers, and three physical therapist assistants tackle a wide range of needs. Orthopedic injuries, neurological conditions, post surgical rehab, chronic disease, and stroke recovery make up the bulk of their cases.

And yes, they see younger patients too.

“We’ve seen orthopedic injuries in children as young as six or seven,” Chuck says. “If it’s orthopedic, we can help anyone at any age.” But the therapy is not confined to

the gym. Every patient receives a home exercise program as well.

“Coming twice a week isn’t going to fix anybody,” Chuck says, matter of factly. “You’ve got to work on it at home. We’ll let you know what you need to do, but you have to do it.”

Care That Reaches Beyond the Expected

Most people think of physical therapy as a service needed after a surgery or injury, but Chuck’s work reveals a much broader scope.

“Some of the services people are surprised to learn we offer,” he explains, “include weekly visits from a prosthetist-orthotist (specialist who fits prosthetics and braces), care for patients with lymphedema (swelling caused by problems in the lymphatic system), and treatment for temporomandibular joint issues or TMJ (jaw pain and dysfunction). Many people don’t realize physical therapists can treat TMJ, but I’m actually the one who sees all those patients here.”

Chuck also helps patients dealing with dizziness and balance problems related to the vestibular system, the part of the inner ear that controls balance.

“If their dizziness is coming from the inner ear,” he says, “we can improve it using specific exercises and gentle repositioning techniques.”

A Steady Hand Supporting Hospice Patients

One of the most surprising parts of Chuck’s week happens outside the gym.

On Friday afternoons, after the outpatient therapy department closes, he heads next door to Hospice of Scotland County.

His hospice work focuses on safety evaluations, fall risks, and determining whether patients can safely return home. And occasionally, something unexpected happens.

“Sometimes folks on hospice actually improve,” he explains. “If they start getting more mobile or their medical condition gets better, the nurses call me. I help determine if they have rehab potential.”

One of the central challenges in physical therapy for hospice patients is balancing mobility with safety.

“Sometimes you have to consider whether increasing someone’s mobility will actually make them less safe,” he explains. “Yes, they might get more mobile, but their cognitive abilities or awareness may make them more likely to fall. We have to make those judgment calls, and that can be difficult.”

In a small community, those decisions take on extra weight. Chuck is likely to know his patients or know someone who knows them. He may see his patients at the grocery store, at church, or at a local ball game. These are his neighbors. His people. Their victories and their safety matter to him.

A Lasting Impact on Local Families

What stands out most about Chuck is not just his expertise, but his humanity. He approaches every evaluation with the understanding that people are trusting him with something deeply personal—their independence.

Whether he’s guiding a teenager healing from a sports injury, helping an older adult regain balance, or offering insight to the hospice team, the goal is always the same: help people move forward, safely and confidently, and close to home.

“I’ve been doing this a long time — 35 years and I still enjoy helping folks get better,” Chuck shares. “If I can help someone move safely or regain a little independence, then that’s what keeps me coming back every day.” ■



BRIDGING HEALTH & INDUSTRY

A Look At Scotland Health's Occupational Health Services

By: **Deon Cranford**
Scotland Health Marketing

In today's fast-paced work environments, the health and safety of employees are a priority. At Scotland Health, our Occupational Health and Business & Industry services are dynamic programs designed to meet the evolving needs of local employers and their workforce.

Located in the Community Health and Rehabilitation Center on the campus of Scotland Memorial Hospital, Scotland Health's Occupational Health Services operate Monday through Friday from 8:00 a.m. to 5:00 p.m., with extended care options available through Scotland Urgent Care and the Emergency Center at Scotland Memorial Hospital. This ensures that employees receive timely, responsive care—day or night.

Comprehensive Care for the Workforce

Led by Dr. Matthew Manzo, the multidisciplinary team blends expertise in medicine, rehabilitation, safety, and workplace training. Services range from pre-employment physicals, drug and alcohol testing, TB skin testing, and immunizations, to return-to-work evaluations and regulatory exams like DOT and OSHA assessments.

“We do a lot of pre-employment screenings,” says Kimberly Patterson, FNP-BC, occupational medicine provider for Scotland Health. “But we also handle worker’s comp exams, write up restrictions if needed, and follow employees through the recovery process.”

Kim’s goal is to make things as convenient as possible for local employers. If there is a need, some of their employees may be able to receive care without even leaving the job site. “We can see patients in the office or virtually, depending on the situation,” she adds.

At Scotland Health, we offer Department of Transportation (DOT) physicals to help commercial drivers meet the medical standards required by the Federal Motor Carrier Safety Administration (FMCSA). These exams are conducted by licensed medical professionals who are certified and listed on the FMCSA’s National Registry of Certified Medical Examiners 1.

“DOT exams require a special certification,” Kim explains. These DOT exams are more than just a checklist—they’re a wellness screening.

“We look for conditions like diabetes, high blood pressure, and sleep disorders,” Kim continues. “If any issues are found, drivers must show they’re being treated and managed. We’ll refer them to specialists if needed.”

