

healthy

PERSPECTIVES

THAT'S SOMETHING TO
BELIEVE IN

New Surgical Robot Aids
Joint Replacements

Marlboro Medical Complex
Opens in December

Bladeless Cataract Surgery
Provides A New Option



CHECK OUT OUR
FALL CALENDAR
OF EVENTS!
SEE PAGE 4.

Mike Vinson
Chair, Scotland Health Care System

Jane Rogers
Vice Chair, Scotland Health Care System

Gregory C. Wood
President and CEO

Gray Mills
Vice President, Strategic Development

Karen Gainey
Marketing Coordinator

Contributing Writers
Kirsten Dean, Scotland Memorial Foundation
David Hibbard, Hospice of Scotland County
Dotti Matthews, Scotland Cancer Treatment Center
Stephanie Tatum, Marketing Department

Issue Contents

- 3 General Surgeon Joins Scotland Health Care
- 4-5 Calendar of Events
- 5 When People Care
- 6 Scotland Memorial Attains Four-Star Status
- 6 Grant Funds Expansion Projects
- 7 Caring for the Mind, Body, and Soul of Our Cancer Patients
- 8 New Surgical Robot Aids Joint Replacements
- 9 Hospice of Scotland County, a Peaceful Place of Life
- 10-11 New Medical Providers Increase Access to Care
- 12 Ladies First at Women's Health Center of the Carolinas
- 13 Putting on the Ritz—A Gala of Giving
- 14 Laurinburg Ophthalmologist Offers Bladeless Cataract Surgery
- 15 Marlboro Medical Complex—Opening in December
- 15 Tablets Now Available to Emergency Center Patients
- 16 FUNd Run-4-Life—12 Years and Running



A Joint Commission Top Performer

(From the President and CEO)

Scotland Health Care System

Safe, High Quality, Compassionate and Sustainable Health Care to the People We Serve

One of my proudest professional moments happened earlier this year on May 22, 2015. That morning, our Board of Trustees—the governing body of our community's health care system—adopted a new bold and critical mission statement.

Our mission statement, which also includes our vision, values, and beliefs, had not been changed in a decade. Our Board spent several meetings this spring discussing ongoing changes in health care and how the new statement could reflect our system's role in serving our region in the future. They agreed upon several core principles, which they wove into the new mission statement titled "Safe, High Quality, Compassionate and Sustainable Health Care to the People We Serve."

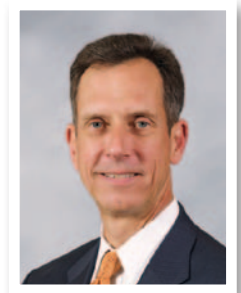
Key components of how we will carry out this new mission are described in our new mission statement. We will:

- Increase the integration and coordination of patients and information throughout our system and with our partners.
- Be much more patient- and ambulatory-centered than facility- or provider-focused.
- Provide our patients more convenience and access, in addition to compassionate and safe care.
- Not compromise our core values as the community's safety net provider or our commitment to transparency and respect for all.

After 25 years as president and CEO of Scotland Health Care, I seek to understand our future challenges and opportunities. Our volunteer Board Members devote hours to these same issues. They not only understand but boldly embrace and take charge of our future. Their dedication reassures me that your health care system and mine will remain strong and well led for many more years.

Hope you have a great fall and winter!

Gregory C. Wood, CEO



Gregory C. Wood, CEO

General Surgeon Joins Scotland Health Care

Scotland Memorial Hospital patients now have more options for surgery with the addition of board-certified general surgeon Dr. Chi-Dai Chen, as well as the opening of Marlboro Surgical Associates in Bennettsville.

Dr. Chen typically treats adults, but he will operate on children when appropriate. He provides the following surgeries:

- General surgery
- Laparoscopic gallbladder, hernia and appendix
- Bowel and colon resection
- Breast and other cancers
- Critical care and trauma
- Upper and lower endoscopies
- Skin lesions

“I love general surgery,” he says. “It is one of the medical specialties that offers almost immediate results. My patients immediately feel better after surgery, or they walk out of the hospital the next day on the road to recovery.”

Greg Wood, Scotland’s CEO, says he “is delighted to add someone of Dr. Chen’s reputation for excellent and compassionate care to the system’s team. We are happy to grow the system’s



Dr. Chi-Dai Chen

commitment to South Carolina’s citizens.”

Dr. Chen has practiced in Marlboro County since 2006. He earned his medical degree from Baylor College of Medicine in Houston, and completed an internship at the Medical University of South Carolina and a residency at Spartanburg Regional Medical Center. He resides in Bennettsville.

He says, “Scotland Health Care System offers a broad range of high-quality services and well-respected colleagues with whom I enjoy working, especially the other three excellent general surgeons.”

Marlboro Surgical Associates is a Scotland Physicians Network practice. Initially located at 209 Ball Park St., Bennettsville, the practice will relocate to the new Marlboro Medical Complex in December 2015. All surgeries are performed at Scotland Memorial Hospital. Appointments can be made with Dr. Chen by calling **843-535-0939**.

Scotland Health Care System Launches New Website

Scotland Health Care System’s newly redesigned website launches in November. It is created with the latest web technology to make it easy to read across many devices—desktop computers, tablets, and mobile phones.