On-Site Solutions for Business and Industry

While Kimberly leads care in the clinic, Heather Norton, FNP-C, MSN, RN, manages the Business and Industry arm of the program.

“We go out into businesses and perform bulk procedures like audiograms and flu shots,” Heather says. “We also do wellness screenings at industry and community events.”

Heather’s team includes trained nurses and CNAs who assist with drug screenings, vaccinations, and other services. “If an employee has a health concern and doesn’t have a provider, we’ll connect them with one of our primary care clinics,” she adds. “It’s about making healthcare accessible and seamless.”

Scotland Health’s mobile unit further enhances accessibility, offering on-site screenings and services that minimize disruption to business operations. Whether it’s a flu shot clinic or a hearing test, the goal is to keep employees healthy and businesses running smoothly.

Fast, Efficient Workers’ Compensation Care

Workplace injuries require swift attention, and Scotland Health delivers. With walk-in services available during the week, employees receive prompt evaluations and treatment. On-site X-rays, physical exams, and follow-up care ensure everything is handled in one location.

“Our team works closely with employers and case managers,” Kimberly notes. “We develop customized treatment plans that support a safe return to work.”

Supporting Wellness and Compliance

From employee drug testing to school sports physicals, Scotland Health offers a wide range of services tailored to meet regulatory



Kimberly Patterson and Heather Norton being interviewed about Occupational Health services on WLNC’s Live on Main show.

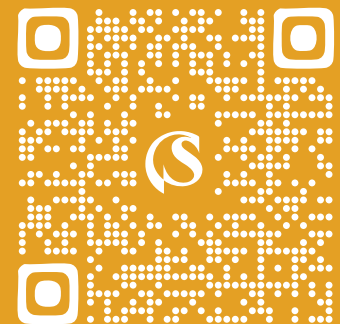
and wellness needs. Testing is fast, confidential, and compliant with DOT and OSHA standards. Vaccinations—including flu and COVID-19—are available both in-clinic and on-site.

The Employee Sick Clinic provides care for acute illnesses like cold and flu symptoms, earaches, UTIs, and more. Most insurance plans are accepted, and the clinic is designed for convenience and confidentiality.

A Trusted Partner in Workplace Health

Scotland Health’s Occupational Health and Business & Industry Services are more than just a resource—they’re a trusted partner in building healthier workplaces. With a dedicated team, flexible service options, and a commitment to excellence, Scotland Health is helping businesses thrive by keeping their most valuable asset—their people—safe, healthy, and supported. ■

For more information on Scotland Health’s Occupational Medicine services, please call visit cotlalnhealth.org/occupationalmedicine scan the QR code, or call 910-291-7697.



Stronger Hearts, Brighter Futures

A Look Inside Scotland Health's Cardiac Rehab Services

By: Deon Cranford

Scotland Health Marketing

When patients walk through the doors of Scotland Health's Cardiac Rehabilitation gym, they're stepping into far more than a workout space—they're entering a highly specialized clinical environment designed to rebuild strength, confidence, and quality of life. Every patient who comes here has faced a major cardiac event: a heart attack, bypass surgery, valve replacement, heart failure, or even a heart transplant. For each of them, recovery begins with knowledge, personalized support, and a team of experts trained for the journey ahead.

"We teach people how to slow the progression of heart disease and take back control of their health," says Marcie Nor, RN, department coordinator. "It's exercise, yes, but exercise is just the tip of what we do."