Featuring responsive design, the website responds to the screen of the device you’re using and changes to fit it. The site is easy to navigate and offers meaningful content for patients, including:

- New online patient registration forms, including “hold your place in line” for the Emergency Center
- Links to the hospital and physician practice patient portals
- Find a doctor
- Secure payment options for the hospital or a physician practice or to donate to the Scotland Memorial Foundation

Experience the new Scotland Health Care System site at scotlandhealth.org.



A Team of General Surgeons

Drs. Brian Parkes, Steve Lanuti, and Leslie Salloum of Scotland Surgical & GI in Laurinburg round out the list of board-certified surgeons offering general surgery at Scotland Memorial Hospital. With close to 75 years of collective surgical experience, these three doctors have performed thousands of surgeries, including:

- Minimally invasive and laparoscopic
- Cancer, endocrine, and trauma
- Thyroid surgery and ultrasound-guided biopsies

- Breast
- Thoracic

In addition, Drs. Parkes and Lanuti also provide colonoscopies, both in the hospital and at the outpatient Scotland Endoscopy Center, located at 205 Lauchwood Drive, Laurinburg.

Scotland Surgical & GI is located at 1600 Medical Drive, Laurinburg. Appointments can be made with any of the three surgeons by calling **910-277-9164**.



Doctors Brian Parkes, Steve Lanuti, Leslie Salloum, and Physician Assistant James McBryde of Scotland Surgical & GI.



Medical experts address men's health issues at an event in Bennettsville in June 2015.

Calendar of Events

For more information about any of these events, call **910-291-7550**. Our calendar of events can also be viewed on our website at scotlandhealth.org. Click on "Calendar of Events."

BREAST CANCER AWARENESS WALK

October 30, 2015, noon, CHRC
Say "boo" to breast cancer at our annual 1-mile walk around the hospital campus. Lunch provided to all participants. No registration required.

LIVING THE SWEET LIFE

November 17, 2015
An educational, interactive event for people living with diabetes or those who have relatives with diabetes. FREE health screenings include: A1c blood work, blood pressure, weight, and body-fat analysis. A variety of exhibitors provides information on topics from exercise to foot wear. Register by calling Patrick Bines at **910-291-6933**.

LOOK GOOD ... FEEL BETTER

November 19, 2015, January 21, 2016, and March 17, 2016, 9 to 11 a.m., SCTC
A FREE American Cancer Society program at the Cancer Center for

women undergoing treatment for cancer. Learn skin care and how to use turbans, scarves, and hats. Free makeup and wigs available. Call **910-291-7630** to register.

GREAT AMERICAN SMOKEOUT

November 19, 2015, 10 a.m. to 2 p.m., SMH Main Lobby
Hospital staff will provide support to tobacco users who are ready to quit as part of the American Cancer Society's Great American Smokeout®.

HOSPICE CANDLELIGHT MEMORIAL SERVICE

November 19, 2015, 6:30 p.m., Northview Harvest Ministries, Highway 401N, Laurinburg
Hospice of Scotland County's annual candlelight service is open to anyone who has lost a loved one in the past year. For more information, call **910-276-7176**.

ANNUAL COMMUNITY MEETING

January 28, 2016, 6 p.m., WRDCC
Join Scotland Health Care System Board Members and staff as they present the 2015 annual report. Call **910-291-7550** to register.

FEBRUARY IS AMERICAN HEART MONTH

Scotland Health Care System sponsors FREE cholesterol screenings in February to celebrate American Heart Month. Please visit the Calendar of Events at scotlandhealth.org for dates, times, and locations.

WOMEN'S HEALTH EVENT

February 6, 2016
Scotland Memorial Foundation's Women's Health Event offers FREE health screenings, breakout sessions, keynote address, and lunch. Registration is required; space is limited, so don't delay. Call **910-291-6933** for a registration brochure or visit the Calendar of Events page at scotlandhealth.org.

Community Health and Rehabilitation Center=CHRC;
Scotland Cancer Treatment Center=SCTC; Scotland Memorial Hospital=SMH;
Staff Development Center=SDC; WR Dulin Conference Center=WRDCC

FUNd RUN-4-LIFE

April 23, 2016

Scotland Memorial Foundation's annual FUNd Run-4-Life offers a half-marathon, 5K, and 1-mile walk/run. For registration information, call **910-291-7543** or visit the Foundation page at scotlandhealth.org. See page 16 for more details.

THE WOMEN'S CENTER AT SCOTLAND MEMORIAL

Call **910-291-7810** for information or to register for the following FREE programs:

- **Preview Night:** We roll out the red carpet for expectant mothers on the third Thursday of each month from 6 to 8 p.m. Come hear talks by our anesthesiologists and pediatricians, and information about delivering your baby, what to bring to the hospital, breastfeeding, and child care agencies. Start your registration process. Tours of The Women's Center and refreshments are provided.

- **Breastfeeding Class:** This is a "how-to" class for moms planning to breastfeed or those not yet decided. Held from 6 to 7 p.m. in the SDC, located just behind the hospital, on October 20, November 10, and December 8.
- **Childbirth Classes:** In October, the four-part series classes will be held on every Tuesday (October 6, 13, 20, and 27), and in December the three-part series classes will be held on the first three Tuesdays (December 1, 8, and 15).

SUPPORT GROUPS

- Alzheimer's Support Group
- Caregiver's Support Group
- Circle of Hope Women's Cancer Support Group
- Diabetes Support Group
- Multiple Sclerosis Support Group
- Parkinson's Support Group
- Stroke Support Group

For dates, times, and locations, contact the Marketing Department at **910-291-7550** or visit scotlandhealth.org and click on "Calendar of Events."

Provider Update

ON THE MOVE

Physician Assistant Mike Cox, PA-C, has moved from Maxton Family Practice Center to Harris Family Practice in Laurinburg. To make an appointment with him, call **910-276-6767**.

PROMOTION

Congratulations to Dr. Cheryl Davis, who was named Vice President of Medical Affairs. In this role, Dr. Davis is administratively responsible for integrating clinical systems within the health care system, patient safety,

and quality of health care. She serves as a liaison between the administration and the medical staff within the health care system. She is a support for the entire medical staff and partner to the current Chief of Staff, Dr. Steve Lanuti.

BOARD CERTIFICATION

Congratulations to Dr. David Howell, who has earned board recertification from the American Board of Family Medicine.

When People Care



Replacement surgery to both knees is a rare operation performed at Scotland, but Charles Wentz instilled his faith and trust in his doctor and in the staff.

Preparing oneself mentally and physically for surgery, especially knee replacement surgery, is not done on the spur of the moment. Charles Wentz, Executive Director of Scotland Family Counseling Center, says he began preparing at least a year prior to his bilateral knee replacement surgery.

He says, "I did due diligence and discussed the surgery with Dr. [Ralph] Carter and others who had undergone bilateral knee replacement and thoroughly researched the pros and cons. Typically, bilateral knee replacement surgery is not performed at Scotland Memorial, but I felt that I was a good candidate."

DEDICATED TEAM

Wentz had an amazing experience, from preadmission testing to outpatient physical therapy.

Just four hours after surgery, Wentz was out of the hospital bed and walking. "The day after my surgery, I went to Inpatient Rehab for seven days. The staff—occupational therapy, physical therapy, and the nurses—could not have been greater. When I was released from the hospital, I started outpatient physical therapy, and just four weeks following surgery, I was back at work."

CLOSE TO HOME

Wentz says his faith played a big part in his quick recovery. "However, I can't give enough credit to the Scotland Health Care System staff for all they did. I am so grateful for a health care system that can offer this excellent service, do it so well, and bring me back to reasonable existence within a matter of weeks.

"There was no reason to go outside Laurinburg for my knee replacement surgery or my aftercare. Other places are good, but Scotland is excellent."

JOIN JOINT CAMP

Scotland Memorial Hospital is the only area hospital that offers an educational program for hip or knee replacement surgery patients.

Please call **910-373-2154** for dates and times.





Scotland Memorial Attains Four-Star Status

Scotland Memorial Hospital's designation as a four-star hospital validates the high-quality patient care that the staff members and medical providers offer.

Similar to the hospitality industry's rating hotel quality by the number of stars it receives, the Hospital Consumer Assessment of Healthcare Providers and Systems (HCAHPS) indicates the quality of patient care a hospital provides with the number of stars it earns.

"The four-star rating is evidence of our relentless pursuit of excellence in the high-quality care that we provide to our community," says Dr. Cheryl Davis,

Scotland Health Care System's Vice President of Medical Affairs.

The HCAHPS survey is the first national standardized, publicly reported survey of the patient perspective of hospital care. Its ranking system shows hospitals earning between one and five stars. According to Sonja Frye, Scotland Memorial's Manager of the Patient Experience, "A four- or five-star ranking in any category is extremely difficult to obtain and is only achieved by about 35 percent of the hospitals in the country. These survey results tell us that patients believe we're doing an excellent job of taking care of them."

Earning four-star status didn't happen overnight. "We've implemented many initiatives to improve the quality of care provided," says Dr. Davis. "We focus a lot of attention on the comfort of the patient with our hourly rounding remaining a key initiative. We continually work to improve our access and our behaviors and to keep patients informed."

HCAHPS scores, based on patient surveys from four consecutive quarters, are publicly reported on the Hospital Compare website, medicare.gov/hospitalcompare. For additional information please call Sonja Frye at 910-291-7554.



Golden Leaf Grant Funds Expansion Projects

In June 2015, Scotland Memorial Foundation received an \$841,800 grant from the Golden Leaf Foundation that will help expand and improve space for the Scotland Memorial Hospital Emergency Center, Harris Family Practice, and Scotland Surgical & GI.

These expansion and improvement projects, planned through 2017, will provide patients with reduced wait times and better access to emergency, surgical, and primary care, thereby improving overall patient satisfaction.

Mike Vinson, Chairman of Scotland Health Care System's Board of Trustees, says, "In order to continue the system's mission to provide high-quality, compassionate health care with a vision of being the community's healthcare provider of choice, the system must grow in three critical areas—primary care, emergency care, and surgical care.

"As healthcare moves toward providing more outpatient care, these current facilities will not have the space or enough providers to handle the patient growth. The three projects will improve the health of our patients by ensuring they have received the *right* care at the *right* time in the *right* place at the *right* cost."