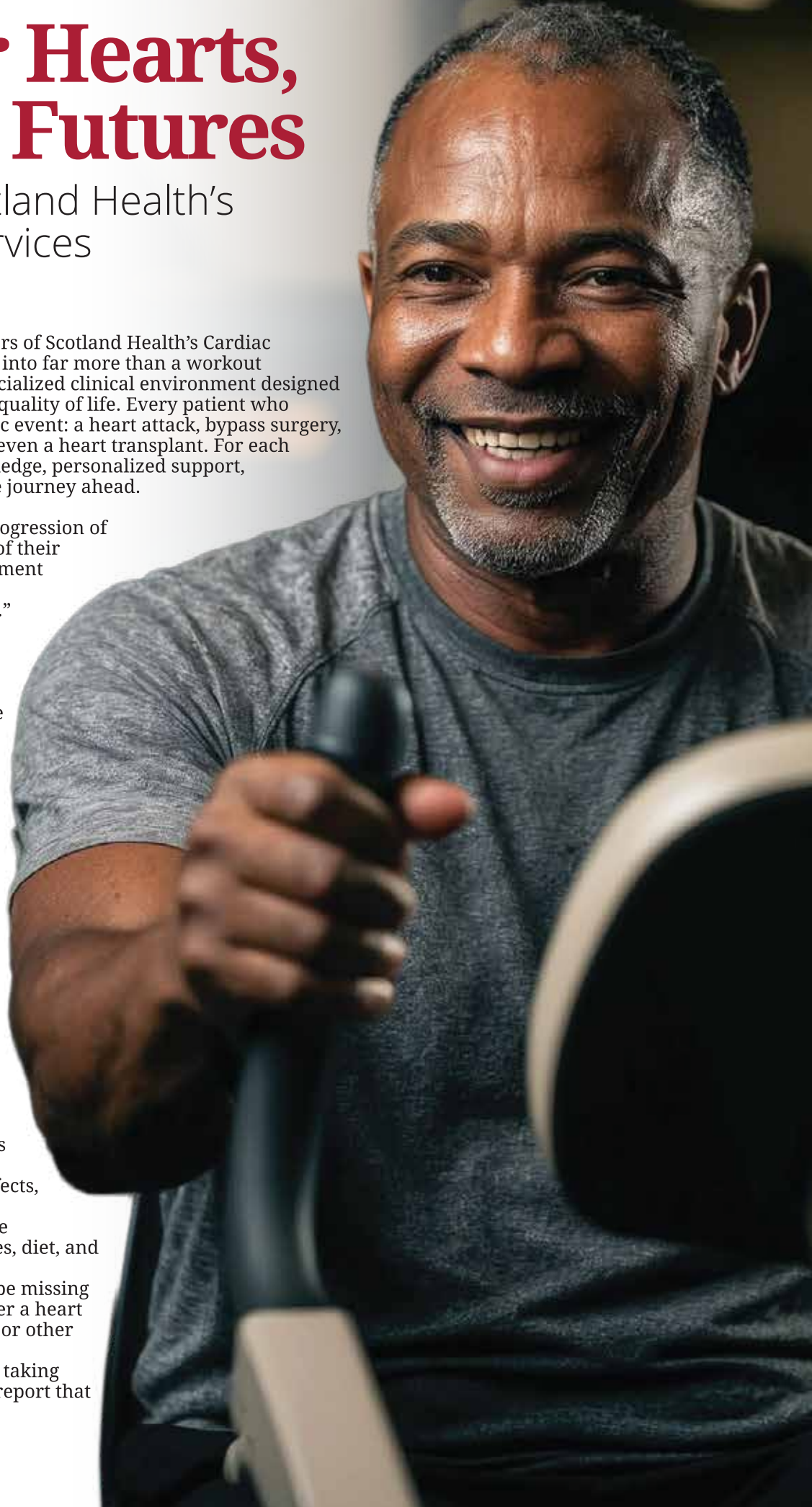
Not Physical Therapy Something Entirely Different

Marcie is quick to clear up one of the biggest misconceptions she encounters.

"People lump us in with physical therapy all the time—and we are very different," she emphasizes.

Cardiac Rehab at Scotland Health is led by RNs and Exercise Physiologists, not physical therapists. Each team member has advanced, specialized training in heart and lung disease management. Their skill set involves:

- Continuous ECG monitoring during exercise
- Real time interpretation of heart rhythms
- Recognizing subtle abnormalities that may indicate ischemia, arrhythmias, medication side effects, or cardiac instability
- Teaching patients how to manage medications, risk factors, diabetes, diet, and lifestyle changes
- Identifying when a patient may be missing an essential medication class after a heart attack, valve replacement, stent, or other cardiac event
- Recognizing when a patient isn't taking their medications—even if they report that they are.





Marcie Nor, RN - Scotland Health Cardiac Rehabilitation Department Coordinator

“We act as case managers for our patients,” Marcie says. “We’re also liaisons between the patient and their cardiologist.”

Every staff member is ACLS certified, and the gym is equipped with a code cart and a defibrillator, underscoring the program’s medical intensity and readiness. This is not a casual fitness center—it is a clinical space designed to safely support people recovering from some of the most serious health events of their lives.

A Customized Plan for Every Heart

Each patient’s journey begins with a 45 minute assessment and a six minute walk test. These early steps help the team identify a baseline: heart rhythm responses, blood pressure patterns, mobility limitations, physical endurance, and emotional readiness.

“No two patients start in the same place,” Marcie explains. “Some begin with 10 minutes on a bike. Others start with just a few minutes on the NuStep. We’ve worked with amputees, people recovering from strokes, patients with paralysis—there’s always a way to make it work.”

With 36 prescribed sessions over three to four months, the program blends:

- Medically supervised exercise
- Nutrition counseling
- Risk factor modification
- Diabetes education
- Stress management
- Medication guidance
- Personalized coaching

By the end, patients often leave not only stronger but more knowledgeable and confident in their ability to maintain long term heart health.

Facing Real World Barriers

The Cardiac Rehab team knows that the road to recovery doesn’t end at the gym doors—and for many, just getting to the gym is a challenge.

“We have patients who can’t read, patients without transportation, patients living in poverty—even one without electricity,” Marcie says. “It makes everything harder, including their ability to follow care plans or understand instructions.”

Healthcare literacy plays a significant role. The team uses images, demonstrations, and simple language to help patients understand complex medical information.

“It’s a big challenge, but it’s part of our job,” she says.

Younger Patients, Bigger Concerns

A growing number of younger patients are entering the program—some in their 20s and 30s.

“Almost every young patient we see has diabetes,” Marcie notes. “We’re seeing younger heart attacks, and diabetes is a big driver.”