The mission of the Golden Leaf Foundation is to directly impact and stimulate the economy of rural counties, like Scotland and Robeson. These expansion projects are expected to add 21 new jobs.

For more information, contact Scotland Memorial Foundation at 910-291-7553.

Caring for the Mind, Body, and Soul

Scotland Cancer Treatment Center continues to build services for our patients being treated for cancer



As patients experience life-changing cancer diagnoses and treatments, the activities of daily life can become stressful. At Scotland Cancer Treatment Center, our social work and oncology navigation services team assists patients in reducing the emotional stress and physical burdens that coincide with these changes.

Scotland's full-time oncology navigator Hope Gibson, RN, meets with patients at the time of their diagnoses, says Dotti Matthews, Cancer Center Director. "Behind the scenes Hope advocates for patients, assuring all diagnostic testing and medical information are available for our physicians at the time of initial consultation. This allows the physicians to more quickly identify the treatment options and reduce waiting times for patients."

Full-time oncology social worker Mary Callahan-Lopez, CMSW, assists patients and families with disability and employment concerns that often become burdensome with the onset of cancer treatment. "As a team, our physicians,

navigator, and social worker together identify supportive services that potentially enhance the cancer treatment experience," says Matthews.

We not only want to treat patients' cancer but to connect them to services to improve their health and quality of life. The healthier the patients are, the more successful their journey through cancer treatment.

SUPPORT SERVICES AT SCOTLAND CANCER TREATMENT CENTER

- **The Survivor Therapy and Rehabilitation (STAR) program.** We provide rehabilitation services specifically developed for patients undergoing cancer treatment, preparing to undergo therapy, or who have recently completed their treatment.
- **Weekly art therapy sessions.** Self-expression through painting, drawing, or modeling brings comfort during treatment.
- **Nutrition services.** Whether patients have changes in their appetites or

experience weight loss, they can meet with our certified nutrition staff to promote adequate nutrition during and following the completion of radiation and chemotherapy.

- **Genetic counseling services.** Our physicians recommend genetic counseling services for patients who are identified as at risk for genetically linked cancers. This service is available via the Duke Medicine's telemedicine program.
- **Look Good ... Feel Better.** The American Cancer Society program teaches beauty techniques to cancer patients to help them manage the appearance-related side effects of cancer treatment. Trained volunteer, Carrie Hicks, leads the program on an every-other month basis. See page 4 for upcoming dates.
- **Circle of Hope Women's Cancer Support Group.** On the fourth Friday of each month at the WR Dulin Conference Center, women who have survived cancer are invited to come for fellowship and to listen to informational speakers.

Other support group options are available by request.

- **Group and individual classes.** Smoking cessation and diabetes education classes are available.

For additional information about services provided at Scotland Cancer Treatment Center, please call Mary Callahan-Lopez at **910-291-7638** or visit us at scotlandhealth.org.

Cancer patients process emotions through art therapy classes.



New Surgical Robot Aids Joint Replacements

Surgeon-controlled robotic arm provides a new level of accuracy for partial knee and total hip replacement.



Scotland Health Care System is one of the first hospitals in the region to offer MAKO®, a robotic arm-assisted procedure for partial knee and total hip replacement surgeries.

The surgeries are performed using the RIO® Robotic Arm Interactive Orthopedic System. The Robot is controlled by an orthopedic surgeon, enabling accurate alignment and placement of implants. It assists surgeons from preplanning through surgery, and treats each patient uniquely and with uniformity.

“Accuracy is key in planning and performing both partial knee and total hip procedures,” says orthopedic surgeon Dr. Paul Rush of OrthoCarolina Scotland. “For a good outcome, the implants must be aligned and positioned just right. The Robot enables us to personalize partial knee and total hip surgeries to achieve optimal results at a level of accuracy and consistency previously unattainable with conventional instruments.”

Surgeries performed at Scotland Memorial using the system are:

- ♦ **MAKO® Partial Knee Resurfacing.** This treatment for adults—who have early to mid-stage osteoarthritis that has not yet progressed to all three compartments of the knee—is less invasive than traditional total knee surgery. A presurgical plan is created based on a CT (computed tomography) scan of the patient’s knee, and the surgeon uses the robotic arm to resurface the diseased portion of the knee, sparing healthy bone and surrounding tissue for a more natural-feeling knee. An implant is then secured in the joint to allow the knee to move smoothly again.
- ♦ **MAKO® Total Hip Replacement.** RIO® provides visualization of the joint and biomechanical data to guide the bone preparation and implant positioning to match the presurgical plan. After preparing the femur (the thighbone), the surgeon uses the robotic arm to accurately shape and implant the joint at the correct depth and orientation.

“We are proud to be able to offer this innovative technology in Laurinburg,” says orthopedic surgeon Dr. Ralph Carter. “It is part of Scotland Memorial Hospital’s and OrthoCarolina Scotland’s commitment to provide our community with the best possible orthopedic health care.”

For additional information about the RIO® Robotic Arm Interactive Orthopedic System, contact OrthoCarolina-Scotland at **910-276-4611**.



Orthopedic surgeons Drs. Paul Rush, John Smid, Ralph Carter, and Richard Alexander offer MAKO® joint replacement surgeries.

Fannie Jackson Gilmore received hospice care in her Laurinburg home.