This trend mirrors national concerns and reinforces the need for strong prevention, education, and community support.

Certified Excellence, Close to Home

Scotland Health’s program is AACVPR (American Association of Cardiovascular and Pulmonary Rehabilitation) certified, meaning it meets rigorous national standards for outcomes, documentation, safety, and quality.

Certification is renewed every three years, and all members of the Cardiac Rehab team hold personal certification through AACVPR.

Underutilized, Yet Life Changing

Nationally, only 30–40% of eligible patients ever begin cardiac rehab. At Scotland Health in 2025:

- 159 patients were referred
- 70 attended at least one session
- Only 30 completed the full program

The reasons vary: transportation, fear, work schedules, physical limitations, or simple misunderstanding of what cardiac rehab really offers.

But for those who do complete the program, the transformation is profound.

“Watching someone come in scared or weak and then leave stronger—with knowledge and confidence—that’s why we’re here,” Marcie says.

A New Path Forward

Cardiac Rehab at Scotland Health is more than a set of exercises. It is a partnership—one built on careful monitoring, education, advocacy, and genuine human connection.

“This program gives people hope,” Marcie says. “Sometimes that’s the most powerful medicine we can offer.”

If you or someone you love has had a qualifying cardiac event, talk to a provider about cardiac rehab. Recovery doesn’t have to be walked alone—and at Scotland Health, a stronger future is waiting. ■



A GIFT OF PRESENCE

HOW VOLUNTEERS IMPACT PATIENT CARE AT SCOTLAND HEALTH

By: Deon Cranford

Scotland Health Marketing

At Scotland Health, exceptional care is built on more than clinical expertise — it is shaped every day by people who give their time, their compassion, and their presence.

Volunteers across our health system play roles both seen and unseen, offering warmth in the Cancer Center, guiding anxious families through the hospital, comforting hospice patients during life’s final moments, and even providing spiritual support when it is needed most.

From the hospital corridors to homes served by Hospice of Scotland County, and through our growing network of volunteer chaplains, these individuals form a vital thread in the fabric of Scotland Health’s mission. Their contributions lift spirits, bring comfort, and create human connection at moments when it matters most.

This story highlights three essential areas of volunteer service — each unique, each deeply meaningful, and each vital to the heart of Scotland Health.

Scotland Memorial Hospital Volunteers: Service in Every Corner

Walk through Scotland Memorial

Hospital on any given day, and you’ll find volunteers offering support in ways big and small. Whether delivering warm blankets in the Cancer Center, helping visitors navigate the building, or raising funds through the Scotch Bonnet Gift Shop, their presence brings a warmth that can’t be measured on a chart.

Leading Scotland Health’s volunteer efforts are Nancy Rogers, Manager of Volunteers and the Scotch Bonnet Gift Shop, and Mary Woods, Volunteer and Gift Shop Liaison. Together, they oversee a team of individuals who give their time to ensure patients and families feel supported from the moment they enter the building.

“Every volunteer has their own reason for being here,” Nancy says. “But what unites them is their genuine love for helping others.”

A Promise Kept: Robert Woods’ Story

One volunteer who embodies that spirit is Robert Woods, who has served for nearly a decade. His calling started early in childhood, watching his mother visit people who were sick.

“There were no men doing that,” he recalls. “I told her, ‘Mom, I’m going to do that one day.’”

He laughs and adds, “Plus, I just love people.”

At the Emergency Center, Robert prepares armbands, organizes materials, and supports EMS crews. He also guides families who may be overwhelmed or unsure where to go.

“Just walking with someone and talking to them can make all the difference,” he says.

At the Scotland Cancer Treatment Center, he brings comfort through warm blankets, snacks, sodas, and friendly conversations. According to Nancy, the absence of volunteers is always felt.

“When Robert or other volunteers aren’t here, employees absolutely notice,” she says. “Volunteers create calm during difficult times.”



Robert Woods - Volunteer

The Scotch Bonnet Gift Shop: Small Purchases, Big Impact

Just inside the hospital entrance, the Scotch Bonnet Gift Shop offers flowers, balloons, baby gifts, snacks, and more — but its true value lies in its mission. Operated by the Volunteer Auxiliary, the shop raised \$56,000 last year to support hospital projects and programs.

It is both a destination for visitors and a powerful engine for giving back.

Volunteer Chaplains: Spiritual Care When It's Needed Most

Scotland Memorial Hospital recognizes that healing extends beyond the physical. Many patients and families experience moments of uncertainty, fear, or loss during hospitalization — moments when spiritual support can bring comfort and clarity.

To meet that need, the hospital is expanding its Volunteer Chaplain Program, designed to connect patients with clergy and spiritual leaders from a variety of faith traditions.

The program follows different guidelines from typical hospital volunteer roles and involves a simpler onboarding process, making it easy for local clergy to participate. The effort is coordinated by LaCourtne Lindsey, Patient Experience Coordinator.

“Our goal is to have spiritual leaders from a variety of denominations and faiths on file so that when a patient or family member needs someone to talk to and they do not have a local leader to guide them, then we have a list of people to call for support,” LaCourtne says.

Volunteer chaplains primarily serve on call, responding when a specific request comes in. However, LaCourtne hopes to expand the program further.

“We keep a contact list on-hand and interested chaplains just need to contact us to be added to it,” she says. And while rounding is not required, LaCourtne adds, “I would love to have a few volunteers willing to round.”

Volunteer chaplains offer presence during life's most vulnerable moments, offering prayer, spiritual counsel, or simply a listening ear when a patient or family needs support.

Hospice of Scotland County: A Calling to Comfort

While volunteers at Scotland Memorial Hospital enhance the patient experience, volunteers at Hospice of Scotland County are foundational to care itself. Their service is so essential that Medicare requires at least 5% of all patient care hours to be provided by volunteers.

With more than 120 volunteers contributing over 7,500 hours each year, Hospice volunteers offer comfort, companionship, and presence to patients and families navigating life's final chapter.

“Volunteering at Hospice is one of the most meaningful gifts a person can give,” says Bunny Hasty, Hospice Volunteer Coordinator. “Your presence brings comfort, dignity, and peace.”

Ways Volunteers Serve at Hospice

Patient Care & Family Support

These volunteers sit with patients, provide conversation and companionship, and support caregivers who may need a moment to rest. Their empathy and listening skills offer grounding during an emotional time.

Bereavement Services

Support continues after a loved one passes. Volunteers check in with

families for up to 13 months through visits, calls, cards, and participation in memorial events like the Candlelight Memorial Service and Camp Spinoza, Hospice's grief camp for children.

Fundraising & Marketing

Volunteers help power annual events including the Christmas Ornament Sale and the Hospice Golf Tournament, while others represent Hospice at health fairs, community gatherings, and church events.

Administrative Support

Volunteers assist with mailings, gift acknowledgments, handbook preparation, and office support — essential behind-the-scenes work that sustains Hospice's mission.

“Whether supporting families, helping in the office, or representing us in the community, our volunteers are truly the heart of what we do,” Bunny says.

A Shared Mission of Compassion

Across the hospital, hospice, and the chaplain network, Scotland Health volunteers embody what it means to truly care for a community. Their kindness brings warmth to sterile hallways, hope to difficult days, and comfort to families when they need it most.

They remind us that healthcare is not only about treatment — it is about humanity.

Whether through a warm blanket, a gentle conversation, a bedside prayer, or hours spent supporting grieving families, volunteers help carry forward Scotland Health's mission every single day.

And there is always room for more hearts to join them. ■

INTERESTED IN BECOMING A VOLUNTEER? Contact Us Today!

HOSPITAL
Nancy Rogers
Volunteer Services & Gift Shop
Manager
910-291-7314

CHAPLAIN
LaCourtne Lindsey
Patient Experience
Coordinator
910-291-7554

HOSPICE
Bunny Hasty
Hospice of Scotland County
Volunteer Coordinator
910-276-7176

Exterior rendering of the Scotland Cancer Treatment Center Expansion from McCulloch England Architects



MORE THAN A BUILDING

The Heart Behind the Campaign to Expand the Scotland Cancer Treatment Center

By: Misty McMillan
Scotland Memorial Foundation

Last summer, as the first calls went out to recruit members for the steering committee of our capital campaign: Healing Begins Here, several of the individuals we approached had never stepped foot inside the Scotland Cancer Treatment Center. They had heard of it, of course—many had neighbors, friends, or coworkers who had been treated there—but they had never experienced the space for themselves.

It felt important that they see it. Not the glossy photos or the architectural renderings of what might come one day—but the real thing. The hallways. The rooms. The humanity inside.

So, we scheduled visits.

When we entered, we moved through the first few awkward doors and began down the narrow hallway. We planned only to walk past the chemotherapy room—just a

brief pause at the doorway so the committee could understand the current layout. We intentionally chose a quieter time, hoping to be respectful and unobtrusive. Still, as we approached the door, I cautioned gently:

“At the next door on your left, you’ll be able to see into the chemo room.”

Every person did the same thing. They glanced—and then quickly turned their eyes away.

Why did they turn away?

Because it felt wrong to look.

Inside, the chemotherapy chairs face directly toward the open doorway. Lined up against the back wall of windows. There is no way to pass by without seeing people in the midst of one of the most vulnerable moments of their lives. There is no privacy, no gentle cocoon for healing. The chairs are close together, the room compact, the air heavy with fatigue and courage.

Patients receiving treatment often appear tired, sleepy, sick. That alone is normal—it's the nature of cancer and its cures. But what isn't normal, what shouldn't be the case, is that someone in treatment feels exposed—not only to staff walking by, but to the patient sitting only a few inches away, fighting their own battle.

That moment—those quick, uncomfortable glances—did what numbers and diagrams never could. It made the reality real.

Our Steering Committee members understood instantly, viscerally, why expansion is not a luxury. It is not about aesthetics.

It is about dignity.
It is about space.
It is about care.
It is about creating a place where no patient feels exposed in their most difficult hours.

A bigger space.
More infusion chairs.
Thoughtful design.
Privacy for every person who sits in those rooms and fights for their future.