Hospice of Scotland County, a Peaceful Place of Life

Fannie Jackson Gilmore's journey through life has been marked with several milestones and decorated with notable experiences. Her father was the first African-American physician in Scotland County. She had a long and distinguished career as an educator, mostly in Scotland County, including 16 years at Covington Street School in Laurinburg.

"Teaching children and seeing them develop has been rewarding," says Gilmore. "To have someone come and say, 'I appreciate what you did,' that is a good thing."

None of those experiences, though, prepared her at age 90 to enter hospice care through Hospice of Scotland County. Following a diagnosis of colon cancer, she first was cared for at Morrison Manor, followed by hospice care in her Laurinburg home.

"I've always known Morrison Manor was there. However, I had the perception—which many people have—that you go there with one foot in the grave and the other dragging," laughs Gilmore.

With the help of Hospice Admissions Nurse Cindy Goins, Gilmore was shown what hospice really is.

"Cindy came in with personality and enthusiasm and told me everything—the concept of hospice, the mode of operation, everything," says Gilmore. "She told me that people come there for life, not for death."

THE WHOLE PERSON

During her stay at Morrison Manor, the staff worked to control Gilmore's symptoms. Her nurses, hospice aides, social workers, chaplains, and hospice physicians—Dr. Steve Lanuti and Dr. Valeriana Esteves-Jute—cared for her physically, mentally, and emotionally.

"I call them angels," says Gilmore. When she was at Morrison Manor, she says, "There was a peace that came over me. ... It's a joyous place."

After a week at Morrison Manor, Gilmore had improved enough to continue care at home. "I just can't sing their praises enough. They're God's people, God's angels, and they have nurtured and cared for me."


NOTHING TO FEAR

Gilmore says she wants people to know they shouldn't fear hospice care or Morrison Manor.

"I felt like I am indeed lucky to have had that experience in the depth of my life experience. I found hospice, and I found joy because they not only treat your physical needs, they minister to you as a person."

Being a self-described "90-year-old seasoned recycled teenager," serving others during her life, and raising two successful children have given Gilmore a lot of wisdom. Receiving hospice care has allowed her to embrace a new perspective on life.

"I'm amazed at myself, how comfortable I feel with the situation, knowing how dire it is," she says. "I have peace. It's just been a wonderful rebirth, revival, and reconnection. I've heard people talk about when they got to some dire circumstance in their lives, how close they felt to God. And this is what I'm experiencing at this time, and it's a joyous time, and I love it."

 **HEAR MORE FROM FANNIE**
Sadly, Mrs. Gilmore passed away on August 8, 2015. You can watch several video clips of the interview with her. Search "Hospice of Scotland County" on [youtube.com](https://www.youtube.com).

New Medical Providers Increase

We'd like to introduce you to six new medical providers who have recently joined the Scotland Health Care System medical staff.



DR. FREDA SINGLETARY, PEDIATRICIAN

Dr. Freda Singletary has returned home to Laurinburg to provide children's medical care at The Purcell Clinic.

The Scotland High School graduate earned an undergraduate degree from North Carolina Agricultural and Technical State University in chemical engineering. After working for Intel in Arizona for two years, she made her first career change and returned to Laurinburg to teach seventh-grade science and social studies at Spring Hill Elementary School.

After two years of teaching, Dr. Singletary followed her dream and applied to medical school at Howard University College of Medicine in Washington, D.C. Upon earning her medical degree, she completed a residency in pediatrics at Georgia Regents University – Children's Hospital of Georgia in Augusta.

"I am very happy to return home to expand pediatric services to the Laurinburg area and to create a healthier community," says Dr. Singletary.

Dr. Singletary sees patients at The Purcell Clinic, 418 South King St., Laurinburg. For appointments, please call **910-276-7570**.



DR. AUSTIN MATTHEWS, PODIATRIST

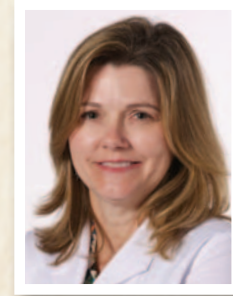
As a podiatric physician, Dr. Austin Matthews focuses on treating diseases and disorders of the foot and ankle.

Dr. Matthews sees both pediatric and adult patients, and focuses on diabetic foot care. He provides orthotics, and performs elective surgeries of the foot along with complex foot reconstructive surgeries due to trauma and systemic diseases. He also treats the following:

- Heel pain
- Achilles tendonitis
- Broken bones in the foot
- Hammertoes
- Bunions
- All foot and ankle open wounds/ulcerations
- Toenail problems

Dr. Matthews completed a three-year residency at Henry Ford Macomb Hospital in Michigan. He joined Dr. Patrick Ricotta at The Foot and Ankle Institute to provide full-time podiatry services in Laurinburg. The practice also has an office in Lumberton.

For appointments with Dr. Matthews at The Foot and Ankle Institute, call **910-266-9900**. The Laurinburg practice is located at 705-A Lauchwood Drive.



GAIL CAIN, NURSE PRACTITIONER

Family nurse practitioner Gail Cain has provided medical care to Bennettsville community members for the past 15 years. The South Carolina native says her roots run deep in the Bennettsville community, and she loves living and working here.

Mrs. Cain joined the staff of Scotland Health Care Center, a family practice facility on Highway 15-401 Bypass, which also includes Dr. David Howell, Dr. Jadene Lowry, and family nurse practitioner Gye Mitchell.

Married to Dr. Haynes Cain, the husband and wife team worked together in Bennettsville for 12 years at CareSouth, a federally funded health care program.

"Making people better still makes me feel good," she says. "I'm really looking forward to the practice's move at the end of the year to the new Marlboro Medical Complex."

Appointments can be made with Gail Cain by calling **843-454-0245**.



Access to Care



CARMELLA MARSHALL, PHYSICIAN ASSISTANT

Carmella Marshall, PA-C, has brought 15 years of medical experience to her new role at Scotland Urgent Care Center.

Her interest in medicine began early in life, fueled by her favorite school subjects: anatomy and biology. That interest, coupled with encouragement from family members who worked in the nursing field, led her to pursue a medical career.

Marshall earned a Bachelor of Science degree as a pathology assistant from St. John's University in Queens, New York. She worked in that field for 10 years before returning to school in 2006 to further her education and to become a physician assistant. In 2009 she graduated from the Philadelphia College of Osteopathic Medicine after earning a master of science degree in physician assistant studies.

Scotland Urgent Care Center is located on the campus of Scotland Memorial Hospital. The facility is open every day from 8 a.m. to 6:30 p.m. No appointments are needed. For more information about the services provided at Scotland Urgent Care, visit us at scotlandhealth.org or call **910-277-8300**.



JILL MOORE, NURSE PRACTITIONER

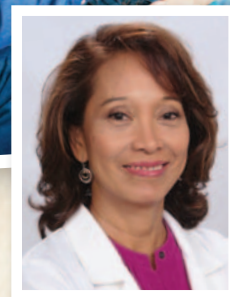
Nurse Practitioner Jill Moore is a familiar face well known throughout Scotland Health Care System. She began her medical career at Scotland Memorial Hospital as a staff nurse/charge nurse/preceptor. In that role, she provided care in a variety of acute illnesses for close to four years.

After earning a Master's in Nursing degree from East Carolina University, Mrs. Moore was one of the first hospitalist practitioners in Scotland Memorial's newly launched hospitalist program. For the next three years she was instrumental in helping to develop the program.

Seeking new challenges, Mrs. Moore transitioned to Hospice of Scotland County to assist with the palliative care program. In that role, she rounded on patients in the hospital and local nursing home facilities, providing patient and family teaching, pain management assistance, medication assistance, and assistance with chronic illness and symptom management.

With a desire to continue to grow as a medical practitioner, Mrs. Moore has returned to the hospitalist program where she once again provides team- and patient-centered care.

For additional information about Scotland's hospitalist program, visit scotlandhealth.org.



RUBY GERONIMO, ADULT NURSE PRACTITIONER

Scotland Surgical & GI increased the number of its medical providers to five with the addition of Adult Nurse Practitioner Ruby Geronimo.

Ms. Geronimo has relocated to the Laurinburg area from New Jersey, where she has made her home for many years. She brings more than 30 years of nursing experience to her new position at Scotland Surgical, including charge nurse for a number of hospital areas: ICU, medical-surgical, ob/gyn, and cardiothoracic intensive care. She was also an assistant head nurse of a 30-bed orthopedic unit. She then provided direct patient care in a cardiac catheterization laboratory and in an emergency center.

In 2010, Ms. Geronimo earned a Master of Administrative Science degree from Fairleigh Dickinson University in New Jersey. Since, she has worked as an adult nurse practitioner for St. Mary's Hospital and Summit Cardiology Group.

For additional information about Scotland Surgical & GI, please call **910-277-9164**.



Ladies First at Women's Health Center of the Carolinas



Women's Health Center of the Carolinas Dr. Linda Mitchell-Frye and Kim Morgan, Women's Health Nurse Practitioner

Formerly known as the Carolinas Womens Center, the long-established OB-GYN practice is now Women's Health Center of the Carolinas, becoming the ninth medical practice affiliated with Scotland Physicians Network (SPN).

Though the practice name has changed, its excellent care and providers are the same. "We're still here and now much stronger with the support and expertise of Scotland Physicians Network," says Dr. Linda Mitchell-Frye. "Joining the Network provides our practice with the resources to offer more excellent care and a greater patient experience."

STRONGER PRACTICE

Dr. Mitchell-Frye began offering women's health care in Laurinburg 23 years ago. "Health care has changed greatly over the years, but my desire to provide excellent care has not," she says. "By joining the Network, I know that I am part of a group that has the same vision for patient-centered care that the women in our area need and desire.

"Being a part of SPN strengthens our practice and helps us to remain current

with health care regulations, expectations, technology, and so much more."

WOMEN OF ALL AGES

At Women's Health Center of the Carolinas, Dr. Mitchell-Frye and Kim Morgan, women's health practitioner, treat women of all ages for a variety of medical issues, including high-risk pregnancy.

"Whether it's a woman planning a pregnancy or one entering the later years with a different set of health care needs, we can provide the care required and expected. Patients don't have to travel out of the area for women's health care. If hospitalization is needed, the staff of the Women's Center at Scotland Memorial provides excellent care.