Why Patients Still Choose Us — And Why They Deserve More

Despite these space challenges, patients continue to choose the Scotland Cancer Treatment Center. Every day, they walk through those awkward doors and down that narrow hallway because of two profound truths:

They want to stay close to home.

They want to receive their treatment near their families, near their support networks, near the familiar comforts of their own community. They don't want to drive two hours or more—especially when they are exhausted, nauseated, or weak.

And they come because the care here is exceptional.

Our providers, nurses, and staff are known throughout the region for excellence. Families consistently tell us:

“I was treated like family.”

“They knew my name and my story.”

“They cared for me like I mattered.”

Our cancer team is one of the strongest and most compassionate anywhere—and that's exactly why we continue to grow in patient volume. People trust us. People return to us. People recommend us.


This expansion is not about attracting more patients. The patients are already here. This is about giving them the space, privacy, and comfort they deserve.

Cancer touches every life

All of us, in one way or another, have a connection to cancer. A spouse. A parent. A sibling. A friend. A neighbor. A colleague. We all carry names with us—some we celebrate, some we mourn, all we remember.

Even in its darkest moments, cancer pulls people together. Families wrap around one another. Communities rally. Survivors celebrate milestones with more color, more gratitude, more joy than seems possible.

It is our common enemy, but also, strangely, a source of unexpected unity.



Interior rendering of the
Scotland Cancer Treatment
Center Expansion from
McCulloch England Architects

Communities rising to meet a need

The expansion of the Scotland Cancer Treatment Center is not only an investment in bricks and mortar—it is an investment in every person who will one day sit in those infusion chairs, every family who will hold their breath in the waiting room, every survivor who will ring the bell in triumph.

We are building:

More treatment space.
More privacy.
More comfort for families.
More hope for every person who walks through the doors.

We are building what our communities deserve.

And we cannot do it alone.

This is our moment

The Healing Begins Here Capital Campaign invites community members, businesses, and philanthropic partners to join in ensuring that exceptional cancer care remains accessible for generations to come.

The Steering Committee saw it with their own eyes.

Now, through this campaign, we invite our communities to see it with their hearts.

Because cancer is something we fight together.

And together, we can create a center that reflects the compassion, strength, and hope that define Scotland Health and together, raise \$2 million toward the Cancer Center Expansion. ■

Healing Begins Here: A Conversation with Carol McCall

By: Misty McMillan
Scotland Memorial Foundation

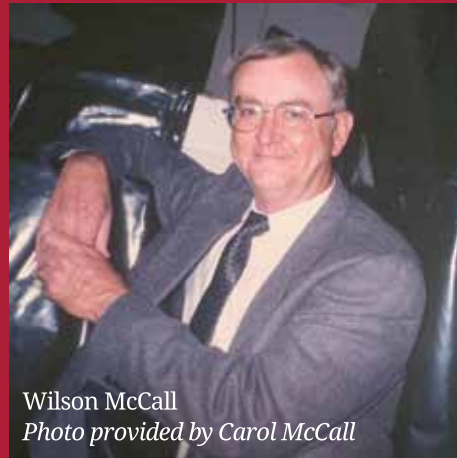
When I spoke with Carol McCall about her late husband Wilson's cancer journey and why she is so committed to the Healing Begins Here Capital Campaign, her words reflected both gratitude and purpose. Her story is a powerful reminder of what exceptional, local cancer care means for families in our community.

Staying home mattered more than anything

Carol shared how Wilson's stage 4 lung cancer diagnosis in April 2016 changed everything. But one reassuring moment came when their Pinehurst oncologist told them they didn't need to travel to Duke—the Scotland Cancer Treatment Center could provide the care Wilson needed. "We didn't hesitate," Carol told me. Receiving treatment just five miles away allowed Wilson to keep his independence and stay connected to the daily routines he cherished.

A community of comfort and familiar faces

The McCalls found comfort not only in the quality of care but in the familiarity of the setting. Wilson felt



Wilson McCall
Photo provided by Carol McCall

at home—surrounded by neighbors, former students, and staff who knew him as more than a patient. Carol said he often shared stories about people he met during treatment. "He never doubted our decision to stay local."

She recalled a lung cancer program at the Center where Wilson spoke about finding strength, hope, and connection—even as he faced his mortality. His message echoed Coach Jimmy Valvano: Don't give up. And, Carol said, "He truly didn't."

Care with dignity and compassion

Carol spoke warmly about Dr. Altomari and Mary Taylor Britt, RN, whose attention, skill, and compassion uplifted Wilson throughout his care. They listened

closely, advocated for comfort, and supported the family—Mary even standing with them when Wilson passed. "We always felt valued," Carol said. "The Center gave us dignity and support when we needed it most."

Wilson's final wish—and a grandson's gift

Before his passing in March 2017, Wilson expressed a simple but meaningful request: he wanted memorial gifts directed to the Scotland Cancer Center. Carol honored that wish. A few months later, her young grandson Colin created a March Madness bracket for Grandpa—and planned to donate the winnings to the Cancer Center "to help people like they helped Grandpa." That heartfelt moment became the foundation of the McCall family's ongoing commitment.