"It's coming together with people who have the expertise that allows us medical providers to focus on what we do best—providing excellent medical care."

 **SCHEDULE AN APPOINTMENT**
The Women's Health Center of the Carolinas is located at 105 McAlpine Lane, Laurinburg. Appointments are scheduled by calling **910-277-3331**.

Scotland Physicians Network also includes:

- Harris Family Practice
- Marlboro OB-GYN
- Marlboro Surgical Associates
- Maxton Family Practice Center
- Pembroke Family Practice Center
- Scotland Health Care Center
- Scotland Surgical & GI
- Wagram Family Practice Center

The following OB-GYN practices also provide obstetrical and gynecological care to women of all ages:

Marlboro OB-GYN (also owned and operated by SPN)

1007 Cheraw Hwy, Bennettsville
843-479-8357

- John Nobles, MD
- Kim Lopes, CNM, certified nurse midwife

Harvey D. Kohn, MD

505 Lauchwood Drive, Laurinburg
910-277-1981

- Harvey Kohn, MD
- Michelle Skipper, MSN, FNP-BC, nurse practitioner

SCOTLAND MEMORIAL FOUNDATION

An affiliate of Scotland Health Care System

Putting on the Ritz — A Gala of Giving November 7, 2015

Since 1994, Scotland Memorial Foundation has hosted a stunning and exciting black-tie fundraiser, Putting on the Ritz—A Gala of Giving. Please join us at this year's gala on November 7, 2015, at the WR Dulin Conference Center on Scotland's campus.

Guests will enjoy a festive evening complete with decadent food, silent and live auctions, and music, courtesy of DJ Lloyd Hinson and a live performance from Mr. Potato Head, back by popular demand. Amenities such as a professional photographer to capture scenes from the night, valet parking, and coat check will also be available.

AN EVENING OF GIVING

The Ritz, however, is so much more than fine food and fun. Generous individuals and businesses have raised more than \$2.5 million over the past 21 years at the Ritz to enhance and improve the health and wellness of citizens throughout the many communities we serve.

At last year's event, more than \$180,000 was raised, the largest amount to date. The huge success of the 2014 Ritz enabled Scotland Memorial Foundation to provide funding for:

- Free mammograms, prostate cancer screenings, as well as A1c, blood pressure, cholesterol, and body fat tests
- Wigs and personal care items for cancer patients in need
- Prescription medications, medical supplies, and equipment for those in need
- Free athletic physicals to middle and high school students

- Henley's Heart Fund for Cardiopulmonary Rehabilitation
- Charles L. Hicks Jr. Memorial for Cardiovascular Patient Assistance
- Wound Healing Center Patient Assistance Fund
- Community health education: women's and men's health events, and the diabetes education fair
- Community support groups
- Five \$2,000 scholarships awarded to high school seniors pursuing a career in the health care industry

LIFE-CHANGING RAFFLE

Scotland Memorial Foundation's raffle provides even more opportunities for generous giving. Sponsored by the Foundation, Nic's Pic Kwik, Scotland

Motors and Southeast Farm Equipment, the raffle will feature a choice of one of three items:

- 2015 Fiat 500 Pop
- A John Deere XUV 855D Gator, a crossover utility vehicle
- \$10,000 cash

Tickets for the raffle, priced at \$10 each, are available until the night of the event.

Your support of Scotland Memorial Foundation means that you can make a significant difference in someone's life, possibly your own.

For more details about Putting on the Ritz, to make reservations, or to make a financial contribution, please contact Scotland Memorial Foundation at **910-291-7543**.



Guests of the Ritz—A Gala of Giving dance the night away. (photo by MQSC Digital)

Laurinburg Ophthalmologist Offers Bladeless Cataract Surgery



Dr. Kurt Jute of the Laser Eye Institute

Surgery to correct cataracts, a clouding of the eye's lens that blurs vision and causes oversensitivity to glare from lights, is one of the most often performed surgeries in the country.

Historically, during the surgery, the eye's lens would be cut using a small blade and would then be replaced with an artificial lens. Now, in Laurinburg, the surgery can be done without the blade. Dr. Kurt Jute of the Laser Eye Institute is using new bladeless laser cataract technology.

MORE PRECISION

Refractive Laser Assisted Cataract Surgery (ReLACS™) brings a new standard of precision to cataract surgery. This custom, blade-free laser-assisted cataract removal option allows Dr. Jute to plan and perform cataract surgeries to exacting, individualized specifications unattainable with standard cataract surgery. Dr. Jute

performs the ReLACS procedure at Scotland Memorial Hospital.

"We're excited because we can now offer bladeless surgery to those who suffer from cloudy vision due to cataracts," says Dr. Jute. "No two eyes are exactly the same, so our ability to use a laser instead of a blade aids in the treatment of the growing population afflicted with cataracts. This new technology provides a more advanced manner by which to perform several steps of the procedure."

LITTLE NEED FOR GLASSES

Since cataract surgery with ReLACS uses a laser to perform the most critical surgical steps, which was previously done by hand, patients not only receive the highest precision in surgical incisions, but their dependence on glasses after their surgery may be reduced.

"For years we have offered advanced intraocular lenses that replace the cloudy

lens we remove in cataract surgery," says Dr. Jute. "These lens options help to improve distance and close vision, and even helps those with astigmatism. When used in conjunction with ReLACS, the lenses may mean greater freedom from glasses after cataract surgery for this group of people who remain very active for decades after their retirement."

SEE CLEAR WITH THIS NEW TECHNOLOGY

Dr. Jute and Scotland Memorial Hospital's adoption of this technology is a testament to our dedication to provide the most advanced procedures to the patients in the communities served. For more information about this new cataract procedure, please contact the Laser Eye Institute at **910-277-1411**.

Marlboro Medical Complex—Opening in December

As Marlboro Medical Complex nears completion, Scotland Health Care System officials expect the facility to be occupied as early as mid-December.

“The relocation and expansion of our primary care practice from its present location on Highway 15-401 Bypass to this larger facility on Cheraw Street is a highly anticipated event,” says Pat Phillips, Senior Vice President of Operations.

MARLBORO FAMILY PRACTICE

Scotland Health Care Center, a long-established primary care practice with four medical providers, will enjoy expanded space in the new location and change its name to Marlboro Family Practice.

“We feel the new name better reflects the mission of this facility to provide medical care to the Marlboro community,” says Phillips. “This past summer nurse practitioner Gail Cain, who has provided care locally for many years, joined the practice, and we’re hoping to add one more family medicine physician to the practice by the end of this year.”

The family practice now offers extended hours from 7 a.m. to 7 p.m.

Monday through Thursday, and from 8 a.m. to 5 p.m., Fridays.

SPECIALTY PRACTICES

Two specialty practices will also move into the new 9,000-square-foot facility at 957 Cheraw St. OrthoCarolina Scotland and Marlboro Surgical Associates are moving in December from their current facility at 209 Ball Park St. in Bennettsville.

General surgeon Dr. Chi-Dai Chen, who has provided surgical care in Marlboro County since 2006, joined the Scotland Health Care System medical staff in May 2015. Until he moves into the new Marlboro Medical Complex, Dr. Chen will be located at the Ball Park Street location.

OPEN HOUSE

Scotland Health Care System officials are planning a community open house event for mid-January. Announcements will be made as the completion draws near.

To learn more about the new Marlboro Medical Complex, please call the Scotland Health Care Marketing Department at **910-291-7550**.



Nurse Practitioner Katilda Blackmon and Dr. Jennifer Isenhour encourage emergency patients to use the tablets while in the EC.

Tablets Now Available to Emergency Center Patients

Each exam room in the Scotland Memorial Hospital Emergency Center (EC) now has a tablet computer for patients to use while they wait to see a provider or have a procedure.

Using the tablets, patients can:

- Provide real-time feedback to the EC staff
- Access information concerning financial or payment options
- Watch videos that offer relevant and timely information about their health conditions and what to expect following discharge
- Complete a simple form with information regarding their primary care provider
- Sign up for the patient portal
- Play games and enjoy other content

Dr. Jennifer Isenhour, an EC physician, says, “This innovative, tablet-based platform allows us to increase the amount of information available to patients and to be responsive to changing patient needs. We’re working to provide the best possible patient experience. The tablets offer patients visual and written reinforcement of discharge and after-care instructions, as well as general information about the hospital services.”

By adding the tablets, wait times between physician visits and procedures have become informative and productive, aiding in our goal to provide the best possible patient experience.

For more information about Scotland Memorial’s Emergency Center, visit us online at scotlandhealth.org.



Scotland Joins Health Care Energy Movement

Scotland Health Care System has joined the national health care energy movement, Energy to Care. The program empowers hospitals to put resources back into patient care. The hospital tries to reduce energy use. Staff and patients are encouraged to help by turning out lights and turning off equipment when not in use. We can help build a more energy efficient industry.



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

Postmaster please deliver within October 12 to 16.

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

807M



FUNd Run-4-Life—12 Years and Running

Lace up your running or walking shoes to begin training for the 12th annual FUNd Run-4-Life, scheduled for April 23, 2016. Mark your calendar for a fun-filled day of healthy exercise, play, and great food on the campus of Scotland Memorial Hospital.

COURSE AND TIMING

The day starts with our half-marathon runners gathering at the starting line in front of the hospital's Community Health and Rehabilitation Center to begin the 13.1-mile journey.

The route will take them through manicured neighborhoods, around the

campus of St. Andrews University, and through picturesque Scotia Village.

Again this year, we'll provide lively musical entertainment along the half-marathon route to help keep runners energetic and motivated.

For runners looking to improve race times, to prepare for other upcoming race events, or take a first-time plunge into a race, the half-marathon and 5K courses have been certified by USA Track & Field. A professional race timing company will manage the start and finish of each race. Top finishers in all age categories receive awards and those completing the half marathon receive finisher medals.

TONS OF FUN

The FUNd Run also includes a 5K run/walk and 1-mile ribbon walk as part of the day's fitness-filled activities. A myriad of items of different colors to support diabetes and cancer awareness will be available to buy to decorate the 1-mile course.

If you aren't looking to run or walk that morning, that's OK, too. There's something for everyone—a kids' zone, "Ask the Doctor" booths, informational booths of community agencies, and food vendors.

For more information about the FUNd Run or to register for one of the races, visit scotlandhealth.org or contact the Scotland Memorial Foundation Office at 910-291-7543.