Carol's call to the community

Today, Carol serves on our Healing Begins Here Steering Committee, has made her pledge, and encourages others to join her. "Wilson believed in this place, and so do I," she shared. "We are fortunate to have the Scotland Cancer Treatment Center. Expanding it ensures future patients can receive care close to home—just like Wilson did."

Healing Begins Here



Expanding Scotland Cancer Treatment Center

The Scotland Memorial Foundation unveiled the 'Healing Begins Here' campaign at the Highland Society Banquet. The campaign aims to raise \$2 million to support a \$10 million project that will add 8,000+ sq. ft. and fully transform the existing Scotland Cancer Treatment Facility.

This expansion means:

- A larger chemotherapy lab with 25 infusion chairs
- Private, more comfortable treatment bays
- Additional exam rooms to reduce wait times
- A private infusion-area restroom
- A dedicated exit for patients leaving treatment with dignity

We invite you to join us.

Every gift strengthens the future of cancer care in our region. Healing begins here — and it begins with all of us. Every gift—large or small—strengthens the future of cancer care here at home.

How you can help

Make a gift to the Healing Begins Here campaign and help us reach the \$2M community goal.

Share this effort with friends, family, and local businesses to build awareness and momentum.

For more information on how you can help support the Expansion of the Cancer Center, please scan the QR code or visit:

<https://www.scotlandmemorialfoundation.org/capitalcampaign>



Beacham McDougald embraces his oncologist, Dr. Anamika Katoch in appreciation for her exceptional care.



Thanks to the dedication of our Capital Campaign Steering Committee—Paul Brooks, Danny Caddell, Faline Locklear-Dial, Jim Mason, Carol McCall, Wayne Wike, and Sandra Wilkes—the quiet phase has already raised over \$970,000.





Scan the QR code to register for the 2026 FUNd Run.



A RUN WITH HEART

Celebrating Community, Legacy, and 80 Years of Caring at the 21st Annual FUNd Run

By: Misty McMillan
Scotland Memorial Foundation

On Saturday, April 25 at 8 a.m., the heart of Downtown Laurinburg will beat a little faster as hundreds of runners, walkers, families, and friends gather at McDuffie Square for the 21st Annual FUNd Run 5K and 1Mile Spirit Walk. More than a race, this cherished community tradition is a morning filled with purpose—honoring loved ones, celebrating healthy living, and supporting care that truly touches lives throughout the region.

This year carries special meaning as Scotland Health marks its 80th Anniversary, a milestone that will be woven throughout the event in thoughtful and joyful ways. From commemorative race Tshirts celebrating eight decades of service to a nostalgic call to dress in 1980s-themed attire, participants are invited to celebrate the past while moving forward together. Neon colors, leg warmers, and classic shades aren't just encouraged—they're part of the fun.

Running With Purpose, Remembering With Love

One of the most heartfelt traditions of the FUNd Run is the Spirit Markers, personalized signs that line the first mile of the race, turning the route into a living tribute. These markers can honor or memorialize loved ones,

recognize caregivers, celebrate survivors, or simply offer words of encouragement to participants.

Each sign becomes part of the story—names, messages, and memories reminding runners and walkers why they're there. Whether someone is racing in honor of a lost loved one or pausing to read messages of hope along the course, the Spirit Markers make the FUNd Run an emotional and deeply meaningful experience. They are available for purchase and continue to be a powerful way for families to participate, even if they're not crossing the start line themselves.

Building Momentum—and Memories

After a year when participation dipped to around 350 participants, largely due to the event falling during spring break, organizers are hopeful and energized. The goal this year is once again 500 participants, according to Executive Director, Misty McMillan, a reflection of the community's strong history of support and enthusiasm for the event.

Registration is still in its early stages, and while current numbers remain modest, there is plenty of time—and room—for runners, walkers, and families to join in. Participants should remember that the deadline to register and be guaranteed a Tshirt is approximately two weeks before race day.

Inspiring the Next Generation: The School Challenge

Another meaningful highlight of the FUNd Run is the School Challenge, which encourages student participation while giving back directly to local schools. The school with the highest participation rate among students can earn grants of up to \$1,000. Even better, student volunteers who help on race day count toward their school's participation total, creating an opportunity for students to contribute whether they're racing, walking, or serving the community.

FUNd Fest: Where the Celebration Continues

The finish line is just the beginning. Families are encouraged to stay for FUNd Fest, a postrace celebration designed for all ages. Music, food trucks, a kid's zone, and community vendors transform downtown into a festival atmosphere filled with laughter and connection.

This year, FUNd Fest is expected to be even more exciting with the anticipated visit from the PBS Kids Rootle Roadster, bringing interactive, educational activities for children. Additional statewide partners may also join to engage kids in hands-on fun. And in true

80th anniversary fashion, plans are underway for a Family Fun Day for Scotland Health employees following the race, helping create an even larger, more vibrant crowd.

A DJ is also planned—organizers are hoping for the dancing favorites along with 80's tunes to keep the nostalgia alive and the energy high.

Powered by Volunteers and Community Partners

Behind every smile, highfive, and water cup is a volunteer. The FUNd Run relies on approximately 125 volunteers to help with setup, cleanup, water stations, route guidance, and course encouragement.

"Some roles are as simple as cheering or making sure participants know which way to go," said Ashley Hunt, Events Coordinator. "Others help behind the scenes—but every single volunteer plays a part in making the day special."

Volunteer signups are available on the Foundation's website.

Local businesses and organizations are also encouraged to get involved. Vendor and sponsorship opportunities remain

open, with a \$250 entrylevel sponsorship that includes a table at the event. With employees encouraged to attend the anniversary celebration and families staying for FUNd Fest, organizers anticipate well over 1,000 visitors throughout the morning and afternoon.

Running for Care That Matters

Proceeds from the FUNd Run continue to support two vital initiatives: Diabetes Education and the Cancer Center Patient Fund. These programs directly impact patients and families in the community, offering education, support, and comfort during some of life's most challenging moments.

Come for the Race—Stay for the Heart

Year after year, the FUNd Run proves that when a community comes together, incredible things happen.

It remains a joyful, meaningful tradition—one that brings families together to move, remember, and celebrate. Participants are encouraged to sign up, dress up, honor loved ones, and stay for the fun as the community marks 80 years of caring, together. ■



World-Class Spine Care, Close to Home

Jay Todd describes himself as someone who is always pushing limits—running ultramarathons, training intensely, and constantly chasing the next challenge. When he realized he needed spine surgery, he knew that level of drive demanded the very best care. Jay found that care at Scotland Health Care System with Dr. Petro Koutsogiannis of OrthoCarolina, whose expertise and reputation gave him confidence from the very first consultation.



Scan the QR code to
watch Jay Todd's video

Just three months after surgery, Jay was back to running and training, growing stronger every day. His recovery, he says, was no accident—it was the result of world-class surgery, trusted expertise, and exceptional care coming together at Scotland Health Care System for the community they serve.

Scotland Health Highlights Importance of Rural Health Clinic Accreditation as First Clinic Achieves Milestone

Scotland Health proudly recognizes the importance of Rural Health Clinic (RHC) accreditation—an achievement that reinforces the system’s mission to provide safe, high quality, and accessible care to patients across rural southeastern North Carolina.

Laurinburg Family Practice and Urgent Care, part of the Scotland Physicians Network (SPN), recently received confirmation of accreditation as a Rural Health Clinic by The Joint Commission, the nation’s leading healthcare accrediting organization. While this is the first of five planned RHC accreditations within SPN, it represents a meaningful step in Scotland Health’s broader strategy to strengthen access to quality care across all of its rural communities. This milestone highlights the collective work of the entire network and underscores the systemwide commitment to excellence—not a distinction of one practice over another.

Rural Health Clinic accreditation carries significant value for regions such as Scotland County and surrounding communities, where patients often face challenges including provider shortages, transportation barriers, and higher rates of chronic illness. Accreditation ensures that clinics meet nationally recognized standards for patient safety, quality of care, care coordination, and operational best practices—all while addressing the unique needs of rural populations.

“Rural Health Clinic accreditation demonstrates that geography does not determine the quality of care our patients receive,” said Dr. Shelly Lowery, CMO and senior vice president of ambulatory practices at Scotland Health. “This



accomplishment reflects our entire network’s dedication to providing safe, trusted, and high-quality primary and urgent care services close to home.” quality primary and urgent care services close to home.”

Accredited RHCs play a vital role in sustaining access to care by supporting team-based models, enhancing care coordination, and strengthening financial stability. These improvements allow organizations like Scotland Health to continuously reinvest in services, technology, and workforce development. This aligns directly with Scotland Health’s vision to be recognized as a premier rural healthcare organization that delivers compassionate, high-quality care while remaining deeply rooted in the communities it serves. based models, enhancing care coordination, and strengthening financial stability. These improvements allow organizations like Scotland Health to continuously reinvest in services, technology, and workforce development. This aligns directly with Scotland Health’s vision to be recognized as a premier rural healthcare organization that delivers compassionate, high quality care while remaining deeply rooted in the communities it serves.

This initial accreditation serves as a foundation for future surveys planned at additional SPN practices, including Marlboro Family Practice and Urgent Care, Pembroke Family Practice and Urgent Care, Scotland Urgent Care, Maxton Family Practice, and Wagram Family Practice. With each upcoming review, Scotland Health continues advancing its commitment to consistent standards of care and equitable access across the entire region.

Scotland Health extends its gratitude to the SPN Leadership Team, the Clinical Quality and Practice Team, and all staff whose dedication made this achievement possible. Appreciation is also given to the broader health system leadership for their continued support of quality, safety, and continuous improvement across all services.

As healthcare continues to evolve, Scotland Health remains steadfast in its commitment to advancing rural healthcare delivery through accreditation, innovation, and strong community partnerships—ensuring patients receive the care they need, where and when they need it most.